

Denver East Distance - Track Winter Conditioning

The key to a successful track season begins with winter conditioning. Winter conditioning prepares you for the speed work and track work necessary to run fast races in the spring. Voluntary conditioning practices will begin in February; follow website for details. We encourage you to complete the runs with teammates, on your own, or with East Running Club. Runs may be moved to different days of the week to accommodate your holiday plans, finals, travel, or inclement weather. Official practices begin March 2 and meets the second week of March.

Key: All runs are in minutes; FK – fartlek surges are run at 5k race pace or faster; Tempo – sustained medium fast pace; Hill Sprints may be done on Esplanade, Cheesman Park, the fields west of Museum of Nature and Science, or any other hill. 6-10 fast strides of around 80 meters should be done at the conclusion of all easy runs. Easy – faster than jog, able to maintain conversation.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
December 15 2.5-4 hours/week	16 25 - 40 easy	17 35 - 55 with 15 minutes of fast tempo	18	19 25 - 40 easy	20 40 - 50 easy	21 45 - 65 easy
December 22 2.5-4 hours/week	23 25 - 40 easy	24 35 - 45 with 2 10min surges	25	26 25 - 40 easy	27 40 - 50 easy	28 45 - 60 easy
December 29 3.5-4.5 hours/week	30 35 - 45 easy	31 35 - 55 with 20 minutes at fast tempo	Jan 1	2 35 - 45 easy 8x100m uphill sprints	3 35 - 45 easy	4 60 - 75 easy
January 5 3.5-4.5 hours/week	6 25 - 40 easy	7 35 - 55 with 5 x 5min surges	8	9 35 - 45 easy 10 x 100m uphill sprint	10 35 - 45 easy	11 60 - 75 easy
January 12 4-5.5 hours/week	13 40 - 55 easy	14 45 - 60 with 25 minutes tempo	15 25 - 40 easy	16 35 - 45 easy 12 x 100m uphill sprints	17 35 - 50 easy	18 65 - 80 easy

Sun	Mon	Tue	Wed	Thu	Fri	Sat
January 19 4-5.5 hours/week	20 40- 55 easy	21 45 - 60 with 5 x 4min surges	22 25 - 40 easy	23 35- 45 easy 8 x 150m uphill sprints	24 35 - 50 with 15 minutes of tempo	5 65 - 80 easy
January 26 5-6 hours/week	27 45 - 65 easy	28 55- 70 with 20 minutes of tempo	29 30- 50 easy	30 35 - 50 easy 10 x 150m uphill sprints	31 40 - 60 with 6 x 3 minute surges.	Feb 1 75 - 90 easy
February 2 5-6 hours/week	3 45 - 65 easy	4 55 - 70 with 8 x 2 minute surges	4 30 - 50 easy	6 35 - 50 easy 12 x 150m uphill sprints	7 40 - 60 min progression	8 75 - 90 easy
February 9 5-6 hours/week	10 45 - 65 easy	11 40 - 60 with 10 x 1 min fast, 1 minute easy	12 30 - 50 easy	13 35 - 50 easy 8 x 200m uphill sprints	14 50 - 70 with 2 x 10 minute surges	15 75 - 90 easy
February 16 5-6 hours/week	17 45 - 65 easy	18 50 - 70 with 20 min tempo	19 30 - 50 easy	20 35- 50 easy 10 x 200m uphill sprints	21 40 - 60 progression	22 75 - 90 easy