

800m Training Plan - revised 4/21/24

This base version targets ~25-30 miles / week - season peak meet 5/18/24

Season Phase	Week # ending w/ 20	"Weeks to go"	JD Reference#	Training Week starts Monday ...	MON	TUE	WED	THR	FRI	SAT	SUN
<u>End Phase 1</u>	4	17	6	1/22/2024							
<u>Begin Phase 2</u>											
	5	16	7	1/29/2024	20min EZ 6x200 R w/200 jrec 10 min EZ	3EZ 4x50 ST	postpone - rain day 3 EZ	10min EZ 8x200 R w/200 jrec 10 min EZ	3 EZ (on hills, like Foothill)	45 min LR + 4 ST	off
	6	15	8	2/5/2024	20min EZ 4x200 R w/200 jrec 2x400 R w/400 jrec 10 min EZ	3EZ 4x50 ST	10 min EZ 10x200 R w/200 jrec 20 min EZ	5 EZ 4x50 ST	3 EZ (on hills, like Foothill)	45 min LR + 4 ST	off
	7	14	9	2/12/2024	20min EZ 4x400 R w/400 jrec 10 min EZ	3EZ 4x50 ST	10min EZ 6x200 R w/200 jrec 10min EZ 4x200 R w/200 jrec 10 min EZ	5 EZ 4x50 ST	3 EZ (on hills, like Foothill)	45 min LR + 4 ST	off
	8	13	10	2/19/2024	20min EZ 3 sets: (200R /200jg/200R 400jg/400R/200jg) 10min EZ	4EZ 4x50 ST	10min EZ 6x400 R w/400 jrec 10min EZ	5 EZ 4x50 ST	4 EZ	45 min LR + 4 ST	off
	9	12	11	2/26/2024	20min EZ 2x200 R w/200 jrec 2x600 R w/600 jrec 4x200 R w/200 jrec 10 min EZ	4EZ 4x50 ST	10min EZ 4 ST 1x600 R w/600 jrec 2x400 R w/400 jrec 4x200 R w/200 jrec 10min EZ	5 EZ 4x50 ST	2 EZ Recovery / Stretch	Big Cat or MTB Event	45 min LR + 4 ST
	10	11	12	3/4/2024	10min EZ 4x200 R w/200 jrec 2x400 R w/400 jrec 1x600 R w/600 jrec 10 min EZ	4EZ 4x50 ST	10min EZ 6x200 R w/200 jrec 4x300 R w/300 jrec 10 min EZ	5 EZ 4x50 ST	2 EZ Recovery / Stretch	Gaucha Relays 2400-3200m racing	45 min very EZ recovery
<u>End Phase 2</u>											
<u>Begin Phase 3</u>											
	11	10	13	3/11/2024	15 min EZ 4x800 I w/3 min jg 6 ST 15 min EZ	5 EZ	10min EZ 3 sets: (600R /30 sec rest/200FR/ 7 min E) 20min EZ	3 EZ	-NO SCHOOL- Dublin 3200	Dublin 1600 / 800	off
Spring Break	12	9	14	3/18/2024	20min EZ 4x1 mile T w/2min rec 20min EZ	3-5 EZ 4x50 ST	20min EZ 3x600 R w/600 jrec 5x200 R w/200 jrec 20min EZ	3-5 EZ 4x50 ST	15 min EZ 5x1K I w/3 min jg 6 ST 15 min EZ	3-5 EZ	off
	13	8	15	3/25/2024	15 min EZ 8x2min I w/1 min rec 1 EZ 4x200R w/200 jrec 15 min EZ	3-5 EZ 4x50 ST	Dual Meet Santa Rosa	3-5 EZ 4x50 ST	20min EZ 3x400 R w/ 400 jrec 4x300 FR w/300 jrec 10 min EZ	6 EZ	off
	14	7	16	4/1/2024	-NO SCHOOL- 15min EZ 4x1K I w/3 min rec 6 ST 15 min EZ	3-5 EZ 4x50 ST	Dual Meet Analy (1600-2400m racing)	3-5 EZ 4x50 ST	15 min EZ 3x1mi@T 2 min rec 6x200 R / 200 rec 10 min EZ	6 EZ	off or makeup 68 min LR + 6 ST from SAT

