

WINTER RUNNING/CONDITIONING PROGRAM

Covid has changed everything we do/have done in the past. That, along with Coach P not planning on doing track this spring makes it tougher to maintain/keep up with any type of training. Coach P will continue to advise any distance kids that ask him for help/advice..

All of you have had months since we have done any type of organized training. Track (hopefully) will start towards the end of March. "IF" you are not in a winter sport, it is really important that you start some type of winter conditioning. In the past, we have done those at the HS each night..with Covid and the restrictions in place, that is not an option right now. That does not mean you can't do running to get in shape. Most of you have GPS watches..you know the distances at places like Ramblewood, Popp's Road, the road by the school...etc...the yr that Nadir ran over 400 winter miles before track season (and he had his best season ever making top 3 honor roll times in 3 different events and placing at state) and those mile were all outside. IT CAN BE DONE!!

GOALS:

- Totally voluntary
- Even with uncertainty about coaching positions, Coach P. will continue to advise any interested athlete on ideas for types of workouts. If you know some Middle distance kids or anyone else who might want to run, just have them get in touch with me.
- Can be done in conjunction with weight training, excel, or other programs
- Encourage off-season running/conditioning for track/XC
- Provide a conditioning opportunity for those not in winter sport
- **Run** : At least.. 3-4 nights in Jan, 4-5 in Feb and first week of March

HOW IT WILL WORK:

1. You will have to find a place to run/kids to run with..that will take a little effort on your part.
 - **If weather is nice, dirt road and trails right outside**
2. You decide the distance or length of time that you want to run..there are suggested guidelines/speed workouts that you can use/rotate around. And some suggested workouts that will benefit you the most.
3. You decide which nights best fit your week's schedule
4. Try to start running each night by 2:45-3:15—remember, it gets dark now by 5 and it cools off quickly.

5. In no way should this interfere/conflict with your winter sports if you are doing that.
This is primarily for those not in a winter sport.

In the past 5 yrs alone, just to name a few: Ryan L went from being a solid sprinter to one we could not do without; Leah H. went from being a girl who did not run at true team to a girl in our top 5 in 4 different events—she just ran a 10+ two mile time this spring; Nadir went from a runner who could not qualify for state to someone who missed 3 different school records by less than a second—All American in college.. Heidi and Shawn came up huge another spring, Josh Miley was a dude his JR yr....all because they got into this pre-season training and were dedicated.... Amazing...think of the possibilities if

This is open to boys/girls. **Those in track or not.** Remember track is about 2 months away; XC starts in 7+ months.

Anyone can “talk the talk” but will you take the walk that gets you there.

It is not just “what you are willing to do” that makes you great...just as important is what you are “willing to not do”...that will help you be on the podium this spring and be ready to make the fall season a great one as well. I have seen a lot of “city” kids from Hopkins, Tonka, Edina, Wayzata out running trails this winter already.