

MCHS '21 Track & Field Distance Training Week #1 March 29: (03/28/21 rev 01)

DISTANCE	MON	TUE	WED	THU	FRI	SAT	SUN
1600m	Warm-up 1K Tempo (rest 3:00) 4 x 200m (standing rest = run time) 4 x 400m (rest = 200m slow jog) 4 x 200m (standing rest = run time); cut down this set 1 lap super slow jog in between each set Rest 4:00 tag 400m	5-7 mi EZ	Part 1) Tempo 3 x 5:00 (3:00 standing rest in between) Part 2) Rest 4:00, spike up > 4 x 300m (1:00 standing rest in between)	5-7 mi EZ	Speed Day*	OD Day (8-11 miles max) tempo last 1.5 – 2.0 miles	Off
3200m	Warm-up 1600 Tempo (rest 3:00) 3 x (400-600-400) with rest = 300m slow jog in between 1 lap super slow jog in between sets Bonus: Finish with 600-400 if you have legs	6-8 mi EZ	Part 1) Tempo 2 x 10:00 (3:00 standing rest in between) Part 2) Rest 4:00, spike-up and negative split race pace 800m	6-8 mi EZ	Speed Day*	OD Day (10-14 miles max) tempo last 1.5 – 2.0 miles	Off
800m	Warm-up 800m Tempo (rest 2:00) 2 x (300m x 3) with 1:00 standing rest in between 2:00 standing rest in between sets	4-5 mi EZ	Part 1) 3 x 1 K tempo (2:00 standing rest in between) Practice switching gears or “surges” at 1600 pace only for 200m: 1 st 1K = surge after 400m 2 nd 1K = surge after 600m 3 rd 1K = surge after 800m	4-5 mi EZ	Speed Day*	OD Day 7 miles with 6 x :15 “ups” at race pace and :45 rest in between for last 6 minutes	Off

Supporting Notes (for everyone):

- 1) Remember, we only have 8 weeks of training in this short season, so default training approach for most everyone should be to train/race for the 1600m event; only train for 800m or 3200m if you are serious about that event and will stick with it and chase PRs in those events in May!
- 2) All interval segment pacing is at or a bit faster than goal race pace (goal race pace should be close to what you can do now/keep changing goal pace as your fitness progresses).
- 3) Usual warm-up for quality days (Mon-Wed-Fri): 1 mile jog > drills > workout!
- 4) “Slow Jog Recovery” after interval segment is always: move to outside lane (or on turf/inside of track) > walk first 50m > jog rest of recovery distance.
- 5) Always consider option to spike-up and do 4-5 x 150m strides (steady intensity or build-up intensity)
- 6) Cool-down: Always do 2 laps barefoot > always do core on quality days
- 7) *Speed Day: 1-1.5 mile warm-up > 6-7 x (50m-50m accelerations) > 4 laps in groups of 3-4 with 100m “trigger turns” (last person waits :02, catches group, triggers outside and past just before straight of 100m) > bound drills > bleachers > plyos
- 8) Girls do Core + Hip/Glute strengthening routine Mon-Wed-Fri

➤ **IMPORTANT:** Everyone be ready for 1600 TT for next week = Monday, April 5th!