

Two Week Break Between Seasons

Why is a break from training important? Athletes are usually really excited to jump into training when the season ends, but too often athletes don't take two weeks off. They then have great training in June and July or December and January, then motivation starts to fade. This is a big problem as the season itself lasts for several months. However, too much time off can lead to an increased risk of injury when athletes return to running. This two week plan below is a nice balance to accomplish the transition.

Week 1

Monday - Friday: Four days of nothing. No running or other activities.

Saturday: Bike ride, brisk walk, or hike. Get outside and get in 60 minutes of one of these activities.

If you are not excited to resume training then repeat the same week above over again. If you are EXCITED to get going then go ahead and move on to week two.

Week 2

Three runs this week with a day off in between each. For example, Mon/Wed/Fri or Tues/Thurs/Saturday.

Each run should only be 20-30 minutes of EASY running with 3-5 x 15 second strides at 5k pace as part of the runs.

After week two you may resume team training or check with Coach Knutson about what your training should look like.