

Mason Myers, Birthdays, Holidays in United States

Sun Dec 21 – Sat Dec 27, 2014 (Pacific Time)

	Sun 12/21	Mon 12/22	Tue 12/23	Wed 12/24	Thu 12/25	Fri 12/26	Sat 12/27
				Christmas Eve	Christmas Day		
7am							
8am							
9am							
10am	<p>This St. Francis HS off-season training plan will help you to get ready for spring track. These guidelines should be used to help provide a framework for your training. Varsity athletes should follow the high-end of the running time recommendations. Be sure to contact Coach Mason (316-4712) if you have any questions, along the way. 10am - 3pm</p>	30 minutes easy 8-9 minute pace 10am - 12pm	30 minutes easy 8-9 minute pace 10am - 12pm	30 minutes easy 8-9 minute pace 10am - 12pm	rest 10am - 11am	30 minutes easy 8-9 minute pace 10am - 12pm	30-40 minutes easy 8-9 minute pace 10am - 12pm
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							

Mason Myers, Birthdays, Holidays in United States

Sun Dec 28, 2014 – Sat Jan 3, 2015 (Pacific Time)

	Sun 12/28	Mon 12/29	Tue 12/30	Wed 12/31	Thu 1/1	Fri 1/2	Sat 1/3
				New Year's Eve	New Year's Day		
6am							
7am							
8am							
9am							
10am	rest 10am - 11am	45-50 minutes easy 8-9 minute pace 10am - 12pm	30 minutes easy 8- 9 minute pace 10am - 12pm	30 minutes easy 8- 9 minute pace 10am - 12pm	30-40 minutes easy 8-9 minute pace 10am - 12pm	rest - core exercises 10am - 12pm	45-55 minutes easy 8-9 minute pace 10am - 12pm
11am							
12pm							
1pm							
2pm							
3pm							
4pm							

Mason Myers, Birthdays, Holidays in United States

Sun Jan 4 – Sat Jan 10, 2015 (Pacific Time)

	Sun 1/4	Mon 1/5	Tue 1/6	Wed 1/7	Thu 1/8	Fri 1/9	Sat 1/10
5am							
6am							
7am							
8am							
9am							
10am	30-40 minutes easy 8-9 minute pace 10am - 12pm	rest and/or cross- train (bike, swim) 10am - 12pm	30-40 minutes easy 8-9 minute pace followed by 6x100m easy strides 10am - 12pm	50-60 minutes easy 8-9 minute pace 10am - 12pm	30-40 minutes easy 8-9 minute pace 10am - 12pm	rest and/or cross- train (bike, swim) 10am - 12pm	50-70 minutes easy 8-9 minute pace 10am - 12pm
11am							
12pm							
1pm							
2pm							
3pm							
4pm							

Mason Myers, Birthdays, Holidays in United States

Sun Jan 11 – Sat Jan 17, 2015 (Pacific Time)

	Sun 1/11	Mon 1/12	Tue 1/13	Wed 1/14	Thu 1/15	Fri 1/16	Sat 1/17
5am							
6am							
7am							
8am							
9am							
10am	30-40 minutes easy 8-9 minute pace 10am - 12pm	rest and/or cross- train (bike, swim) 10am - 12pm	30-40 minutes easy 8-9 minute pace followed by 6x100m easy strides 10am - 12pm	50-60 minutes easy 8-9 minute pace 10am - 12pm	30-40 minutes easy 8-9 minute pace 10am - 12pm	rest and/or cross- train (bike, swim) 10am - 12pm	50-70 minutes easy 8-9 minute pace 10am - 12pm
11am							
12pm							
1pm							
2pm							
3pm							
4pm							

Mason Myers, Birthdays, Holidays in United States

Sun Jan 18 – Sat Jan 24, 2015 (Pacific Time)

	Sun 1/18	Mon 1/19	Tue 1/20	Wed 1/21	Thu 1/22	Fri 1/23	Sat 1/24
		Martin Luther King Day					
6am							
7am							
8am							
9am							
10am	30-40 minutes easy 8-9 minute pace 10am - 12pm	rest and/or cross- train (bike, swim) 10am - 12pm	30-40 minutes easy 8-9 minute pace followed by 6x100m easy strides 10am - 12pm	50-60 minutes easy 8-9 minute pace 10am - 12pm	30-40 minutes easy 8-9 minute pace 10am - 12pm	rest and/or cross- train (bike, swim) 10am - 12pm	50-70 minutes easy 8-9 minute pace 10am - 12pm
11am							
12pm							
1pm							
2pm							
3pm							
4pm							

Mason Myers, Birthdays, Holidays in United States

Sun Jan 25 – Sat Jan 31, 2015 (Pacific Time)

	Sun 1/25	Mon 1/26	Tue 1/27	Wed 1/28	Thu 1/29	Fri 1/30	Sat 1/31
5am							
6am							
7am							
8am							
9am							
10am	30-40 minutes easy 8-9 minute pace 10am - 12pm	rest and/or cross- train (bike, swim) 10am - 12pm	30-40 minutes easy 8-9 minute pace followed by 6x100m easy strides 10am - 12pm	50-60 minutes easy 8-9 minute pace 10am - 12pm	30-40 minutes easy 8-9 minute pace 10am - 12pm	rest and/or cross- train (bike, swim) 10am - 12pm	50-70 minutes easy 8-9 minute pace 10am - 12pm
11am							
12pm							
1pm							
2pm							
3pm							
4pm							

Mason Myers, Birthdays, Holidays in United States

Sun Feb 1 – Sat Feb 7, 2015 (Pacific Time)

	Sun 2/1	Mon 2/2	Tue 2/3	Wed 2/4	Thu 2/5	Fri 2/6	Sat 2/7
5am							
6am							
7am							
8am							
9am							
10am	30-40 minutes easy 8-9 minute pace 10am - 12pm	rest and/or cross- train (bike, swim) 10am - 12pm	30-40 minutes easy 8-9 minute pace followed by 6x100m moderate strides 10am - 12pm	50-60 minutes easy 8-9 minute pace 10am - 12pm	30-40 minutes easy 8-9 minute pace 10am - 12pm	rest and/or cross- train (bike, swim) 10am - 12pm	60-80 minutes easy 8-9 minute pace 10am - 12pm
11am							
12pm							
1pm							
2pm							
3pm							
4pm							

Mason Myers, Birthdays, Holidays in United States

Sun Feb 8 – Sat Feb 14, 2015 (Pacific Time)

	Sun 2/8	Mon 2/9	Tue 2/10	Wed 2/11	Thu 2/12	Fri 2/13	Sat 2/14
							Valentine's Day
8am							
9am							
10am	30-40 minutes easy 8-9 minute pace 10am - 12pm						
11am							
12pm							
1pm							
2pm							
3pm		First day of track practice 3pm - 4pm					
4pm							
5pm							
6pm							