

1600 & 3200m

Week (P1)	Q1	Q2	Q3
11/28-12/4	6 Strides 20 min EZ + 8x200m R w/200m EZ + 10 min EZ	4 Strides 10 min EZ + 10x200m R w/200m recovery + 20 min EZ	
12/5-12/11 Meet 12/5	6 Strides 20 min EZ + 2x200m R w/200m EZ + 4x400m R w/ 400m EZ + 10 min EZ	4 Strides 20 min EZ + 10x200m R w/200m recovery + 10 min EZ	
12/12-12/18 Meet 12/15	6 Strides 20 min EZ + 3x(200m R + 200m EZ + 200m R + 400m EZ + 400m R + 200m EZ) + 10 min EZ	4 Strides 10 min EZ + 6x400m R w/400m EZ + 2x200m R w/ 200m + 10 min EZ	
12/19-12/25	6 Strides 10 min EZ + 2x200m R w/ 200m EZ + 2x400m R w/ 400m EZ + 2x600m R w/600m EZ + 15 min EZ	4 Strides 10 min EZ + 6x200m R w/ 200m EZ + 2x300m R w/300m EZ + 20 min EZ	
Week (P2)	Q1	Q2	Q3
12/26-1/01	60-70 min L + 6 Strides	5 Strides 10 min EZ + 16x200m H w/200m EZ + 1 EZ	5 Strides 20 min EZ + 4x600m R w/ 600m EZ + 4x200m R w/200m EZ +15 min EZ
1/02-1/08	5 Strides 10 min EZ + 8x400m R w/ 400m EZ + 20 min EZ	15 min EZ + 4x800m l w/3 min EZ + 6 Strides + 15 min EZ	5 Strides 20 min EZ +3x1 T w/2 min recovery + 20 min EZ
1/09-1/15 Meet 1/11	5 Strides 20 min EZ + 8 x 400m R w/400m EZ + 15 min EZ	20 min EZ + 4x1000m l w/3min EZ + 6 strides + 15 min EZ	5 Strides 15 min EZ + steady 3 T + 6x200m R w/ 200m EZ + 10 min EZ
1/16-1/22 Meet 1/18	20min EZ + 2x600m R w/600m EZ + 3x400m R w/400m EZ + 4x200m R w/200m EZ + 10min EZ	4 Strides 15 min EZ + 4x1200 l w/3 min EZ + 6 strides + 10 min EZ	4 Strides 10 min EZ + 4 x 1 T w/1 min rest + 4x200m R w/200m EZ + 10 min EZ
Week (P3)	Q1	Q2	Q3

1/23-1/29 Meet 1/26	60min L run + 8 strides	4 Strides 10min EZ + 4x600m R w/ 600m EZ +15 min EZ	20 min EZ + 2 T + 4 x 200m R w/200m EZ + 2x1 T w/ 1min EZ +4x200m R w/ 200m EZ + 10 min EZ
1/30-2/05 Meet 2/04	5 Strides 10 min EZ + 4 x 1 T w/1 min rest + 4x200m R w/ 200 EZ + 10 min EZ	4 Strides 20 min EZ + 2x(1 T + 400m EZ +4x200m R w/ 200m EZ) + 1 EZ	4 Strides 10 min EZ + 2x1000m FR w/3 min EZ + 4x400m R w/400m EZ + 15min EZ
2/06-2/11 Meet 2/11	50min L run + 6 strides	10 min EZ + 2x200m R w/200 EZ + 2X1 T w/2 min rest + 2x200m R w/200m EZ + 10 MIN ez	20 min EZ + 6 strides

FR-Fast Reps, R-Economy Reps, I-Intervals, T-Threshold, EZ-Easy

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Table 9.1 Training Paces for 400/800 Specialists

