

Spring Break Week 2017

Distance Training Plan

- Monday** (your hardest day). You are going to benefit by buddying up with training partners. Warm up, drills. $n \times (400\text{m} + 200\text{m recovery})$. Warm down, leg-focused core. *n should be at least 12 for almost everyone. Your target volume should be 2 more than the last time we ran this workout. Target 400m pace is your current 3200m race pace. The 200m recovery should be no greater than the time of your 400m interval.*
- For 800m specialists only: Russian Intervals. $4 \times [3 \times (300\text{m} + 100\text{m recovery}) + 800\text{m jog between sets}]$. A set is the 300s. *The pace of the 300 should be your 800 race pace + 8-10 seconds, the faster your race pace the less you add (for a 2 minute 800m runner, the 300 would be 48 seconds = $(120 + 8) \times (3/8)$; for a 2:30 800m runner, $\sim 60/62$ seconds = $(150 + 11 - 14) \times (3/8)$). The 100m recovery is a 30 second to 40 second jog; this is going to feel really short, sorry! The 800m jog can be a real shag, take your time and recover. A Russian Interval is a tough workout. Buddy up.*
- Tuesday** Warm up, drills, maintenance/conversational run, core. For the core, try to incorporate some of the twisting stretches from lunge position we worked on last week; also plenty of side-abs and lower-abs. Make this a good stretch day after yesterday.
- Wednesday** Warm up, drills. 20-30 minute tempo run (pace approximately 1 minute/mile slower than your 1600m race pace). You can decide whether to do this by time (at least 20 minutes) or pick a distance that will put you inside the 20-30 minute window. You can do this on the track if you want to be OCD about your pace or you can pick a flattish road run (we have not done the run back from the SCR dam face in a while if you would like to run that, or back from McClellan, or you could run Stelling Loop as a tempo). 2x200 hard when you are done then warm down. Leg-focused core.
- Thursday** Warm up, drills, maintenance/conversational run, finish with three laps on the track striding the straights and jogging the curves. Core.
- Friday** Warm up, drills, long run at conversational pace, core. *“Long” means whatever long means to you; for the more experienced runners, if you are in the mood for REI, go for it! Stretch out your distance a bit, have a nice long enjoyable run with your friends. When you are within two miles of the finish, try to pick up the pace a little, not all the way to tempo pace but with more effort than a pure conversational pace. Finish with 2x150 hard.*
- Saturday** Maintenance run. Something easy, whatever you need to make your weekly mileage target, conversational, enjoy yourself!
- Sunday** Rest! Get a good night’s sleep! See you Monday (Tuesday for Coach Flatow).

An athlete who tells you training is always easy or training is always fun simply has not been there. Goals can be elusive which makes the difficult journey all the more rewarding.

~Alberto Salazar