

THE DISTANCE RUNNER'S OFFSEASON TRAINING MANUAL

The following is the recommended offseason training program for athletes who are not doing a winter sport and are looking to begin preparing for the upcoming track season. Athletes who are participating in this program are encouraged to COMMIT to it. When the drag of late January and early February rolls around, it's going to be very, very easy to drop this. If you're going to do this, commit to it. Have teammates do it with you. Focus on Day #1 of track). It's simple: *If you do these things, and you do them right, you will be better than you were before.* You will see an improvement not only in your overall performances, but also in your degree of in-season improvement, as well as your ability to withstand the rigors of the track season without injury.

In this offseason program, the amount of work you do depends on the **most amount of mileage you want to run in one week**. This will vary from person to person. If you're looking to qualify for Sections in your event, a 40-mile max week is necessary. If you're looking for improvement in your PR and to contribute at True Team, at least a 30-mile max week is necessary. A 50-mile max week is only suggested for runners looking to make a run at State qualification, and who have several years of running under their belt already. Regardless of what you choose, your max week mileage is important. Each week's mileage will be determined based on what you chose for that max week. For example, in this program, if you chose **40 miles** for your max week, then Week 1 will be 65% of that (26 miles). Week 8 will be 90% of your max (36 miles). You will then hit your 100% max week on Week 12 (Feb. 16-22). See the table on the back of this sheet for more examples of this program, or ask Mr. Klein for a more in-depth explanation.

On top of your weekly mileage, there are four specific things that you want to accomplish each week to have a successful offseason and be ready for the season on Day #1.

1. **Weekly Long Run**—each week, you should do a run that is equal to 20% of your mileage for that week. For example, if my schedule says that I need to run 36 miles this week, that means that my *long run* needs to be **7.2 miles**. This doesn't need to be 100% specific (if you end up going 7.5 or 8 instead of 7.2, that's fine) but I caution against having your long run be a ton more than 20%. If your long runs are excessively long compared to the rest of your days, you're putting yourself at risk for injury.
2. **Weekly workout**—each week, you should do a workout of some sort. Do a workout once or twice a week (once a week in the beginning, and twice a week toward the end). At the beginning of the training program, these workouts will vary. If you have been doing light training through November, you can begin doing workouts immediately in December. If you have no training at the beginning of the program, however, do not start workouts until January, to give your body a chance to get used to the basic training. At first, these workouts should be more low-key (such as throwing in 60-second pick-ups on a normal run). However, by Week 5 or 6, begin adding workouts with a little more intensity. By Week 8 or 9 (February) begin working in workouts that are "race simulations". See the list on the backside for suggested workouts. It's important that you warm up, stretch, and cool down for ALL workout days, just as you would for an in-season workout or a race. This will keep you from getting injured. Furthermore, it is important that you vary the specific workout you are doing. The winter will be *tough*, not just physically but also (even moreso) *mentally*. If you're doing the same workout each week, you will get bored and be pushed to quit by January (if not sooner). Change up the workouts and try new ones regularly so as to avoid getting mentally and emotionally worn down.
3. **Regular strength training**—Winter is a GREAT time to target strength, particularly core strength. While weight lifting is certainly encouraged (more reps and less weight), winter training offers a particularly valuable opportunity to strengthen the core. A strong core will do wonders in not only helping you get through the hard winter, but it will also make you much better racer (giving you greater efficiency and endurance for longer races). Commitment to regular usage of the general strength circuits (Pedestal, Pillar, Bataan, Waterloo) will have enormous benefits in-season and is strongly encouraged.
4. **One day off**—be sure you take one day off each week. It would be wise to plan that one day at the beginning of each week. Look ahead at your schedule, and plan when you're taking your day off, otherwise you may end up taking two or three unintentionally.

THE OFFSEASON PROGRAM

NOVEMBER—during the month of November you should be doing low-key running. Get in weekly mileage of 50-60% of your max week. So, if your max week mileage is 40, you'll want to be doing 20-25 miles per week during November. This will allow you to jump right into the 14-week plan without any issues.

MY MAX WEEK MILEAGE: _____

Calculate each weekly mileage by taking your max week mileage and take from it the percentage assigned to each week. For example, in Week 1 of the 40-mile Max Week Plan, you'd do: $40 \times 0.65 = 26$ miles in Week #1. Similarly, to calculate how far your long run should be each week, take that week's assigned mileage and multiply it by 0.2. For example, in Week 1 of the 40-mile Max Week Plan, you'd do: $26 \times 0.20 = 5.2$ miles.

Week #	DATES	% MAX WEEK	30-MILE PLAN Mileage (long run)	40-MILE PLAN Mileage (long run)	MY PLAN
1		65%	19.5 (3.9)	26 (5.2)	
2		70%	21 (4.2)	28 (5.6)	
3		75%	22.5 (4.5)	30 (6)	
4		70%	21 (4.2)	28 (5.6)	
5		75%	22.5 (4.5)	30 (6)	
6		80%	24 (4.8)	32 (6.4)	
7		85%	25.5 (5.1)	34 (6.8)	
8		80%	24 (4.8)	32 (6.4)	
9		85%	25.5 (5.1)	34 (6.8)	
10		90%	27 (5.4)	36 (7.2)	
11		95%	28.5 (5.7)	38 (7.6)	
12		90%	27 (5.4)	36 (7.2)	
13		100%	30 (6.0)	40 (8)	

Workout Options:

Low-key workouts

- 6-8 30-second pick-ups* thrown into a normal run. No walking rest in between, just keep running normally until you feel ready to go again.
- Hill loops in town
- "A.M. Special" Workout—out-and-back run, returning significantly faster than you went out.
- Phone Pole Intervals—normal run, go hard between every 4th pole.

High-Intensity Workouts

- 7-6-5-4-3-2-1 workout—7 minutes hard, 2 minutes jog (regroup), 6 minutes hard, 2 minutes job (regroup), and so on, down to 1. If you're looking for a real challenge, try climbing back up to 7.
- 3x10 min. threshold w/ 3 min rest
- Hill sprints—hill loops where you attack the hills.
- Stair Loops—do 8 loops with a running clock, rest til 10:00, repeat.

Race simulation Workouts

- Tempo Runs—1-2 miles HARD.
- Repeat miles—3-4 with 3:00 rest in between.