

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Phase 2 begins</p>	<p>30</p> <p>-Long run -3 x 6:00 tempo -Strength</p>	<p>31</p> <p>-Easy run -Mile strides</p>	<p>1</p> <p>-Hill sprints (10 x 10 sec) -Strength</p>	<p>2</p> <p>-1.5 mile fast finish -Strides</p>	<p>3</p> <p>-Easy run -Strength</p>	<p>4</p> <p>-Normal mileage -Strides</p>
<p>5</p>	<p>6</p> <p>-Long run (5-10) -3 x 7:00 tempo -Strength</p>	<p>7</p> <p>-Easy miles -8 x 200 w/200 jog (1600 pace)</p>	<p>8</p> <p>-Hill sprints (12 x 10 sec) -Strength</p>	<p>9</p> <p>-Fast finish -Strides</p>	<p>10</p> <p>-3-6 easy miles -150s acceleration workout (6 x 150) -Strength</p>	<p>11</p> <p>-Normal mileage -Strides</p>
<p>12</p>	<p>13</p> <p>-Long run (5-10) -4 x 6:00 tempo -Strength</p>	<p>14</p> <p>-Easy miles -10 x 200 (1600)</p>	<p>15</p> <p>-Hill sprints (12 x 12 sec) -Strength</p>	<p>16</p> <p>-Fast finish -Strides</p>	<p>17</p> <p>-3-6 easy miles -150s acceleration workout (8 x 150) -Strength</p>	<p>18</p> <p>-Normal mileage -Strides</p>
<p>19</p>	<p>20</p> <p>-Long run (5-10) -3 x 8:00 tempo -Strength</p>	<p>21</p> <p>-Mileage -12 x 200 (1600)</p>	<p>22</p> <p>-Hill sprints (12 x 12 sec) -Strength</p>	<p>23</p> <p>-Fast finish -Strides</p>	<p>24</p> <p>-3-6 easy miles -150s acceleration workout (8 x 150) -Strength</p>	<p>25</p> <p>-Normal mileage -Strides</p>

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 -Long run (5-10) -3 x 8:00 tempo -Strength	28 -2 x 200 (1600) -5 x 400 (1600) -2 x 200 (800)	1 -Hill sprints (14 x 12 sec) -Strength	2 -Fast finish -Strides	3 -Mini Meet (CHS) -Everyone runs (make sure to get in full mileage at meets)	4 -Normal mileage -Strength
5	6 -Long run (5-10) -Fast finish -Strength	7 Hurric. JV or -Short run -2 x 200(1600 pace) -6 x 400 (1600) -2 x 200 (800)	8 -Hill sprints (14 x 12 sec) -Strength	9 -Easy pace run -4 x 150 pickups (about 800m pace)	10 Snow Canyon Inv. 3:00 pm Or workout from Tues	11 Snow Canyon Inv. 9:00 am Or normal miles w/ 3 miles tempo
12 *Phase 3 Begins	13 -Warmup -5 x 3:00 (CV) On track or road -Cooldown -Strength	14 Cedar vs CV Dual @ CHS	15 -Easy run -Strength	16 -2 x 200(1600 pace) -8 x 300 (800) or -8 x 400 (1600) -2 x 200 (800)	17 -Shorter run -Kick workout (100-200m) or 150s	18 -Normal mileage -Strides
19	20 -CV Workout -Strength	21 -2 x 200 (1600) -6 x 500 (1600) -2 x 200 (800) Or PV Relays	22 -Easy run -Kick workout -Strength	23 -Easy pace run -4 x 150 pickups (about 800m pace)	24 Pine View Inv. 1:00 pm Or Tues. workout	25 Pine View Inv. 9:00 am Or normal miles and strength
26	27 -Warmup -CV workout -Strength	28 Snow Canyon JV or -2 x 200 (1600), 2 x 200 (800), 500, 3 x 400 (800) or 400, 3 x 600 (1600), 2 x 200	29 -Easy run -Kick workout -Strength	30 -Easy pace run -4 x 150 pickups (about 800m pace)	31 Desert Hills Inv. 3:00 pm Or Tues workout	1 Desert Hills Inv. 9:00 am Or normal miles and strength

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 -Warmup -CV workout -Cooldown and Strength	4 -2 x 200 (1600) -2 x "Broken" 800 or 1600 -2 x 200 (800)	5 -Easy pace run -4 x 150 pickups (about 800m pace) -JV- Strength	6 Hurricane Inv. 2:00 Or Mileage w/ fast finish	7 -Easy miles -Strength	8 -Normal mileage -Strides
9	10 -Warm-up -6 x 3:15 (CV pace) -Strength	11 -Easy paced run -Strides	12 -2 x 200 (1600) -8 x 400 short rest (1600) -2 x 200 (800) -Strength	13 -JV- easy run and 150s -Varsity- easy run and kick workout (200-300m)	14 Crimson JV Or easy miles and 150s	15 Crimson Inv -or Tempo run (25 minutes) on your own
16	17 -Warm-up -CV workout -Strength	18 -Easy pace -Strides	19 -2 x 200 (1600) -2 x "Broken" 800 or 1600 -2 x 200 (800) -Strength	20 -Shorter run - JV- Kick workout (200-300m) -Varsity-150s	21 Dixie Inv 3:00 -or Easy pace -4 x 150 pickups	22 Dixie Inv. 9:00 am -or Tempo run (25 minutes) on your own
23	24 -Warm-up -CV workout -Strength	25 -Easy pace -Strides	26 -2 x 200 (1600) -8 x 400 short rest (1600) -2 x 200 (800) -Strength	27 -Easy pace run -JV- 4 x 150 -Varisty- Kick workout	28 JV Cedar Or easy run and 4 x 150	29 Cedar Inv. 9:00 am -or Tempo run (25 minutes) on your own

