Off-Season Running Guidelines

Off-season running is meant to build your aerobic base and keep up your general fitness before the competitive seasons. Try to make these runs social by doing them with friends or family. Remember to HAVE FUN and ENJOY running!

1. Run at least 3 days per week and as much as 6 days a week, most runs should be at an easy conversational pace.
    a. Pro tip: Easy conversational pace makes running MUCH more enjoyable
2. Seasoned runners/returning Varsity runners should work up to 30+ miles per week, newcomers/JV should work up to 20-25 miles per week.
   TIP #1: If you do another sport, you likely don't need as much mileage during the week. For example, you can sub a basketball practice for a weekday run. Make your focus getting in a long run one per week CONSISTENTLY and be flexible with your weekday running (as you likely get in the work mentioned in #3, #4, and #5 in practices for other sports)
3. Do one long run per week that should equal 25-35% of your total weekly miles (for example, if you are doing 25 miles one week, that one run should be 6-8 miles).
4. Do one run per week that either includes hills or do short repeats of a hill (20-30s).
5. Do one run per week that includes about 10-20 minutes total at a faster pace than your easy run pace-similar to the feel of our tempo warm up runs before races.
    a. TIP: This can easily be done by participating in a local race through the TCM Kids run FREE program or taking part in the Como Relays (also FREE)
    b. You can BREAK UP this 20 minutes if you'd like (i.e. 3-4 x 5min ON/3min OFF, 10-12 x 1 min ON/1min OFF, or a progression increasing speed over 10-20 minutes)
6. Do some strides (focusing on FORM) after your easy runs for about 20-25s.
7. Practice warm-up drills before your runs and mobility exercises after your runs
8. Keep up your core, glute and other strength exercises. You can do the following routine 2x through 2-3x per week
    a. 15 Push-ups
    b. 10 Single-leg glute/hip bridges
    c. 30 deadbugs
    d. 10 reverse plank marches
    e. 10 side lunges
    f. 10 backwards lunges
    g. 30-60s side plank (each side)
    h. 15 single-leg eccentric calf raises
    i. 10 single leg step-downs
    j. 30-60s hollow body hold

Note: If you want to take some time off from running keep it to 5-7 days. A better approach to getting a break is to reduce the pace (usually runners tire out from running easy runs TOO FAST), volume or the number of days you run, not to take off completely. Keep the focus on maintaining your overall fitness.