



800-1600 meter
TRAINING

BASE TRAINING



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

TRAINING FORMAT FOR BASE PHASE

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



CROSS COUNTRY IS A GREAT SPORT TO COMPLIMENT MIDDLE DISTANCE RUNNING

CROSS COUNTRY

WEEK #1		WEEK #2	
<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 INTERVAL	<u>WEDNESDAY</u>	SHORT INTERVAL
<u>THURSDAY</u>	AEROBIC THRESHOLD	<u>THURSDAY</u>	AEROBIC THRESHOLD
<u>FRIDAY</u>	RECOVERY	<u>FRIDAY</u>	RECOVERY

RECOVERY

BACK TO BASE.... SAME AS BASE PHASE
INCREASED MILEAGE



PRE-SEASON



TRAINING FORMAT FOR PRE-SEASON

WEEK #1

- SUNDAY** LONG RUN
- MONDAY** LONG REPETITIONS
- TUESDAY** RECOVERY/CORE
- WEDNESDAY** AEROBIC THRESHOLD
- THURSDAY** SPEED TRAINING/CORE
- FRIDAY** RECOVERY
- SATURDAY** RACE

WEEK #2

- SUNDAY** MEDIUM RUN
- MONDAY** SHORT REPETITIONS
- TUESDAY** RECOVERY/CORE
- WEDNESDAY** AEROBIC THRESHOLD
- THURSDAY** SPEED TRAINING/CORE
- FRIDAY** RECOVERY
- SATURDAY** RACE

CHAMPIONSHIP SEASON



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

RACING TIPS

1. FIRST 400 SHOULD BE 91% OF BEST 400
2. GET A GOOD WARM-UP
3. USE GOOD LANE MANAGEMENT
4. DON'T OVER RUN THE FIRST 200
5. Don't run the 800 every race
6. WHEN APPROPRIATE RUN ON THE 4X400
7. GET A GOOD COOL-DOWN
8. USE DIFFERENT STRATEGIES IN THE EARLY SEASON
