

**Davis High Distance Runners – Training Calendar**  
**January 12 through February 9, 2009**

**January**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<b>12</b> Threshold Run Warmup, Drills 2 or 3 x 2 miles with 3 minutes rest or 3 to 4 times 7 minutes with 2 minutes at recovery pace Strides	<b>13</b> Speed Development Warmup, Drills 1.5 miles easy 4 to 6 x 60 meters, then 3 miles easy	<b>14</b> Steady State Warmup, Drills 4-8 miles Strides	<b>15</b> Warmup, Drills 6-8 miles total with Fartlek in the middle: 4 to 6 times three minutes on with 2 minutes recovery jog Strides	<b>16</b> 4-8 miles Easy Warmup, Drills Strides	<b>17</b> Long Run Warmup, Drills 8 or 10 or 12 miles Strides
<b>18</b> Optional Run 3 to 5 miles Strides	<b>19</b> Threshold Run Warmup, Drills 2 or 3 x 2 miles with 3 minutes rest or 3 to 4 times 7 minutes with 2 minutes at recovery pace Strides	<b>20</b> Speed Development Warmup, Drills 1.5 miles easy 4 to 6 x 60 meters, then 3 miles easy	<b>21</b> Steady State Warmup, Drills 4-8 miles Strides	<b>22</b> Warmup, Drills 6-8 miles total with Fartlek in the middle: 4 to 6 times three minutes on with 2 minutes recovery jog Strides	<b>23</b> 4-8 miles Easy Warmup, Drills Strides	<b>24</b> Long Run Warmup, Drills 8 or 10 or 12 miles Strides
<b>25</b> Optional Run 3 to 5 miles Strides	<b>26</b> Threshold Run Warmup, Drills 2 or 3 x 2 miles with 3 minutes rest or 3 to 4 times 7 minutes with 2 minutes at recovery pace Strides	<b>27</b> Speed Development Warmup, Drills 1.5 miles easy 6 to 8 x 60 meters, then 3 miles easy	<b>28</b> Steady State Warmup, Drills 4-8 miles Strides	<b>29</b> Warmup, Drills 6-8 miles total with Fartlek in the middle: 3 to 4 times five minutes on with 3 minutes recovery jog Strides	<b>30</b> 4-8 miles Easy Warmup, Drills Strides	<b>31</b> Long Run Warmup, Drills 8 or 10 or 12 miles Strides
<b>1</b> Optional Run 3 to 5 miles Strides	<b>2</b> Threshold Run Warmup, Drills 2 or 3 x 2 miles with 3 minutes rest or 3 to 4 times 7 minutes with 2 minutes at recovery pace Strides	<b>3</b> Speed Development Warmup, Drills 1.5 miles easy 6 to 8 x 60 meters, then 3 miles easy	<b>4</b> Steady State Warmup, Drills 4-8 miles Strides	<b>5</b> Warmup, Drills 6-8 miles total with Fartlek in the middle: 3 to 4 times five minutes on with 3 minutes recovery jog Strides	<b>6</b> 4-8 miles Easy Warmup, Drills Strides	<b>7</b> Long Run Warmup, Drills 8 or 10 or 12 miles Strides
<b>8</b> Optional Run 3 to 5 miles Strides	<b>9</b> Threshold Run Warmup, Drills 2 or 3 x 2 miles with 3 minutes rest or 3 to 4 times 7 minutes with 2 minutes at recovery pace Strides					