

## WACONIA DISTANCE WINTER TRAINING

Dear Distance Athlete,

**No Doubt about it...**Distance Training in the Winter is simply **HARD**. Ice, Darkness, Cold, Snow, The Holidays, etc...etc...etc. At times it seems as if everything in the universe is working against us...then you get the flu! What to do? Well folks, nothing (**NOTHING**) replaces mileage and you still need to MOVE YOUR BODY to get prepped for the Spring Track Season, which is basically a HUGE “dress rehearsal” for the upcoming (our favorite time of year) **CROSS COUNTY 2020**. As a team we have 1) BIG plans 2) Tons of Athletes & 3) a GIANT pool of talented runners, so we need to capitalize and get training!

Attached you will find a new (*hopefully improved*) version of our Distance Off-Season Training Calendar. We switched up the format this season in order for our athletes to efficiently visualize, BOTH *Progress* and *Time Left* in regards to our training during the critical 90 days (3 months) of prep work leading up to track. Off-Season mileage is going to be more difficult during the winter months, but as distance athletes we need to “dig deep” and simply head out the door to nab miles. We also have a wide variety of other “work” as athletes. We have tons of fitness areas that will improve our overall athleticism and ultimately help us DROP times. (basically yes you need miles, but when this is not possible, lets focus on other aspects of our fitness)

The Distance Staff would like you to keep track of ANYTHING and EVERYTHING you do in the next 90ish days that you feel helps you prep for the upcoming competition season. No need to overly stress about things, but this is a **CALL FOR ACTION** to our Distance Crew. The **TIME IS NOW** to get better & unless you do the work this offseason, your times will NOT magically improve. (*oh and and WE will not get better as a team*) We are asking you to basically try to FILL your calendar with positive actions that you are taking to better yourself (mentally & physically) as a Distance athlete. Make of game of it...challenge your friends...share your marked up calendars with your buddies...seek out opportunities to fill out the calendar WITH your buddies!! **We. Just. Need. To. Work!** #DUH

### **Examples of things you can write on your calendar...**

*Daily Mileage, Weight Lifting Days, Stretching Sessions, Rest Days, Sick Days, Off Season Sport Game Days, Alternative Aerobic Activities, Hill Repeats, Cross Country*

*Ski Session, Biking, Speed Workouts, Long & Easy Days, Massage Appointments, Hydration, Pool Workouts, Rate daily intensity of you IN Season sport practice, Personal Ice Session, Track an Injury, Good Old Fashioned Snow Shoveling Session, Race Results, Track if you worked with a teammate, write down daily “steps” according to your fitness tracker, Meal/Food intake...the more you record, the more you will benefit mentally and physically from the work done in the next 3 months!!!*

### **Need more specific guidance?**

- 1) Email/Connect with a Coach
- 2) research your focus track event...learn your trade (honestly research)
- 3) Log On to [runwaconia.com](https://www.runwaconia.com) and check the VERY COMPLETE “Winter Training” Page...this page can be found at <https://www.runwaconia.com/winter-training>

FYI - during November, December, January, February, and the days of March leading up to the start day of track, is considered a “hands off” period for the distance staff. “Hands off” simply means that our coaching staff cannot hold organized practices directly with our athletes. (we are allowed to provide guidance/suggestions, so don't be a stranger)

Love,

YOUR Distance Coaches

**Note:** *90 Day Wac Distance Winter Workout Calendars will NOT be collected by distance staff members. We would love to see them, but will not be tracking distances or your progress. How do we track your progress? Let's just say we will see you on the track in March & we will know who did their homework! #BAM*