

1600m / 3200m Training Plan - revised 4/21/24

This base version targets ~30 miles / week (*note: add about 10-12 miles/week including 1200m per Q session for CP/XS*) - 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
End Phase 1	4	17	6	1/22/2024							
Begin Phase 2	5	16	7	1/29/2024	20min EZ 2x200 R w/200 jrec 4x400 R w/400 jrec 10 min EZ	3-5 EZ 4x50 ST	postpone - rain day 3-5 EZ	2 mile EZ 10x200 R w/200 jrec (CP/CB 11, XS 13) 1 mile EZ	3-5 EZ (on hills, like Foothill)	60 min LR + 4 ST	off
	6	15	8	2/5/2024	20min EZ 2x200 R w/200 jrec 4x400 R w/400 jrec 10 min EZ	3-5 EZ 4x50 ST	10 min EZ 10x200 R w/200 jrec 20 min EZ	3-5 EZ 4x50 ST	3-5 EZ (on hills, like Foothill)	60 min LR + 4 ST	off
	7	14	9	2/12/2024	20min EZ 4x400 R w/400 jrec 2x200 R w/200 jrec 2 (or 3/4) x400 R w/400 jrec 10 min EZ	3-5 EZ 4x50 ST	10min EZ 6x200 R w/200 jrec 10min EZ 4x200 R w/200 jrec 10 min EZ	3-5 EZ 4x50 ST	3-5 EZ (on hills, like Foothill)	60 min LR + 4 ST	off
	8	13	10	2/19/2024	20min EZ 3 sets: (200R /200jg/200R 400jg/400R/200jg) 10min EZ	3-5 EZ 4x50 ST	10min EZ 6x400 R w/400 jrec 2x200 R w/200 jrec 10min EZ	3-5 EZ 4x50 ST	3-5 EZ	60 min LR + 4 ST	off
	9	12	11	2/26/2024	20min EZ 4x200 R w/200 jrec 2x600 R w/600 jrec 4x200 R w/200 jrec 10 min EZ	3-5 EZ 4x50 ST	10min EZ 4 ST 1x600 R w/600 jrec 2x400 R w/400 jrec 4x200 R w/200 jrec 20min EZ	3-5 EZ 4x50 ST	2 EZ Recovery / Stretch	Big Cat or MTB Event	60 min LR + 4 ST
	10	11	12	3/4/2024	10min EZ 2x200 R w/200 jrec 2x400 R w/400 jrec 2x600 R w/600 jrec 10 min EZ	3-5 EZ 4x50 ST	10min EZ 6x200 R w/200 jrec 4x300 R w/300 jrec 20min EZ	3-5 EZ 4x50 ST	2 EZ Recovery / Stretch	Gaucha Relays 2400-3200m racing	45 min very EZ recovery
End Phase 2											
Begin Phase 3	11	10	13	3/11/2024	15 min EZ 4x800 l w/3 min jg 6 ST 15 min EZ	3-5 EZ	20min EZ 8x400 R w/400 jrec 20min EZ	3-5 EZ 4x50 ST	-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 4or5x600 R w/600 jrec 4x200 R w/200 jrec 20min EZ	3-5 EZ 4x50 ST	15 min EZ 5x1K l w/3 min jg 6 ST 15 min EZ	3-5 EZ	off
	13	8	15	3/25/2024	20min EZ 4x600 R w/600 jrec 4x200 R w/200 jrec 10 min EZ	3-5 EZ 4x50 ST	Dual Meet Santa Rosa	3-5 EZ 4x50 ST	10min EZ 8x400 R w/400 jrec 20 min EZ	68 min EZ LR + 6 ST	off
	14	7	16	4/1/2024	-NO SCHOOL- 15min EZ 4x1K l w/3 min rec 6 ST 15 min EZ	3-5 EZ 4x50 ST	Dual Meet Analy (4800m racing)	3-5 EZ 4x50 ST	15 min EZ 3x1mi@T 2 min rec 6x200 R / 200 rec 10 min EZ	68 min EZ LR + 6 ST or MTB Event	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 6x800 l w/400 jrec 6 ST 10min EZ	3-5 EZ 4x50 ST	15min EZ 5x600 R w/600 jrec 4x200 R w/200 jrec 10 min EZ	3-5 EZ 4x50 ST	2 EZ Recovery / Stretch	Twilight	10min EZ 40 min Mod 6 ST
End Phase 3 Begin Phase 4	16	5	18	4/15/2024	15min EZ 4x1.2K l w/3 min rec 6 ST 10 min EZ	3-5 EZ 4x50 ST	Dual Meet Montgomery + 3x1T w/ 1 min rec	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 2x400 R w/ 400 jrec 2x200 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 3 mile Tempo 20 min EZ	3-5 EZ 4x50 ST	20min EZ 1x600 R w/600 jrec 2x400 R w/400 jrec 4x200 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 4x1 mile Tempo w/ 1 min rec 4x200 R w/ 200 jrec 10 min EZ	3-5 EZ 4x50 ST	20 min EZ 2 sets: (1mile T / 400 jg / 4x200R w/200 jg) 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:



E or EZ=easy aerobic

M, HM, Mod = moderate paces, well slower than threshold (T) pace, but faster than E

T= threshold, about ~119% of 1 mile R pace (estimated pace for 1 hr max effort)

"I" (interval pace) = ~108-109% of R pace (like 5K race pace)

R (repetition pace) = about same as race 1 mile pace

FR (fast repetition) = 3 secs per 200 faster than R pace

ST = strides (50m accelerations to 85% max speed w/ 1 min rest between)

jrec = easy jog recovery

VDOT= corresponding VO2Max indicator

Rough example paces (per 1600m)

XS	MM/CP	BB	TM, CB	MG, IH, KP	PS, MG	YM, MJ
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
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
5:40	5:51	6:26	6:00	6:20	6:50	7:35
5:12	5:20	5:58	5:30	5:47	6:19	7:03
4:45	4:55	5:30	5:05	5:20	5:50	6:30
	4:30	5:05		4:55		
VDOT	63	60	54	58	50	44

**At max effort, the pace you
could hold for...**

<-- ...greater than 3 hrs

<-- ...1.5 to 3 hrs

<-- ...~ 1 hr

<-- ...~16-20 mins

<-- ...4.5-6.5 mins