Current 800 m time	FR (fast reps)				R (economy reps)					I (intervals)			T (threshold)		E (easy)
	200	300	400	600	200	300	400	600	800	400	1,000	1,600	1,000	1,600	Mile
1:42	25	38	51	1:16	29	44	59	1:27	1:56	69	2:53	4:36	3:18	5:16	6:06-6:36
1:44	26	39	52	1:18	30	45	60	1:30	2:00	70	2:55	4:40	3:20	5:20	6:10-6:40
1:46	26	39	53	1:19	30	45	61	1:31	2:02	71	2:58	4:44	3:23	5:24	6:14-6:44
1:48	27	40	54	1:21	31	46	62	1:33	2:04	72	3:00	4:48	3:25	5:28	6:18-6:48
1:50	27	41	55	1:22	31	47	63	1:34	2:06	73	3:03	4:52	3:27	5:32	6:22-6:52
1:52	28	42	56	1:24	32	48	64	1:36	2:08	74	3:05	4:56	3:30	5:36	6:26-6:56
1:54	28	42	57	1:25	32	48	65	1:37	2:10	75	3:08	5:00	3:33	5:40	6:30-7:00
1:56	29	43	58	1:27	33	49	66	1:39	2:12	76	3:10	—	3:35	5:44	6:34-7:04
1:58	29	44	59	1:28	33	50	67	1:40	2:14	77	3:13	—	3:38	5:48	6:38-7:08
2:00	30	45	60	1:30	34	51	68	1:42	2:16	78	3:15	—	3:40	5:52	6:42-7:12
2:02	30	45	61	1:31	34	51	69	1:43	2:18	79	3:18	—	3:43	5:56	6:46-7:16
2:04	31	46	62	1:33	35	52	70	1:45	2:20	80	3:20	—	3:45	6:00	6:50-7:20
2:06	31	47	63	1:34	35	53	71	1:46	2:22	81	3:23	—	3:48	6:04	6:54-7:24
2:08	32	48	64	1:36	36	54	72	1:48	2:24	82	3:25	—	3:50	6:08	6:58-7:28
2:10	32	48	65	1:37	36	54	73	1:49	2:26	83	3:28	—	3:52	6:12	7:02-7:32
2:12	33	49	66	1:39	37	55	74	1:51	2:28	84	3:30	—	3:55	6:16	7:06-7:36
2:14	33	50	67	1:40	37	56	75	1:52	2:30	85	3:33	—	3:58	6:20	7:10-7:40
2:16	34	51	68	1:42	38	57	76	1:54	2:32	86	3:35	—	4:00	6:24	7:14-7:44
2:18	34	51	69	1:43	38	57	77	1:55	2:34	87	3:38	—	4:03	6:28	7:18-7:48
2:20	35	52	70	1:45	39	58	78	1:57	2:36	88	3:40	—	4:05	6:32	7:22-7:52
2:22	35	53	71	1:46	39	59	79	1:58	2:38	89	3:43	—	4:08	6:36	7:26-7:56
2:24	36	54	72	1:48	40	60	80	2:00	2:40	90	3:45	—	4:10	6:40	7:30-8:00
2:26	36	55	73	1:50	40	61	81	2:02	2:42	91	3:48	—	4:13	6:44	7:34-8:04
2:28	37	56	74	1:52	41	62	82	2:04	2:44	92	3:50	—	4:15	6:48	7:38-8:08
2:30	37	56	75	1:53	41	62	83	2:05	2:46	93	3:53	—	4:18	6:52	7:42-8:12
2:32	38	57	76	1:54	42	63	84	2:06	2:48	94	3:55	—	4:20	6:56	7:46-8:16
2:34	38	58	77	1:56	42	63	85	2:07	2:50	95	3:58	—	4:23	7:00	7:50-8:20
2:36	39	59	78	1:58	43	64	86	2:09	2:52	96	4:00	—	4:25	7:04	7:54-8:24
2:38	39	59	79	1:59	43	65	87	2:10	2:54	97	4:03	—	4:28	7:08	7:58-8:28
2:40	40	60	80	2:00	44	66	88	2:12	2:56	98	4:05	—	4:30	7:12	8:02-8:32
2:42	40	61	81	2:02	44	67	89	2:14	2:58	99	4:08	—	4:33	7:16	8:06-8:36
2:44	41	62	82	2:04	45	68	90	2:16	3:00	1:40	4:10	—	4:35	7:20	8:10-8:40
2:46	41	62	83	2:05	45	68	91	2:17	3:02	1:41	4:13	—	4:38	7:24	8:14-8:44
2:48	42	63	84	2:06	46	69	92	2:18	3:04	1:42	4:15	—	4:40	7:28	8:18-8:48

