

SPAIN PARK

Distance Team

Training Calendar
2025

EXPECT EXCELLENCE
EMPOWER EVERYONE

There will be a training calendar posted here for each month of the season.

The calendar will:

- List the mileage/workout for each training group
- Show where and when summer runs will be
- List which pre-run and post-run routine are to be completed
- Outline which days for supplemental training (strides, flying 30's, core, strength, plyometrics, weight training, mobility, lunge series, etc...)

Consistency in training is the best way to stay injury free and have a successful season. The best way to ensure team success is to build a culture of accountability.

Athletes are expected to:

- Follow the training calendar
- Understand and run the correct training paces
- Train with their assigned training group as much as possible
- Know all pre-run and post-run routines
- Eat healthy and get significant sleep
- Communicate any issues with the coaches and their group

Training Demands and Explanation

Here is an overview of the types of training we do and a brief explanation of the different types of workouts we do and which energy system is being trained

The training design we have in place works. If you consistently follow the training plan and do the assigned strengthening routines- you will improve. It is that simple.

“Distance runners are experts at pain, discomfort, and fear. You’re not coming away feeling good. It’s a matter of how much pain you can deal with on those days. It’s not a strategy. It’s just a callusing of the mind and body to deal with discomfort. That’s the nature of their game, taking pain.”

Mark Wetmore Former University of Colorado Coach

August 12th - 9/6

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		12 TIME TRIAL	13 STRENGTH Hill Repeats 5k plus hills	14 AEROBIC 4-6 miles	15 SPEED Race Pace 4 x 800 @ GRP	16 AEROBIC LONG RUN 6-10 miles
17 AEROBIC 4-6 Miles	18 THRESHOLD 2K Tempo in Woods (2 min rest) Core 5	19 AEROBIC 5 miles Hip 1	20 FARTLEK SPEED Large Weightroom @ 7am Goal Race Pace 90 fast 60 easy (3-5 miles)	21 AEROBIC 3-5 miles	22 STRENGTH + RACE PACE 2 miles on course + 1 mile @ GRP + 2 miles Core 4	23 OFF
24 AEROBIC LONG RUN 6-10 miles	25 INTERVAL 5 x 1000m @ GRP <i>Equal recovery</i> Core 5	26 AEROBIC 4-6 miles Hip 1	27 THRESHOLD Large Weightroom @ 7am 4-6 x 1600 @ T :60 rest	28 AEROBIC 5 Miles	29 RACE PREP 5k Race Simulation Core 4	30 AEROBIC 5-7 miles
31 OFF	1 THRESHOLD 2K Tempo in Woods (:90 min rest) Core 5	2 AEROBIC 3-5 miles Hip 1	3 SPEED Large Weightroom @ 7am Goal Race Pace 5 x 800 @ GRP <i>Equal Recovery</i>	4 AEROBIC 4-5 miles	5 AEROBIC Pre-Race Shakeout 2-3 miles	6 RACE CHICKASAW TRAILS

June 29 - JULY 26th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY
29 AEROBIC 6 miles 8 miles	30 AEROBIC 3 miles 5 miles	1 AEROBIC 3 miles 5 miles 7 miles	2 AEROBIC 2 miles 4 miles 5 miles Core 3 Plyo 1	3 AEROBIC 5 miles 7 miles 9 miles	4 OFF +2 miles	5 LONG 7 miles 10 miles 12 miles Core 3	27 miles 39 miles 48 miles +2
6 AEROBIC 4 miles 6 miles	7 AEROBIC 3 miles 5 miles Double: +2	8 STRENGTH VETERANS PARK 7am 5 miles 7 miles 8 miles Plyo 2	9 AEROBIC Small SP weight room @7am 2 miles 4 miles 5 miles Double: +3	10 AEROBIC VETERANS PARK 7am 4 miles 6 miles 7 miles Hip 1	11 AEROBIC 5 miles 7 miles 8 miles	12 LONG Black Creek Park Fultondale 7am 8 miles 10 miles 12 miles Core 4	31 miles 45 miles 51 miles +5
13 OFF	14 AEROBIC 4 miles 5 miles 6 miles	15 INTERVAL Veterans Park 7am 3 miles 5 miles Plyo 2 Double: +3	16 AEROBIC Small SP weight room @7am 4 miles 5 miles 6 miles	17 INTERVAL Veterans Park 7am 3 miles 5 miles Core 3 Double: +3	18 AEROBIC 4 miles 5 miles 6 miles	19 LONG Black Creek Park Fultondale 7am 10 miles 12 miles Core 4	28 miles 35 miles 40 miles +6

20 AEROBIC 4 miles 6 miles 8 miles	21 AEROBIC 4 miles 6 miles 8 miles	22 TEMPO <u>JEMISON TRAIL</u> 7am 3 miles 5 miles 7 miles Plyo 2	23 OFF Small SP weight room @7am or 4 miles	24 TEMPO <u>JEMISON TRAIL</u> 7am 3 miles 5 miles 7 miles Hip 1	25 AEROBIC 4 miles 6 miles 8 miles	26 TIME TRIAL Spain Park Track	20 miles 30 miles 40 miles +4
27 LONG 8 miles 10 miles 12 miles	28 AEROBIC 5 miles 8 miles	29 INTERVAL 3 miles 5 miles 7 miles Plyo 2	30 AEROBIC Small SP weight room @7am 5 miles 8 miles	31 TEMPO 4 miles 6 miles 8 miles Core 3	1 AEROBIC 4 miles 6 miles 8 miles	2 AEROBIC 4 miles 6 miles 8 miles Core 4	27 miles 39 miles 48 miles +2

IMPORTANT POINTS FOR THE FINAL SUMMER RUNNING TRAINING:

1. If you have not been able to train consistently, please follow the lowest mileage progression on the calendar or follow a logical return to training after a break- ask coaches if you have questions. It is more important for you to run some everyday than it is to jump up in mileage.
2. We will begin doing things a little differently starting July 13th on your runs. We will focus more on running slightly lower mileage at a faster pace. We will discuss this as July team runs take place to figure out a good starting point for training paces on easy runs.
3. We will not be meeting the 27th-2nd because it is the last week before school starts.
4. Strength training, core and mobility exercises are essential to success. Please be doing these consistently.
5. As we get closer to school, we will establish the groups we discussed in the meeting before school ended. Please make an effort to be at the runs in July so we can get a better idea for who will be a part of the program