

## 800m

Week (P1)	Q1	Q2	Q3
11/28-12/4	40-60 min L + 6 Strides	4 Strides 20 min EZ + 6x200m R w/200m recovery + 10 min EZ	4 Strides 10 min EZ + 8x200m R w/200m recovery + 10 min EZ
12/5-12/11 Meet 12/5	40-60 min L + 6 Strides	4 Strides 20 min EZ + 4x200m R w/200m recovery + 2x400m R w/400m EZ + 10 min EZ	4 Strides 20 min EZ + 8x200m R w/200m recovery + 10 min EZ
12/12-12/18 Meet 12/15	40-60 min L + 6 Strides	4 Strides 10 min EZ + 3x(200m R + 200m EZ + 200m R + 400m EZ + 400m R + 200 EZ) + 10 min EZ	4 Strides 10 min EZ + 6x400m R w/ 400m EZ + 10 min EZ
12/19-12/25	40-60 min L + 6 Strides	4 Strides 10 min EZ + 4x200m R w/ 200m EZ + 2x400m R w/400m EZ + 1X600m R + 15 min EZ	4 Strides 10 min EZ + 6x200m R w/200m recovery + 4x300m R w/300m recovery + 20 min EZ
Week (P2)	Q1	Q2	Q3
12/26-1/01	60 min L + 6 Strides	5 Strides 15 min EZ + 5x3min H w/2 min EZ + 4x200m FR w/200m EZ + 15 min EZ	5 Strides 10 min EZ + 3x(600m R + 30 sec rest + 200m FR + 7min EZ) + 20 min EZ
1/02-1/08	5 Strides 20 min EZ + 3x1min T w/ 2min rest + 20 min EZ	15 min EZ + 4x800m I w/3 min EZ + 6 Strides + 15 min EZ	5 Strides 10 min EZ + 600m R + 600m EZ + 500m R + 500m EZ + 400m FR + 400m EZ + 2x300m FR w/300m EZ + 10 min EZ
1/09-1/15 Meet 1/11	5 Strides 15 min EZ + steady 3min T + 4x200m R w/200m EZ + 10 min EZ	15 min EZ + 4x1000m I w/3min EZ + 6 strides + 20 min EZ	5 Strides 20 min EZ + 2x400m R w/ 400m EZ + 2x600m R w/ 600m EZ + 2x300m FR w/300m EZ + 15 min EZ
1/16-1/22 Meet 1/18	10min EZ + 40min M + 6 strides	15 min EZ + 4x1200 I w/3 min EZ + 6 strides + 10 min EZ	10 min EZ + 3x(600m R + 30 sec rest + 200 FR + 7 min EZ) + 20 min EZ

Week (P3)	Q1	Q2	Q3
1/23-1/29 Meet 1/26	45-60min L run + 8 strides	10min EZ + 4 strides + steady 20 min T + 4x200m R w/200m EZ + 10 min EZ	20 min EZ + 600m FR + 1000m EZ + 600m FR + 15min EZ
1/30-2/05 Meet 2/04	60min L run + 6 strides	10 min EZ + 3x1 T w/ 2min rest + 6x200m R w/ 200 EZ + 20min EZ	20 min EZ + 2x200m FR w/400m EZ + 2x600m FR w/1000m EZ + 4x200m R w/200m EZ + 10min 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' Run

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
3:00	4:43	7:32	8:22-8:52
3:05	4:45	7:36	8:26-8:56
3:10	4:48	7:40	8:30-9:00
3:15	4:50	7:44	8:34-9:04
3:20	4:53	7:48	8:38-9:08
3:25	4:55	7:52	8:42-9:12
3:30	4:58	7:56	8:46-9:16
3:35	5:00	8:00	8:50-9:20
3:40	5:02	8:04	8:54-9:24
3:45	5:05	8:08	8:58-9:28
3:50	5:08	8:12	9:02-9:32

	T (threshold)		E (easy)
	1,000	1,600	Mile
3:00	3:07	5:00	5:58-6:28
3:05	3:10	5:04	6:02-6:32
3:10	3:12	5:08	6:06-6:36
3:15	3:15	5:12	6:10-6:40
3:20	3:17	5:16	6:14-6:44
3:25	3:20	5:20	6:18-6:48
3:30	3:22	5:24	6:22-6:52
3:35	3:25	5:28	6:26-6:56
3:40	3:27	5:32	6:30-7:00
3:45	3:30	5:36	6:34-7:04
3:50	3:32	5:40	6:38-7:08
3:55	3:35	5:44	6:42-7:12
4:00	3:37	5:48	6:46-7:16
4:05	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)