(continued)

Table 9.1 Training Paces for 400/800 Specialists (continued)

Current 800 m time	FR (fast reps)				R (economy reps)					I (intervals)			T (threshold)		E (easy)
	200	300	400	600	200	300	400	600	800	400	1,000	1,600	1,000	1,600	Mile
2:50	42	64	85	2:08	46	70	93	2:20	3:06	1:43	4:18	—	4:43	7:32	8:22-8:52
2:52	43	65	86	2:10	47	71	94	2:22	3:08	1:44	4:20	—	4:45	7:36	8:26-8:56
2:54	43	65	87	2:11	47	72	95	2:24	3:10	1:45	4:23	—	4:48	7:40	8:30-9:00
2:56	44	66	88	2:12	48	72	96	2:25	3:12	1:46	4:25	—	4:50	7:44	8:34-9:04
2:58	44	67	89	2:14	48	73	97	2:26	3:14	1:47	4:28	—	4:53	7:48	8:38-9:08
3:00	45	68	90	2:16	49	74	98	2:28	3:16	1:48	4:30	—	4:55	7:52	8:42-9:12
3:02	45	68	91	2:17	49	74	99	2:29	3:18	1:49	4:33	—	4:58	7:56	8:46-9:16
3:04	46	69	92	2:18	50	75	1:40	2:30	3:20	1:50	4:35	—	5:00	8:00	8:50-9:20
3:06	46	70	93	2:20	50	76	1:41	2:32	3:22	1:51	4:38	—	5:02	8:04	8:54-9:24
3:08	47	71	94	2:22	51	77	1:42	2:34	3:24	1:52	4:40	—	5:05	8:08	8:58-9:28
3:10	47	71	95	2:23	51	77	1:43	2:35	3:26	1:53	4:43	—	5:08	8:12	9:02-9:32

Table created by Jack Daniels' Running Calculator designed by the Run SMART Project.

Table 9.2 Training Paces for 800/1,500 Specialists

Current 800 m time	FR (fast reps)				R (economy reps)					I (intervals)			T (threshold)		E (easy)
	200	300	400	600	200	300	400	600	800	400	1,000	1,600	1,000	1,600	Mile
1:42	25	38	51	1:16	29	44	59	1:27	1:56	67	2:47	4:28	3:07	5:00	5:58-6:28
1:44	26	39	52	1:18	30	45	60	1:30	2:00	68	2:50	4:32	3:10	5:04	6:02-6:32
1:46	26	39	53	1:19	30	45	61	1:31	2:02	69	2:52	4:36	3:12	5:08	6:06-6:36
1:48	27	40	54	1:21	31	46	62	1:33	2:04	70	2:55	4:40	3:15	5:12	6:10-6:40
1:50	27	41	55	1:22	31	47	63	1:34	2:06	71	2:57	4:44	3:17	5:16	6:14-6:44
1:52	28	42	56	1:24	32	48	64	1:36	2:08	72	3:00	4:48	3:20	5:20	6:18-6:48
1:54	28	42	57	1:25	32	48	65	1:37	2:10	73	3:02	4:52	3:22	5:24	6:22-6:52
1:56	29	43	58	1:27	33	49	66	1:39	2:12	74	3:05	4:56	3:25	5:28	6:26-6:56
1:58	29	44	59	1:28	33	50	67	1:40	2:14	75	3:07	5:00	3:27	5:32	6:30-7:00
2:00	30	45	60	1:30	34	51	68	1:42	2:16	76	3:10	—	3:30	5:36	6:34-7:04
2:02	30	45	61	1:31	34	51	69	1:43	2:18	77	3:12	—	3:32	5:40	6:38-7:08
2:04	31	46	62	1:33	35	52	70	1:45	2:20	78	3:15	—	3:35	5:44	6:42-7:12
2:06	31	47	63	1:34	35	53	71	1:46	2:22	79	3:17	—	3:37	5:48	6:46-7:16
2:08	32	48	64	1:36	36	54	72	1:48	2:24	80	3:20	—	3:40	5:52	6:50-7:20

