

In-Season Distance Workouts

- I. Transition Workouts
- II. Traditional Distance Intervals
 - a. interval of 3-8 mins is # 1 way to improve Vo2 Max
 - b. rest ratio is 1/3 to 1/4 of interval distance
 - c. interval distance appropriate to target event
 - d. interval volume formulas
- III. Race Simulation Workouts
- IV. Speed Endurance Workouts
- V. Traditional “Speed” Workouts

Transition Workouts

Mild speed workouts that help the body transition from a state of long, slow distance running to higher intensity interval workouts.

Types:

- Fat Man Miles -- mile repeats done at current 5k race pace plus 0-10 seconds per repeat; 2:00-2:30 recovery (400m jog)
- Cruise Miles -- mile repeats done at current 5k pace plus 10-20 seconds per repeat; typically 1:00 recovery (Daniels)
- Tempo Runs -- continuous runs of 3-4 miles at current 5k race pace plus 20-30 seconds (some say 10-20 seconds)
- Pick-Up Runs -- continuous runs of 3-6 miles starting at easy training pace and transitioning down to Tempo run pace
- Steady State Runs -- continuous runs of 3-6 miles run at 30-45 seconds slower than 5k race pace
- Strides -- 10 times an 80 to 100m acceleration after an easy training run; speed should be about 75% of maximum sprint

Traditional Distance Intervals

I. Best Way to Improve Vo2 Max is Repeats of 3-8 Minutes

II. Rest Ratios

- a. Beginning Runners rest = interval distance
- b. Intermediate Runners rest = ½ interval distance
- c. Advanced Runners rest = ¼ interval distance

III. Best Interval Length for Race Distance

- a. 800m = 200-300m repeats
- b. 1600m = 400m-600m repeats
- c. 3200m = 800m repeats
- d. 5000m = 1600m repeats

IV. Best Interval Volume for Race Distance

- a. 800m = 1 to 2 miles
- b. 1600m = 2 to 3 miles
- c. 3200m = 2 ½ to 3 ½ miles
- d. 5000m = 3 to 4 miles

V. Sample Workouts for Race Distance

- A. 800m = 3 (3x300) E-M-H (300m recov.)
 800m = 4 (3x200) E-M-H (200m recov.)
- B. 1600m = 2 (3x600) E-M-H (300m recov.)
 1600m = 3 (3x400) E-M-H (200m recov.)
- C. 3200m = 6x800 @ CRP less 4-5 sec/400m (300m recov.)
 3200m = 2 (4x600)@CRP less 5-7 sec/400m (200m recov.)
- D. 5000m = 3-4x1600 @CRP less 2-3 sec/400m(400m recov.)
 5000m = 5x1000m @CRP less 3-5 sec/400m(200m recov.)

Race Simulation Workouts

Workouts done at current race pace or slightly faster. Typically short recovery workouts of a 4 to 1 interval to rest ratio (miles w/400m jog).

Types:

Long Repeats -- 800m to 2000m intervals run under control and just under current 5k race pace

Fartlek Runs -- Surges during a continuous run, typically from 300m to 800m with intervals of active running recovery (not a jog). Can be structured by time or distance (3 min.hard--1 min.easy--2 min.hard--1min. easy).

Continuous Intervals -- Long intervals run on a 4 to 1 work to rest ratio where the recoveries are done at a medium gear or float, allowing only partial recovery.

Timed Efforts -- Not racing, but a true race simulation exercise. One effort, not repeats. Running at a maximum effort, but under a planned split schedule. These are typically not 100% of the race distance.

Time Trials -- Actual racing; intersquad competition. May or may not be done with a split schedule. May or may not be planned to work together.

Speed Endurance Workouts

I. Typically Longer in Length than “Regular” Repeats

II. Can be Achieved by Short Recovery

III. Can be Achieved by Total Volume Challenges

IV. Examples

a. Sample 800m Speed Endurance Workout

Seb Coe Ladder=100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200

(start at 100m marker and keep jogging back an extra 10m)

b. Sample 1600m Speed Endurance Workouts

Lancashire Ladder= 600m-500m-400m-300m-200m x 2 Sets

*** times eventually progressed to 3k pace, mile pace, 800 pace, 600 pace**

(90 seconds recovery after each – 5 minute set break)

c. Sample 3200m Speed Endurance Workout

16 x 200m with recovery progression of 60-45-30-15 seconds

d. Sample 5000m Speed Endurance Workout

16 x 400m on a 100m jog

Traditional Speed Workouts

I. Emphasis on Speed & Fluidity -- Sub-Race Pace

II. Longer Recoveries, Shorter Repeats

III. Best Speed Interval Length for Race Distance

- a. 800m = 150's and 200's
- b. 1600m = 300's and 400's
- c. 3200m = 400's
- d. 5000m = 400's and 600's

IV. Sample Speed Workouts

a. Go!! Drills

800m Go! might be a 300m(45) going 32(200) and then 13(100)
** running at goal race pace, followed by a Go! acceleration
over the
last 1/4 th of the interval

b. Build-Ups

400m repeats(62) going 17-16-15-14 secs (progressive 100's)
800m repeats(2:12) going 36-34-32-30 secs (progressive 200's)
** going from slower than CRP to faster than CRP within
the interval

c. Pacers

800m= 100-150-200-250-300-400 all at goal race pace
1600m = 100-200-300-400-300-200-100 all at goal race pace
**emphasis on hitting the pace and being fluid – recovery is
1/2 distance