



CHICO STRIDERS

2021 WINTER TRAINING PLAN



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
WORKOUT	6X100 METER STRIDES "I Am..."	HILLS "I WILL FINISH STRONG"	FARTLEX (3x1 MILE)	TUESDAY: PACING FRIDAY: 2 MILE RACE	HILLS	TEMPO-MILE REPEATS	1 MILE TT	TUESDAY: 4X400
LONG RUN	3-5 MILES	4-5 MILES	4.5-5.5 MILES	4 MILES	5-6 MILES TBD	6 MILES TBD	6 MILES ONE MILE	SATURDAY: RACE
SAOS	2 BLUE 2 GREEN 1 YELLOW OR GOLD	3 BLUE 3 GREEN 1 YELLOW OR GOLD 2XWEEK	1 STRENGTH CIRCUIT 4 GREEN 1 YELLOW OR GOLD 2XWEEK	3 BLUE 3 GREEN 2 YELLOW OR GOLD 2XWEEK	3 BLUE 1 AGILITY CIRCUIT 1 YELLOW OR GOLD 3XWEEK	3 BLUE 3 GREEN 1 YELLOW OR GOLD 3XWEEK	2 BLUE 3 GREEN 2 YELLOW OR GOLD 2XWEEK	2 BLUE 2 GREEN 2 YELLOW OR GOLD 2XWEEK
MILEAGE GOAL	EXAMPLE 10 MILES	EXAMPLE 15 MILES						
MILEAGE RESULT	EXAMPLE 12 MILES	EXAMPLE 15 MILES						
TOTAL MILEAGE	EXAMPLE 12 MILES	EXAMPLE 27 MILES (WEEK 1 +WEEK2)						