Table created by Jack Daniels' Runr

Current 800 m time	FR (fast rep)		
	200	300	400
2:10	32	48	65
2:12	33	49	66
2:14	33	50	67
2:16	34	51	68
2:18	34	51	69
2:20	35	52	70
2:22	35	53	71
2:24	36	54	72
2:26	36	55	73
2:28	37	56	74
2:30	37	56	75
2:32	38	57	76
2:34	38	58	77
2:36	39	59	78
2:38	39	59	79
2:40	40	60	80
2:42	40	61	81
2:44	41	62	82
2:46	41	62	83
2:48	42	63	84
2:50	42	64	85
2:52	43	65	86
2:54	43	65	87
2:56	44	66	88
2:58	44	67	89
3:00	45	68	90
3:02	45	68	91
3:04	46	69	92
3:06	46	70	93
3:08	47	71	94
3:10	47	71	95

	T (threshold)		E (easy)
	1,000	1,600	Mile
4:43	7:32	8:22-8:52	
4:45	7:36	8:26-8:56	
4:48	7:40	8:30-9:00	
4:50	7:44	8:34-9:04	
4:53	7:48	8:38-9:08	
4:55	7:52	8:42-9:12	
4:58	7:56	8:46-9:16	
5:00	8:00	8:50-9:20	
5:02	8:04	8:54-9:24	
5:05	8:08	8:58-9:28	
5:08	8:12	9:02-9:32	

	T (threshold)		E (easy)
	1,000	1,600	Mile
3:07	5:00	5:58-6:28	
3:10	5:04	6:02-6:32	
3:12	5:08	6:06-6:36	
3:15	5:12	6:10-6:40	
3:17	5:16	6:14-6:44	
3:20	5:20	6:18-6:48	
3:22	5:24	6:22-6:52	
3:25	5:28	6:26-6:56	
3:27	5:32	6:30-7:00	
3:30	5:36	6:34-7:04	
3:32	5:40	6:38-7:08	
3:35	5:44	6:42-7:12	
3:37	5:48	6:46-7:16	
3:40	5:52	6:50-7:20	

