

## Distance Winter Break Practice Schedule 2023-24

I understand that there are some varsity athletes that are taking their break & just coming back, & there are also athletes that are ahead of schedule as far as training goes, and you might be able to handle more mileage than what is on paper. This is all okay. Use this training schedule as a means to know generally what day we are doing workouts, what days we have all-comers, and where practice will be located on a daily basis throughout winter break. I hope to see you all there!

17	18 VB 7 miles VG 6 miles Stridesx8  <b>Practice @ 8am ERHS Track core/strength</b>	19 VB 5 miles VG 4 miles  <b>Practice @ 8am ECP</b>	20 VB 5 miles VG 4 miles Strides  <b>XMAS Lights Run 6 pm</b>	21 VB 5 miles VG 4 miles  <b>Practice @ 8am ECP core/strength</b>	22 VB 5 miles VG 4 miles Strides  <b>Practice @ 8am ECP</b>	23 <b>8 am practice @ Snipes</b> 9 miles/8 miles 4-6 mi. Tempo Hill sprints <b>core/strength</b>
24	25 <b>Merry XMas &amp; Happy Holidays</b> 8 miles 7 miles <b>Practice oyo</b> Stridesx8 <b>core/strength oyo</b>	26 6 miles 5 miles  <b>8am practice @ ECP</b>	27 2 w/u 2 c/d 6x2min fartlek 6/5 miles <b>8am practice @ ERHS Track core/strength</b>	28 5 miles 4 miles  <b>8 am practice @ ECP</b>	29 5 miles 4 miles  <b>8 am practice @ ECP</b>	30 <b>8 am practice @ Snipes</b> Workout- Hill/tempo/hills <b>core/strength</b>
31	1 <b>Happy New Year!</b> BV- 7 miles GV- 6 miles Speed 4-6 x200m <b>core/strength oyo</b> <b>Practice oyo</b>	2 BV- 6 GV- 5 miles  <b>8am practice @ ECP</b>	3 3 mile w/u 6x400V 5x400JV 2 mile c/d  <b>8am practice @ ERHS Track core/strength</b>	4 BV- 7 miles GV- 6 miles  <b>8 am practice @ ECP</b>	5 BV- 6 miles GV- 5 miles 4x150m  <b>8 am practice @ ECP</b>	6 <b>All-Comers @ ERHS WCQ</b> BV- 8 miles GV- 7 miles <b>core/strength</b>