

Distance & Middle Distance Types and examples of workouts

Long runs- conversational pace up to 25% of weekly mileage

Easy runs-5x800's with 30 seconds rest or recovery runs of 30-40 mins

Threshold Workouts (Anaerobic conditioning)- (10% of weekly mileage)

Approx. 1 minute slower than current race pace feels comfortably hard

T-(could add 4x200's afterward)

- ❖ 20 minutes at steady tempo at T-Hold pace
- ❖ 2x2 miles w/1 min rest
- ❖ 2x1.5 miles w/1min rest
- ❖ 15 minutes w/1 min walk and then 5 minutes
- ❖ 2x10 minutes w/ 1 min walk between
- ❖ 2x9 min w/45 secs walk between
- ❖ 2x8 min w/30 secs
- ❖ 3x7 min w/30 secs
- ❖ buildup runs 10 minutes than buildup next 10 mins and buildup another 10 minutes

Ti-(could add 4x200's afterward)

- ❖ Repeat 1000's 1 minute rest

T*-(could add fast 4x200's after)

Early season sets of

- ❖ 2x800 (for young runners or lower mileage runners)
- ❖ 2x1000
- ❖ 2x1200
- ❖ 2x1600

Later season

- ❖ 3x800 2 min rests plus 4-8x200's fast full recovery
- ❖ 3x1000 2 min rests plus 4-8x200's fast full recovery
- ❖ 3x1200 2 min rests plus 4-8x200's fast full recovery
- ❖ 3x1600 2 min rests plus 4-8x200's fast full recovery

Intervals (Aerobic Capacity)-8% of mileage speed could be kept up for 3k-5k of racing

30 seconds-5mins in length rest equal to slightly less than interval recoveries should be jogged

Races at or above distance fit into this category

I-1-

Early Season-

- ❖ Sets of 3 mins hard 1 minute easy
- ❖ Ladders 2mins-5 mins w/ 3/4s to half rest
- ❖ Sets of 800's with 1-1:30 min rest
- ❖ Ladders 600-1200 with 3/4ths to half rest

Later season-

- ❖ Sets of 1000's
- ❖ Sets of 1200's
- ❖ Sets of 1600's
- ❖ Sets of 4-5 minutes hard running with 3-5 min recovery

I-2-

- ❖ Sets of 2mins-30 secs half rest
- ❖ Sets of 600's-150's half rest
- ❖ Time ladders
- ❖ Ladders from 600-150
- ❖ set's of 400's with :45-:60 secs rest
- ❖ set's of 1:30's with :45-:60 secs rest

Mix Runs-

- ❖ 5 mins hard, 5 mins moderate, 5 mins easy, then 4,4,4 down to 1,1,1
- ❖ Arkansas workout 1600, 1200 at T-hold, 800 at race pace, 400, 200 at goal pace
- ❖ Sets of 2x200 at R pace, 1x1000, 1200, or 1600 at t-hold pace, 4x200's at interval pace

Repeats (Anaerobic capacity)-5% of weekly mileage goal pace or 3-5 seconds faster than current race pace usually 2 mins or less in length rest is about 4 times longer than the work bout

Races below event distance running a 3000 runner in several 800's/400's

R-

- ❖ sets of 1x800, 2x400, 4x200 with full recovery
- ❖ 2x(4x600)
- ❖ 3x(4x200)
- ❖ sets of 1x2:30, 2x1:30, 4x45 secs with full recovery
- ❖ 2 person relays 2x(4x200)
- ❖ 2 person relays 2x(3x400)

R-1-

- ❖ sets of hills (200-400 meters in length)
- ❖ Sets of 2x200, 1x400
- ❖ Sets of 2x45 secs, 1x1:30
- ❖ Ladders of 10 secs up to 1:30 secs 2 times rest
- ❖ Ladders of 50 m-400 m with 2 times rest
- ❖ 3x800 first 800 slower than mile race pace, 2nd at race pace, 3rd 2-3 seconds faster than race pace plus 4x200 at race pace
- ❖ 3x1000 at goal pace
- ❖ sets of 150-100m build ups

R-2-

- ❖ Sets of 2x200, 1x600
- ❖ Hills 400-600 metres
- ❖ Sets of 45 secs – 2 minutes
- ❖ Ladders 200m-800 m
- ❖ Sets of 1x800, 1x400, 2x200
- ❖ Sets of 1x3 min, 1x1:30, 2x45 secs