

# WRHS Junior Blues Winter Conditioning Info

## 2021-2022 Session

We will meet out at the Track Field House right after school (except Wednesdays, which will be at 3:45 in the Weight Room). Please note that the water in the field house will NOT be on so you will need to use the restroom and fill up your water bottles before leaving the high school.

**Start date:** Monday December 6th

**Where & When:** Track Field House on Monday, Tuesday, Thursday & Friday at 3:15  
Weight Room on Wednesday at 3:45

### What you need to know: .

1. We will be running outside. Yes, it will be cold. Make sure to dress appropriately; in layers. Cancellations and/or changes will be communicated via Remind. Please join the "Distance Squad" Remind Group for Winter info. Directions on how to sign up to receive these messages can be found here: [remind.com/join/b4h743](https://remind.com/join/b4h743)
2. On days we have core exercises (besides Weight Room Wednesdays) we will complete it on the football field, weather permitting. If the weather prohibits us from using the turf we will complete our core in the field house.
3. Once conditioning is over, head home, refuel, and get warm. If you are being picked up please make sure to communicate with your ride so that they are arriving in a timely manner once you are finished.
4. Keep track of your mileage and workouts to chart your performance. There are a lot of apps that you can use or you can use a simple paper and pencil. Knowing your mileage/fitness level entering the spring season will help us know how to optimize your training and avoid injuries.
5. The secret to success is consistency - daily, weekly, monthly. Every single successful xc and track program has kids who are consistently training and putting the work in during the off season. I promise you - if you train consistently you will get better.
6. The 12 weeks between now and the start of track is an even bigger chunk of time than the start of summer runs until the start of xc. Take advantage of this opportunity to get better (it will improve your track and xc performances).

**What you will need:**

1. Running shoes! If you bought shoes during the summer or beginning of cross country season, it is time to get new ones. I understand it is an investment but trust me, it is worth it! A good pair of running shoes is your first line of defense against injuries.
2. Warm clothes! We will be running outside. The best way to stay warm is to wear lots of layers. Make sure you have hats and gloves too.
3. A running watch. There are lots of fancy watches but a \$10 one will get the job done too. Please get a watch!
4. A positive attitude. The winter can be a grind, it is important that we maintain a positive culture and encourage each other! The team's success is dependent upon everyone doing their part.
5. Goals. Short term and long term. What do you hope to accomplish this winter and spring!? Start to think about it now. Don't wait until track starts to make goals because if you are doing it right, there are probably steps you need to take this winter to ensure you give yourself an opportunity to accomplish them.

There are 12 weeks until Track starts. That gives you 84 days to improve through training.

If you run every day at winter runs you will have 60 days to improve.

If you run 6 days a week you have 72 days (and you give up 12 days of training).

...5 days a week you have 60 days (and you give up 24 days of training).

...4 days a week you have 48 days (and you give up 36 days of training).

...3 days a week you have 36 days (and you give up 48 days of training).

...2 days a week you have 24 days (and you give up 60 days of training).

Always assume the competition is doing the maximum amount of work to prepare to beat you. We are the returning Girls and Boys City Champions. The work we put in now is how we earn more City Titles, and gives us the opportunity to be competitive at the League and State Levels. You might not be able to run all 84 days but it is important to be as consistent as possible.

# Miles Per Week Guidelines

A fundamental question in distance running is, "How many miles should I run per week?" This is a challenging question as there is no magic number and there are many factors involved in determining the correct mileage for each runner. It is crucial to remember that we want to stay healthy and have fun. Rushing into too many miles too quickly will typically lead to injuries and burnout while running too few miles will prohibit you from reaching your true potential. In the following Table we have identified 4 broad categories. Naturally there will be some overlap in these categories and they should not be followed blindly. If you are unsure which category you are in, talk with a Coach. This 12 Week table is based on the 12 weeks from the start of Winter Runs on December 6 until the start of Track Practice on February 28.

<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
Advanced/Upperclassman <b>25</b> Experienced Runners <b>19</b> Returning Runners <b>16</b> Newcomers <b>12</b>	Advanced/Upperclassman <b>27</b> Experienced Runners <b>20</b> Returning Runners <b>17</b> Newcomers <b>13</b>	Advanced/Upperclassman <b>30</b> Experienced Runners <b>22</b> Returning Runners <b>19</b> Newcomers <b>14</b>	Advanced/Upperclassman <b>33</b> Experienced Runners <b>25</b> Returning Runners <b>20</b> Newcomers <b>15</b>
<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>	<b>Week 8</b>
Advanced/Upperclassman <b>33</b> Experienced Runners <b>25</b> Returning Runners <b>20</b> Newcomers <b>17</b>	Advanced/Upperclassman <b>36</b> Experienced Runners <b>27</b> Returning Runners <b>22</b> Newcomers <b>17</b>	Advanced/Upperclassman <b>40</b> Experienced Runners <b>30</b> Returning Runners <b>24</b> Newcomers <b>18</b>	Advanced/Upperclassman <b>42</b> Experienced Runners <b>32</b> Returning Runners <b>26</b> Newcomers <b>21</b>
<b>Week 9</b>	<b>Week 10</b>	<b>Week 11</b>	<b>Week 12</b>
Advanced/Upperclassman <b>42</b> Experienced Runners <b>35</b> Returning Runners <b>28</b> Newcomers <b>23</b>	Advanced/Upperclassman <b>45</b> Experienced Runners <b>35</b> Returning Runners <b>32</b> Newcomers <b>23</b>	Advanced/Upperclassman <b>47</b> Experienced Runners <b>38</b> Returning Runners <b>33</b> Newcomers <b>25</b>	Advanced/Upperclassman <b>50</b> Experienced Runners <b>40</b> Returning Runners <b>35</b> Newcomers <b>28</b>

\*Keep in mind that these are guidelines and should be treated as such. Based on your individual situation you may find that you need to vary your mileage slightly up or down. Regardless, we want each week to build off of the previous week hence, "building a base." Extreme fluctuations in mileage from week to week is ineffective and will make you prone to injury. We want everybody to be healthy and running their best in mid-late May. In order to do that you have to decide today that you are committed to getting better everyday.