

Christmas Break 2008
Distance Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 30 Blue	22 45 Blue	23 IPJ-A Weights 30 Blue	24 30 Blue + 25 m Hill Sprints	25 OFF  Merry Christmas!	26 IPJ-B 40 Blue BB or Weights	27 OFF
28 60 Blue + 4 x 100 meter buildup strides	29 45 Blue	30 IPJ-A Weights 30 Blue	31 25 Blue + 25 m Hill Sprints	1 OFF  Happy New Year!	2 IPJ-B 30 Blue BB or Weights	3 OFF
4 60 Blue + 4 x 100 meter buildup strides	5 Back to practice!	6 Practice	7	8 Meet	9 Practice	10

This plan is laid out for a top boy running 25 miles per week (first week) and a top girl running 22 miles per week (first week). You may need to adjust the times according to your training and weekly mileage.

Do the In Place Jumps (IPJ) for 30 seconds on and 50 seconds off. If you cannot remember the routines, there is a cheat sheet on my website:

<http://teachers.northallegheny.org/Jneff/Track/Trackhome.htm>

Blue paced runs should not be slow slogs, but something where you can breathe 3-3.

BB= Body Building (body weight exercises): Pushups (standard, wide, hands together, dive bomber); Crunches (30 middle, 30 left twist, 30 right twist); Frog Kicks, Plank (front, right side, left side)

The Baierl Center will be open during the break. Check the athletic office website for the schedule. If you can go and get a lift, it would benefit you more than the BB routine. If you cannot get in to lift, the BB routine will be better than nothing.

Hill Sprint: find the steepest 25 meter hill you can. Run the first one at 80% of full speed. Run the next one slightly faster than the last until you cannot beat your last time. You must do at least 4 and no more than 8.