

Olivia's Winter Training Program

Wk	Date	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Total
1	12/20	4 m run @9:34	Rest/XT	Speedwork: 4 m run 2x1600 in 9:00	Tempo: 3 m run 2 mi @ 9:00; Cool	Rest/XT	4 m run @10:00	Rest/XT	15
2	12/27	4 m run @9:34	Rest/XT	Speedwork: 3 m run 1x1600 in 8:00	Tempo: 3 m run 2 mi @ 9:00; Cool	Rest/XT	5 m run @10:00	Rest/XT	15
3	1/3	5 m run @9:34	Rest/XT	4 m run @10:00	Tempo: 4 m run 2 mi @ 8:50; Cool	Rest/XT	6 m run @10:00	Rest/XT	19
4	1/10	4 m run @9:34	Rest/XT	4 m run @10:00	Tempo: 4 m run 2 mi @ 8:45; Cool	Rest/XT	7 m run @10:00	Rest/XT	19
5	1/17	4 m run @9:34	Rest/XT	Speedwork: 3 m run 1x1600 in 7:30	Tempo: 4 m run 2 mi @ 9:00; Cool	Rest/XT	6 m run @10:00	Rest/XT	18
6	1/24	6 m run @9:53	Rest/XT	4 m run @10:00	Tempo: 5 m run 3 mi @ 8:50; Cool	Rest/XT	7 m run @10:00	Rest/XT	22
7	1/31	4 m run @9:34	Rest/XT	Speedwork: 3 m run 1x1600 in 7:30	Tempo: 5 m run 3 mi @ 9:00; Cool	Rest/XT	8 m run @10:00	Rest/XT	21
8	2/7	4 m run @9:34	Rest/XT	4 m run @10:00	Tempo: 6 m run 4 mi @ 9:00; Cool	Rest/XT	7 m run @10:00	Rest/XT	21
9	2/14	5 m run @9:34	Rest/XT	Speedwork: 4 m run 2x1600 in 8:00	Tempo: 6 m run 4 mi @ 8:55; Cool	Rest/XT	8 m run @10:00	Rest/XT	23
10	2/21	5 m run @9:34	Rest/XT	Speedwork: 6 m run 4x1600 in 8:30 w/800 jogs; Cool	Tempo: 4 m run 2 mi @ 9:00; Cool	Rest/XT	7 m run @10:00	Rest/XT	22
11	2/28	4 m run @9:34	Rest/XT	Speedwork: 4 m run 2x1600 in 8:17	Tempo: 6 m run 3 mi @ 9:17; Cool	Rest/XT	8 m run @10:00	Rest/XT	22
12	3/7	4 m run @9:53	Rest/XT	Speedwork: 3 m run 1x1600 in 7:30	Tempo: 5 m run 3 mi @ 9:00; Cool	Rest/XT	7 m run @10:00	Rest/XT	19