

2011 Winter Program Detail

Meet	USAFA HS Invitational (1/16/11)					MLK Games (1/30/11)				
Race 2	Conditioning	3200m tempo	600m TT	Pre-Race	1200m Enhanced	Pre-Race	600m TT	800m TT	Simplot Games	
Date	12/20/10	12/27/10	1/3/11	1/10/11	1/17/11	1/24/11	1/31/11	2/7/11	2/14/11	
Week	2	3	4	5	6	7	8	9	10	
Training Plan										
Monday	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off
Description										
Miles/Day										
Tuesday	Conditioning Workout	800m/3x (4x 200m)/800m	800m/4x (2x 300m)/800m	4x (2x 400m)	3x(2x600m)	600m/3x (4x150m)/600m	400m/2x (10x I/O 150)/400m	4x400m	3x (4x150m)	
Description										
Miles/Day										
Total Int Meters		4000	4000	4800	3600	3000	3100	2000	1800	
Set 1	1000m tempo on track	RP + 20 sec.	RP + 20 sec.	RP + 6 sec.	RP + 8 sec.					
Set 2	4x circuit (see attached)	RP + 2 sec.	RP + 4 sec.	RP + 4 sec.	RP + 0 sec.					
Set 3	1000m tempo on track	RP + 0 sec.	RP + 2 sec.	RP + 0	RP - 2 sec.					
Set 4		RP - 2 sec.	RP	RP - 2 sec.	Surge					
Set 5		RP + 20 sec.	RP - 2 sec.		Kick					
Set 6			RP + 20 sec.							
Recovery		200m	200m	200m						
Wednesday	Conditioning Run	Conditioning Run	Conditioning Run	Conditioning Run	Conditioning Run	Conditioning Run	Conditioning Run	Conditioning Run	Conditioning Run	Conditioning Run
Description	4 miles									
Miles/Day										
Thursday	Conditioning Workout	3200m tempo	600m TT	Pre-Race	1200m Enhanced	Pre-Race	600m TT	800m TT	Simplot Games	
Description		Enhanced Warm Up	Enhanced Warm Up		Enhanced Warm Up		Enhanced Warm Up	Enhanced Warm Up		
Miles/Day										
Total Int Meters		4000	2000	1000	2000	1000	2000	2000	1000	
Set 1	1200m tempo on track									
Set 2	4x circuit (see attached)									
Set 3	1200m tempo on track									
Friday	Circuit Training	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off
Description	See attached									
Miles/Day										
Saturday	Day Off	Hill Intervals	Hill Intervals	Hill Intervals	Hill Intervals	Hill Intervals	Hill Intervals	Hill Intervals	Hill Intervals	Hill Intervals
Description	Merry Christmas!									
Miles/Day										
Sunday	Hill Intervals	Conditioning Run	Conditioning Run	Conditioning Run	Conditioning Run	Conditioning Run	Conditioning Run	Conditioning Run	Conditioning Run	Conditioning Run
Description										
Miles/Day										