

# Middle Distance Group Pre-Season Base Training for Middle Schoolers

The main idea of pre-season training is to build some basic physical capacity and fitness *before* starting race-specific work during the school season.

The school season is short (2.5 months), making it difficult to build any significant base prior to the first competitions in the end of March. Athletes who have competitive goals and want to perform at their best are strongly encouraged to start going out on runs at least 1 month before practice starts.

Type of running and recommended activities are listed for every week, but it is up to you to find days and times to do those.

This plan is made for wide range of athletes (including those who have not run regularly) - you can vary amount of work based on your fitness level.

REGULARITY is the key. Not intensity. Happy running! - see you in March!

| Week # | from   | Description what to do   | # Runs | min each | Special activity           |
|--------|--------|--|--------|----------|----------------------------|
| Week 1 | 15-Jan | Run 2 days this week. It is good to alternate running with other sport activities if you have any. Each run should feel comfortable; recommended length 15-25 min each (according to your shape); if you feel out of shape and breathing too hard, slow down or take 2-3 min walking breaks during your run; stretch afterwards. | 2      | 15-25    |                            |
| Week 2 | 22-Jan | Run 2 days this week. 15-25 min each; comfortable pace; if you still cannot run 25 min continuously, take 1 min breaks as frequently as needed. Stretch afterwards.  | 2      | 15-25    |                            |
| Week 3 | 29-Jan | Run 3 days this week. 15-30 min each; comfortable pace; on 2 of those days, after your run, add three 50-meter accelerations (striders) on flat grass or pavement. Stretch afterwards.   | 3      | 15-30    | 50-m striders              |
| Week 4 | 5-Feb  | Run 3 days this week. 15-30 min each; mostly comfortable pace. If you feel good on a run, pick up your pace during the last ~5 min of your run. Get a jump rope and practice hopping a few times a week. Add 50 m striders after two of those runs. Stretch.   | 3      | 15-30    | Jump rope<br>50-m striders |

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|--------|--------|--|---|-------|---|
| Week 5 | 12-Feb | Run 4 days this week. Alternate shorter (15-20 min) and longer (25-35 min) runs. On one of your runs, find a moderate-grade hill and do four hard uphill (~25 sec each), jog slowly and recover downhill; finish your run with at least 5 more min of easy running. Add jumprope or 50-m striders after other runs.  | 4 | 20-35 | Hills<br>jump rope<br>50-m striders             |
| Week 6 | 19-Feb | Run 4 days this week. Alternate shorter (15-20 min) and longer (25-35 min) runs. On one day find a moderate hill and do four hard uphill (~25 sec each), jog to recover downhill. Practice 'plank' - ensure the proper body position (and gradually learn hold it for 60 sec). Add jump rope and striders and usual. | 4 | 20-35 | Hills<br>jump rope<br>plank                     |
| Week 7 | 26-Feb | Run 4 days this week: Alternate shorter and longer run. Try extend one of your long runs to 45-50 min at easy effort (stretch). After other runs, do 50 m striders - keep them quick but relaxed. Add planks and jump rope regularly. Remember to stretch.   | 4 | 20-45 | Long run,<br>jump rope,<br>50-m striders        |
| Week 8 | 5-Mar  | <b>School practice starts</b> / If you cannot be at practice during Spring Break, repeat Week 6 training.  | 4 | 20-45 | Hills,<br>jump rope,<br>50-m striders,<br>plank |

With any questions please email Coach Mark at [ntfxc.club@gmail.com](mailto:ntfxc.club@gmail.com)