

## 1600-3200 PREP



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## TRAINING PRIORITIES

- # 1 **MAXIMIZE the Vo2 max of your runner**  
The accepted method is running volume
- # 2 **SPEED ENDURANCE**  
The running efforts are 80-95% of max 400
- # 3 **SPEED**  
Runs of 100%
- # 4 **RECOVERY/REST**  
Recovery for hard days as well as recovery within workouts

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## BASE TRAINING..... **CROSS COUNTRY**



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## TRAINING FORMAT FOR BASE PHASE

<u>WEEK #1</u>		<u>WEEK #2</u>	
<u>SUNDAY</u>	LONG RUN	<u>SUNDAY</u>	LONG RUN
<u>MONDAY</u>	AEROBIC THRESHOLD	<u>MONDAY</u>	AEROBIC THRESHOLD
<u>TUESDAY</u>	RECOVERY/CORE	<u>TUESDAY</u>	RECOVERY/CORE
<u>WEDNESDAY</u>	HILL CIRCUIT	<u>WEDNESDAY</u>	HILL CIRCUIT
<u>THURSDAY</u>	SPEED/CORE	<u>THURSDAY</u>	SPEED/CORE
<u>FRIDAY</u>	MEDIUM LONG RUN	<u>FRIDAY</u>	MEDIUM LONG RUN
<u>SATURDAY</u>	RECOVERY	<u>SATURDAY</u>	RECOVERY

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## CROSS COUNTRY

<u>WEEK #1</u>		<u>WEEK #2</u>	
<u>SUNDAY</u>	LONG RUN	<u>SUNDAY</u>	LONG RUN
<u>MONDAY</u>	4XMILE @ 88%	<u>MONDAY</u>	6X800 @ 90%
<u>TUESDAY</u>	RECOVERY/CORE	<u>TUESDAY</u>	RECOVERY/CORE
<u>WEDNESDAY</u>	SHORT INTERVALS	<u>WEDNESDAY</u>	SHORT INVERTAL
<u>THURSDAY</u>	AEROBIC THRESHOLD	<u>THURSDAY</u>	AEROBIC THRESHOLD
<u>FRIDAY</u>	RECOVERY	<u>FRIDAY</u>	RECOVERY
<u>SATURDAY</u>	RACE	<u>SATURDAY</u>	RACE

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## 2 WEEKS RECOVERY THEN BACK TO BASE TRAINING WITH INCREASED MILEAGE




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## TRAINING FORMAT FOR CHAMPIONSHIP SEASON

<u>WEEK #1</u>		<u>WEEK #2</u>	
• <u>SUNDAY</u>	EASY JOG	<u>SUNDAY</u>	EASY JOG
• <u>MONDAY</u>	RACE PACE REPS	<u>MONDAY</u>	RACE PACE REPS
• <u>TUESDAY</u>	RECOVERY/CORE	<u>TUESDAY</u>	RECOVERY/CORE
• <u>WEDNESDAY</u>	SPEED TRAINING	<u>WEDNESDAY</u>	SPEED TRAINING
• <u>THURSDAY</u>	4x150 build-ups/CORE	<u>THURSDAY</u>	4x150 build-ups/CORE
• <u>FRIDAY</u>	RECOVERY	<u>FRIDAY</u>	RECOVERY
• <u>SATURDAY</u>	RACE	<u>SATURDAY</u>	RACE

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## RACING TIPS

- **1. DON'T RUN TO HARD THE FIRST LAP**
- **2. GET A GOOD WARM-UP**
- **3. USE GOOD LANE MANAGEMENT**
- **4. DON'T OVER RUN THE FIRST 400**
- **5. Don't run the 1600 every race**
- **6. GET A GOOD COOL-DOWN**
- **7. USE DIFFERENT STRATEGIES IN THE EARLY SEASON**

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