

McDaniel Winter Training 2025-26

Name: _____



1. **Work hard *together*.** Cold, rainy days are easier to skip when nobody is counting on you to show up. Good teammates help each other stay accountable!



2. **Build mileage gradually and take care of aches and pains.** The first 1-2 weeks after a break are the most common time for injuries, so make sure you're stretching, rolling, and taking an extra day off if you need one to stay healthy.



3. **Don't neglect your warmups and stretching.** Warmups, drills, and stretching aren't listed on the training calendar, but we expect you to do them daily.



4. **Treat your long run as a workout.** We need to put more emphasis on the weekly long run during winter training. Think of it as your third workout for the week.



5. **Never lie to the training log.** It's OK if you miss a day, but don't write anything in this log that you didn't actually do. We need to know your baseline going into spring.

Winter Training / Racing Goals

(1) _____

(3) _____

(2) _____

(4) _____

Strength / Mobility Circuits

1. Leg Circuit:

- 15 body weight squats (warm up)
- 25 meter forward lunges
- 25 meter backward lunges
- 8 jump squat
- 8 split squat
- 25 two-legged calf raises
- 15 one-legged calf raises (each leg)

2. Hip Circuit:

- 1 min lateral band walk (x3 sets)
- 1 min clamshell with band (each leg)
- 25 meter lateral lunges (alternating)
- Hurdle drill stepovers (bent leg)
- Hurdle drill stepovers (straight leg)
- Hurdle drill skips (bent leg)
- Hurdle drill skips (straight leg)
- Hurdle drill over unders

3. Core Circuit:

- 1 min front plank
- 1 min side plank (each side)
- 1 min bicycles
- 1 min Russian twist OR heel touches
- 1 min flutter kicks
- 3 min choose your own

4. Build Your Own (BYO) Circuit:

- Work with Art and/or weightlifting teacher to develop personalized weight room circuit to address muscle weaknesses

Training Calendar

Week of : December 1-7

Day	Recommended Workout	Actual Workout	Notes	Daily Mileage
Monday (12/1)	35 minute run + 4 x 150/250s			
Tuesday (12/2)	16 x 200m @ 5K goal pace with <30 seconds rest			
Wednesday (12/3)	30 min run OR cross train			
Thursday (12/4)	12 x 1 min hard uphill @ Rose City GC; 2 min downhill recovery			
Friday (12/5)	30-40 minute run + 4 x 100m light strides			
Saturday (12/6)	50-70 minute hilly long run			
Sunday (12/7)	OFF or cross train			

Weekly Strength / Mobility Goals

☐ 1x Hip Circuit

☐ 1x Core Circuit

☐ 1x BYO Circuit

Weekly Mileage: _____

Training Calendar

Week of : December 8-14

Day	Recommended Workout	Actual Workout	Notes	Daily Mileage
Monday (12/8)	40 minute run + 4 x 150/250s			
Tuesday (12/9)	Fartlek Run: 3 min hard, 2 min steady x 6			
Wednesday (12/10)	30 min run or cross train			
Thursday (12/11)	Track: 6 x 600m @ 3K goal pace w/ 3 mins rest			
Friday (12/12)	40 minute run			
Saturday (12/13)	Holiday Half race OR 60-75 min long run			
Sunday (12/14)	OFF or cross train			

Weekly Strength / Mobility Goals

☐ 1x Hip Circuit

☐ 1x Core Circuit

☐ 1x Leg Circuit

Weekly Mileage: _____

Training Calendar

Week of : December 15-21

Day	Recommended Workout	Actual Workout	Notes	Daily Mileage
Monday (12/15)	40 minute run + 4 x 150/250s			
Tuesday (12/16)	4 x 400m @ 5K goal pace (1 min rest) 6 x hill repeat w/ downhill rest 4 x 400m @3K goal pace (1 min rest)			
Wednesday (12/17)	30 min run or cross train			
Thursday (12/18)	2 mile progression run + 6 x 300 @ 1500m goal pace			
Friday (12/19)	45 min run			
Saturday (12/20)	70-80 minute long run			
Sunday (12/21)	OFF or cross train			

Weekly Strength / Mobility Goals

☐ 1x Hip Circuit

☐ 1x Core Circuit

☐ 1x BYO Circuit

Weekly Mileage: _____

Training Calendar

Week of : December 22-28

Day	Recommended Workout	Actual Workout	Notes	Daily Mileage
Monday (12/22)	30 minute run + 4 x 150/250s			
Tuesday (12/23)	Fartlek Run: 3 min hard, 2 min steady x 8			
Wednesday (12/24)	25 min run or cross train			
Thursday (12/25)	OFF			
Friday (12/26)	35 min run + 6 x 100m strides			
Saturday (12/27)	60-75 minute run w/ 3 x 5-minute pickups during the run			
Sunday (12/28)	OFF or cross train			

Weekly Strength / Mobility Goals

☐

1x Hip Circuit

☐

1x Core Circuit

☐

1x Leg Circuit

Weekly Mileage: _____

Training Calendar

Week of : December 29 - January 4

Day	Recommended Workout	Actual Workout	Notes	Daily Mileage
Monday (12/29)	40 minute run + 4 x 150/250s			
Tuesday (12/30)	2 x (200, 400, 600, 400, 200) w/ 1 min between reps, 1 lap b/w sets			
Wednesday (12/31)	30 min run OR crosstrain			
Thursday (1/1)	NEW YEAR'S DAY TIME TRIAL (Details TBD)			
Friday (1/2)	30 minute run			
Saturday (1/3)	75-90 minute long run			
Sunday (1/4)	OFF or cross train			

Weekly Strength / Mobility Goals

☐ 1x Hip Circuit

☐ 1x Core Circuit

☐ 1x Leg Circuit

Weekly Mileage: _____