

January 2025

Track Distance (1600 & 3200) Pre-Season Training & Celebration Half

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notes: Lift weights 2 days per week on your hard days (Tue, Thu, or Sun). Striders should be done 1-2 days per week on easy run days and/or Thursdays.		1 ez 5M	2 2M ez, 5M @ TEMPO, 1M ez	3 ez 4M or 60:00 bike or rest	4 ez 5M then strides 5 x 0:20 starting @ 5K effort & speeding up to 3200m effort	5 long run 10M
	6 rest	7 2M ez, 2 x 3M STRENGTH w/800m jog after each, 1M ez	8 ez 5M	9 2M ez, 5M @ TEMPO, 1M ez	10 ez 4M or 60:00 bike or rest	11 ez 6M then strides 5 x 0:20 starting @ 5K effort & speeding up to 3200m effort
13 rest	14 2M ez, 3 x 2M STRENGTH w/800m jog after each, 1M ez	15 ez 5M	16 2M ez, 4M @ TEMPO, 1M ez	17 ez 4M or 60:00 bike or rest	18 ez 5M then strides 5 x 0:20 starting @ 5K effort & speeding up to 3200m effort	19 ez 8M
20 This week will vary. Workouts are for Half Marathoners only.	21 ez 5M for Half Marathoners. Everyone else - first day of TRACK PRACTICE!	22 ez 5M	23 ez 6M	24 ez 4M or 60:00 bike or rest	25 ez 3M	26 Celebration Half Marathon. Good luck Addison, Ariana, & Kyleigh!
27 rest	28	29	30	31		