

Dear Cross Country Runners,

Below is a winter training program. It is important to stay active even through these cold months. Again, I encourage all of you to participate in track this season. Track is definitely different, but understand, it is a very important addition to your training for cross country. Not only will you keep running, you will be working on your speed.

The workouts are designed for five days during the week. You can run more or less than I provided, but remember you should not increase your mileage more than 10 percent each week. This will help you fight injury and fatigue. Also, please do not rule out other activities. Winter provides an excellent opportunity to hike through the snow or cross country ski. If you have a gym membership, do the elliptical, bike, or swim. Please buddy up for your runs. Why? It is a heck of a lot more fun. Please do not burn yourself out. If you are starting to dread running, you need to take time off.

Lastly, you need to wear appropriately clothing for the weather. You need to wear stocking caps, gloves, pants, etc. You can always take clothing off, but you can't wear it if you don't have it! Before you head out the door, assess the safety. If there is black ice, hit the treadmill or run at an indoor track. Also, if it is dark, you need to wear a reflective vest and even carry a flashlight.

Billings Central Cross Country Winter Training Schedule						
Date	Day 1	Day 2	Day 3	Day 4	Day 5	Total miles
Nov. 30	3	4	3	4	3	17
Dec. 7	3	5	4	5	3	19
Dec. 14	4	6	4	5	4	23
Dec. 21	4	6	4	6	4	24
Dec. 28	4	7	4	6	5	26
Jan. 4	4	8	4	7	5	28
Jan. 11	4	8	5	7	6	30
Jan. 18	5	8	6	7	6	32
Jan. 25	3	5	3	4	3	18
Feb. 1	5	8	6	7	6	32
Feb. 8	5	8	7	8	6	34
Feb. 15	5	8	7	8	6	34
Feb. 22	5	8	6	7	6	32
Mar. 1	5	8	6	7	6	32
Mar. 8	3	5	3	4	3	18