Season Phase	Week # ending w/ 20	"Weeks to go"	JD Reference#	Training Week starts Monday ...	MON	TUE	WED	THR	FRI	SAT	SUN
	15	6	17	4/8/2024	15min EZ 5x800 I w/400 jrec 6 ST 10min EZ	3-5 EZ 4x50 ST	10min EZ 3x400 FR w/400 jrec 10min EZ 4x400 R w/400 jrec 10min EZ	3-5 EZ 4x50 ST	2 EZ Recovery / Stretch	Twilight	10min EZ 30 min Mod 6 ST
End Phase 3 Begin Phase 4	16	5	18	4/15/2024	15min EZ 4x1.2K I w/3 min rec 6 ST 10 min EZ	3-5 EZ 4x50 ST	NBL Dual Meet #3 (Events: 400m, 800m 4x400m)	3-5 EZ 4x50 ST	2 EZ Recovery / Stretch	Viking	45 min very EZ recovery
	17	4	19	4/22/2024	10min EZ 4 ST 20min T 4x200 R w/ 200 jrec 10 min EZ	3-5 EZ 4x50 ST	NBL Dual Meet #4 1600m	3-5 EZ 4x50 ST	15min EZ 2x(600 FR + 1km jog) 600 FR 15 min EZ	3-5 EZ 4x50 ST	45 min very EZ recovery
	18	3	20	4/29/2024	10min EZ 4x200 R w/ 200 jrec 2x 1T w/ 1 min rec 6 ST 10 min EZ	3-5 EZ 4x50 ST	2 EZ Recovery / Stretch	NBL Meet	3-5 EZ	15min EZ 600FR w/1km rec 2x400FR w/ 400 re 4x200R w/ 200 rec 15 min EZ	off
	19	2	21	5/6/2024	20 min EZ 3x1 mile Tempo 6x200R w/200jrec 20 min EZ	3-5 EZ 4x50 ST	20min EZ 600 FR w/600 jrec 2x300 FR w/500 jg 3x200 R w/200 jrec 10 min EZ	3-5 EZ 4x50 ST	2 EZ Recovery / Stretch	Redwood	45 min very EZ recovery
	20	1	23	5/13/2024	10 min EZ 3x1 mile Tempo w/ 2 min rec 6x200 R w/ 200 jrec 20 min EZ	3-5 EZ 4x50 ST	20 min EZ 2x200 FR w/400 jg 2x600 FR w/1K jog 4x200R w/200 jog 10 min EZ	3-5 EZ 4x50 ST	NCS MOC	NCS MOC	

Key:

Quality (higher intensity priority workout)
Competition Day
Aerobic Recovery Day
Rest or very light day

<--use these days to get yourself ready (rest, recover, stretch, as easy as you need) for orange and yellow days above

Training Pace Descriptions:	Rough example paces (per 1600m)								At max effort, the pace you could hold for...	
	XS	MM/CP	BB	TM, CB	MG, IH, KP	PS, MG	YM, MJ		<--	...greater than 3 hrs
E or EZ=easy aerobic	6:30-7:30	6:50-7:45	7:30-8:30	7:00-8:00	7:30-8:30	8:00-9:00	8:45-9:45		<--	...1.5 to 3 hrs
M, HM, Mod = moderate paces, well slower than threshold (T) pace, but faster than E	6:00-6:20	6:30-6:45	6:40-7:00	6:20-6:40	6:40-7:00	7:10-7:40	7:50-8:20		<--	...~ 1 hr
T= threshold, about ~119% of 1 mile R pace (estimated pace for 1 hr max effort)	5:40	5:51	6:26	6:00	6:20	6:50	7:35		<--	...~16-20 mins
"I" (interval pace) = ~108-109% of R pace (like 5K race pace)	5:12	5:20	5:58	5:30	5:47	6:19	7:03		<--	...4.5-6.5 mins
R (repetition pace) = about same as race 1 mile pace	4:45	4:55	5:30	5:05	5:20	5:50	6:30			
FR (fast repetition) = 3 secs per 200 faster than R pace		4:30	5:05		4:55					
ST = strides (50m accelerations to 85% max speed w/ 1 min rest between)										
jrec = easy jog recovery										
VDOT= corresponding VO2Max indicator	VDOT	63	60	54	58	50	44			