Current 800 m time	FR (fast reps)				R (economy reps)					I (intervals)			T (threshold)		E (easy)
	200	300	400	600	200	300	400	600	800	400	1,000	1,600	1,000	1,600	Mile
2:10	32	48	65	1:37	36	54	73	1:49	2:26	81	3:22	—	3:42	5:56	6:54-7:24
2:12	33	49	66	1:39	37	55	74	1:51	2:28	82	3:25	—	3:45	6:00	6:58-7:28
2:14	33	50	67	1:40	37	56	75	1:52	2:30	83	3:27	—	3:47	6:04	7:02-7:32
2:16	34	51	68	1:42	38	57	76	1:54	2:32	84	3:30	—	3:50	6:08	7:06-7:36
2:18	34	51	69	1:43	38	57	77	1:55	2:34	85	3:32	—	3:52	6:12	7:10-7:40
2:20	35	52	70	1:45	39	58	78	1:57	2:36	86	3:35	—	3:55	6:16	7:14-7:44
2:22	35	53	71	1:46	39	59	79	1:58	2:38	87	3:37	—	3:57	6:20	7:18-7:48
2:24	36	54	72	1:48	40	60	80	2:00	2:40	88	3:40	—	4:00	6:24	7:22-7:52
2:26	36	55	73	1:50	40	61	81	2:02	2:42	89	3:43	—	4:03	6:28	7:26-7:56
2:28	37	56	74	1:52	41	62	82	2:04	2:44	90	3:45	—	4:05	6:32	7:30-8:00
2:30	37	56	75	1:53	41	62	83	2:05	2:46	91	3:48	—	4:08	6:36	7:34-8:04
2:32	38	57	76	1:54	42	63	84	2:06	2:48	92	3:50	—	4:10	6:40	7:38-8:08
2:34	38	58	77	1:56	42	63	85	2:07	2:50	93	3:53	—	4:13	6:44	7:42-8:12
2:36	39	59	78	1:58	43	64	86	2:09	2:52	94	3:55	—	4:15	6:48	7:46-8:16
2:38	39	59	79	1:59	43	65	87	2:10	2:54	95	3:58	—	4:18	6:52	7:50-8:20
2:40	40	60	80	2:00	44	66	88	2:12	2:56	96	4:00	—	4:20	6:56	7:54-8:24
2:42	40	61	81	2:02	44	67	89	2:14	2:58	97	4:03	—	4:23	7:00	7:58-8:28
2:44	41	62	82	2:04	45	68	90	2:16	3:00	98	4:05	—	4:25	7:04	8:02-8:32
2:46	41	62	83	2:05	45	68	91	2:17	3:02	99	4:08	—	4:28	7:08	8:06-8:36
2:48	42	63	84	2:06	46	69	92	2:18	3:04	1:40	4:10	—	4:30	7:12	8:10-8:40
2:50	42	64	85	2:08	46	70	93	2:20	3:06	1:41	4:13	—	4:33	7:16	8:14-8:44
2:52	43	65	86	2:10	47	71	94	2:22	3:08	1:42	4:15	—	4:35	7:20	8:18-8:48
2:54	43	65	87	2:11	47	72	95	2:24	3:10	1:43	4:18	—	4:38	7:24	8:22-8:52
2:56	44	66	88	2:12	48	72	96	2:25	3:12	1:44	4:20	—	4:40	7:28	8:26-8:56
2:58	44	67	89	2:14	48	73	97	2:26	3:14	1:45	4:23	—	4:43	7:32	8:30-9:00
3:00	45	68	90	2:16	49	74	98	2:28	3:16	1:46	4:25	—	4:45	7:36	8:34-9:04
3:02	45	68	91	2:17	49	74	99	2:29	3:18	1:47	4:28	—	4:48	7:40	8:38-9:08
3:04	46	69	92	2:18	50	75	1:40	2:30	3:20	1:48	4:30	—	4:50	7:44	8:42-9:12
3:06	46	70	93	2:20	50	76	1:41	2:32	3:22	1:49	4:33	—	4:53	7:48	8:46-9:16
3:08	47	71	94	2:22	51	77	1:42	2:34	3:24	1:50	4:35	—	4:55	7:52	8:50-9:20
3:10	47	71	95	2:23	51	77	1:43	2:35	3:26	1:51	4:38	—	4:58	7:56	8:54-9:25

Table created by Jack Daniels' Running Calculator designed by the Run SMART Project.

Workout A - 30 seconds each exercise 2 x through try and add another round after a few weeks

Core Exercises

- Can be completed 5-7 days a week
- Always complete after easy runs

Flutter Kicks
Russian Twists
Crunches
Hip Bridge
Plank (Front, Right and Left)
Superman
Hip Bridge
Burpies

Workout B - complete 2-3 sets of 8-12 reps per exercise
Strength Exercise

- Can be completed 2 - 3 days per week
- Always complete after easy runs

Push Ups
Pull Ups
Shoulder Press
Squats
Squat Jumps
Speed Skaters
Calf Raises
High Skips
Box Jumps

Workout C

Start with going through two times through, try and add another round after a few weeks

WARMUP

- 20 jumping jacks
- High Knees (20 seconds)
- 10 front arm circles
- 10 reverse arm circles
- 10 push ups (pause for 2 seconds at the bottom)
- 50 Crunches

WORKOUT

- 25 x pushups
- 20 x BW Squats
- 100 x Crunches
- 10 x Lunges (each leg)
- 10 x Pull Ups
 - If not pull up bar do one arm bent over rows (lawn mower pulls) with something around the house (i.e. could use bucket filled with water, cinder blocks, bricks or anything with you can grip that has some weights)
- 10 x Tuck Jumps
- 1 min Superman
- 10 x reverse lunge (each leg)
- 20 x Reverse Dips (use chair or couch)
- 10 x Side Lunges (each leg)