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 *Phase 4 Begins	1 -JV: Easy run 4 x 150 -Var: 5 x 3:00 CV -Strength	2 JV Region @ Desert Hills or -2 x 200 (1600) -5-6 x 400 (1600) -2 x 200 (800)	3 -Easy run -Strength	4 -Easy pace run -4 x 150 pickups	5 BYU Invite 9:00 am	6 BYU Invite 8:00 am
7	8 -2 x 200 (1600) -Short 800 or 1600 pace workout	9 -Easy pace run -4 x 150 pickups	10 Region @ Dixie 4:00 pm	11 Region @ Dixie 4:00 pm	12 -Easy run -Strides	13 -Easy run with pickups
14	15 -Easy run with pickups -Strides	16 -3 x 400 (1600) -4 x 200 (800)	17 -Easy run -Strides	18 -Easy pace -4 x 150 pickups	19 State @ BYU	20 State @ BYU
21	22	23	24	25	26	27

Season Phases

-Our season can be divided into four phases. During each phase, the focus of the training/racing changes. Below is an explanation of the four phases.

1. **Phase 1 (Mid-December- January): Foundation and Injury Prevention Training.** A lot of steady, easy paced runs with strides at least 2-3 times per week. This is the time to increase your mileage up to what you plan your maximum to be for the season. Also, make sure you are completing strength workouts at least 2 times per week to build strength and prevent injuries.
2. **Phase 2 (February- mid March): Early Quality Training.** During this phase, we will continue to hold the mileage built in phase 1 and still include strides and strength drills as well. We will also introduce workouts such as 200m reps at 1600m pace, tempo runs, fast finishes, 150m accelerations, and kick workouts. This training will help us with our high end endurance, running mechanics, and also some high end finishing speed. The workouts in this phase should be medium difficulty and never leave you laying on the track gasping for air.
3. **Phase 3 (Mid March-late April): Racing and Quality Training.** This phase is the most difficult because we introduce tougher workouts and racing to our training. We keep some of the workouts and maintain the endurance gained in phase 2 while adding in more anaerobic training that is specific to the races you will be running. During this phase, your overall mileage might drop by a few miles and we might cut back on strength as well. You should begin this phase at about 90% race fitness and end close to 100%.
4. **Phase 4 (May): Final Quality Training and Championship Racing.** During this phase, we will drop mileage a bit more and the workouts will get easier. You are not going to gain much more fitness during this phase, but resting up will allow your body to be able to peak and perform at its best during the championship races.

Paces (Slow to Fast)

-Below is an explanation of the paces that we will use in our training this season.

1. **Easy pace-** this should be a pace that you could maintain for well over an hour if you had to. It helps to build endurance, but also allows our muscles to recover from more strenuous workouts and weights. Used in all four phases.
2. **Tempo pace-** this is a pace that you should be able to maintain for 40-60 minutes if you had to. We will only be using it for 20-30 minutes total during workouts in phases 2-3. It is a higher end aerobic/endurance pace that is used to better buffer lactic acid during races.
3. **CV (Critical Velocity) pace-** this pace should be slightly slower than your 5k race pace, but faster than tempo pace. This pace allows us to train the highest end of our aerobic capacity. We used this pace for repetitions of 800m-1200m on a specified loop or during a road distance run. It is important to not race these workouts. Stay at the pace you are supposed to. We use this pace in phases 2-3.
4. **1600m pace-** This should be your current mile race pace. We use this pace in phase 2 to get you used to running more efficiently in less demanding workouts. We also use it in phase 3 during more demanding workouts to get you used to the rigors of racing.
5. **800m pace-** This is a faster pace that is used in phases 3-4 in more demanding workouts on the track. This will help you get used to and improve your 800m pace.
6. **150s and Kick Workout-** these workouts will work on strength and developing that all-out finishing speed that we need for the end of races.

REMINDER

As we get ready to start Phase 2, it becomes important to do everything necessary to stay healthy and recover from day to day. Remember, that being a distance runner involves more than just your 1-2 hours at practice. It is a lifestyle that you must commit to. Some of the things you may need to do or start doing again:

- 1- Stretching
- 2- Rolling
- 3- Icing
- 4- Hydrating and eating enough
- 5- Sleeping 8+ hours a day
- 6- Lifting weights
- 7- Rotate and buy new shoes

Other than the above items, CONSISTENCY and STRIVING FOR GOALS are the most important things to have success. Write down your goals below that you would like to hit this season. Keep this in an area that will be a daily reminder for you.

Goal #1

Goal #2

Goal #3
