

# Coaching Middle-Distance and Distance Runners Science or Art? Vin Lananna

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## Sources of Information

### Daniels' Running Formula

**Author**

Jack Daniels, Ph.D.

**Synopsis**

Daniels combines his coaching insights with his background as an Olympic athlete and exercise scientist to provide proven training programs and strategies for races. He outlines his four training phases and explains how to put them together in a program.

### Once A Runner

**Author**

John L. Parker, Jr.

**Synopsis**

Many regard the story of Quenton Cassidy's battle to the top as the most accurate portrayal yet written of the tiny universe of world class runners. And it's a great source of training inspiration and wisdom as well.

### Running Within

**Author**

Jerry Lynch

**Synopsis**

This text provides an in-depth look at the physiological and psychological aspects of running with strategies and tools for maximizing the mental side of performance.

## Middle-Distance and Distance Training Principles

1. Read Jack Daniels' book, Daniels' Running Formula.
2. Evaluate the fitness level of each athlete using heart rates on runs or on a treadmill.
3. Determine Date Pace (DP) and Goal Pace (GP) using previous PR's and the information available from the heart rate analysis.
4. Set time and place goals with the athlete.
5. Work back from the seasonal goal.
6. Write the season plan with the athlete.
7. Write the weekly plan and share it with the athlete.
8. Determine mileage goals and the dates to hit those targets.
9. Evaluate the progress using time trials, workouts, or races as your tools.
10. Stick with the intensity levels until there is an indication to change them due to performance.
11. Constantly update the workouts based on race performances.
12. Stick to the patterns on a yearly, seasonal, and biweekly routine.
13. Train hard and adjust volume, intensity, and/or recovery.
14. Use key workouts and compare them.
15. Always remain current and learn what the experts are doing.

## Definitions of Terminology

### Cardiovascular Training

- Training Run** aerobic running with good mechanics; volume is consistent with the miles needed to hit weekly goals
- Long Run** aerobic running with the volume equal to approximately 20-25% of weekly mileage

### Anaerobic Threshold Training

- Tempo Run** steady run of at least 20 minutes at a pace that you could handle for an hour
- Cruise Intervals** repeated pre-determined intervals of at least 4:00 in duration with pre-determined recovery - e.g., 4-6 x Mile at slower than 5000m race pace with 2:00 recovery at a cruising pace
- Fartlek Training** varied intervals ranging from 1:00 to 8:00 in duration with effort not faster than Cruise Intervals and recovery ranging from equal recovery to half of the duration of the interval completed

### V02 Max Training

- V02 Max Intervals** repeated pre-determined intervals of 2:00 - 5:00 in duration with pre-determined recovery at a fast pace - e.g., 4-6 x Mile at faster than 5000m race pace with 2:00-5:00 recovery

### Repetition Training

- Repeats** repeated pre-determined efforts of less than 2:00 in duration at a pace faster than goal pace with adequate to full recovery - e.g., 8 x 300m faster than current 1500m time with 2:00-2:30 jog recovery
- Strides** fast pace running of 6-12 x 20-30 seconds of perfect form and adequate recovery

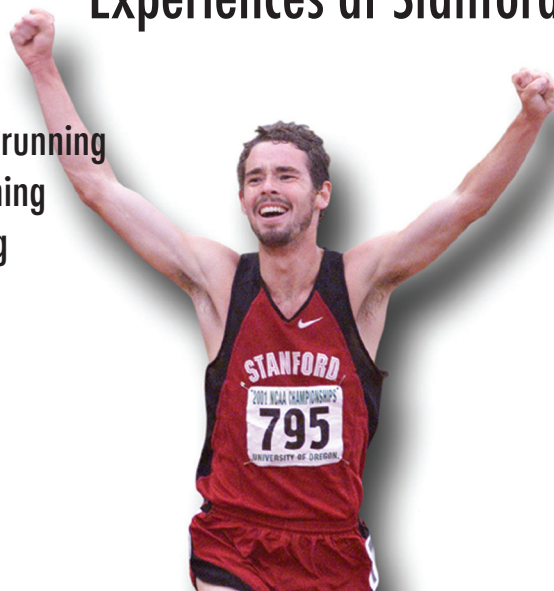
## Experiences at Stanford University

### Running Workouts

- Cardiovascular (aerobic) running
- Anaerobic threshold training
- VO2 Max interval training
- Repetitions

### Supplemental Training

- Strength training
- Pool running, biking
- Stretching
- Nutrition
- Altitude training
- Massage therapy



## Patterns of Training

### Championship Period

Event Category	Workout Categories (in order of importance)		
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NOTE: Workout categories are often combined within the same session during this period.

5,000m / 10,000m	V02 Max Intervals	Threshold Training	Repetitions
1500m / 5,000m	V02 Max Intervals	Repetitions	
800m / 1500m	Repetitions	V02 Max Intervals	

### Race Preparation Period

Event Category	Workout Categories (in order of importance)		
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5,000m / 10,000m	V02 Max Intervals	Threshold Training	Repetitions
1500m / 5,000m	V02 Max Intervals	Threshold Training	Repetitions
800m / 1500m	V02 Max Intervals	Repetitions	Threshold Training

### Conditioning Period

Event Category	Workout Categories (in order of importance)		
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5,000m / 10,000m	Aerobic Training	Threshold Training	Repetitions
1500m / 5,000m	Aerobic Training	Threshold Training	Repetitions
800m / 1500m	Aerobic Training	Threshold Training	Repetitions



# Patterns of Training • Sample Workouts for 5000m / 10,000m

## Goal Pace: 13:20 / 27:50

### Conditioning Period (8 week cycle)

Date Pace: 13:45 / 28:30

Specific workouts are done primarily at 10kDP.

#### Training Runs and Long Runs

##### Sample Workouts

- Build mileage with aerobic conditioning runs of 45 minutes to 2 hours.

#### Threshold Training

##### Sample Workouts

- 8-10 mile pace run at approx. 4:55 / mile
- 4 x 3000m at AT (approx. 4:45 / mile) with 1:00 rest
- Ladder Workout:  
2000m - 1600m - 1200m - 800m - 400m at approx. 4:30 / mile with 2000m at 5:15 / mile in between intervals.

#### Strides

##### Sample Workouts

- 8 x 150m at 85%
- Progress over the cycle to 8 x 100m at 95%

### Race Preparation Period (8 week cycle)

Date Pace: 13:30 / 28:10

Specific workouts are done primarily at 10kGP and 5kDP.

#### V02 Max Interval Training

##### Sample Workouts

- 6 x Mile at 5k Date Pace (approx. 4:24)
- 10 x 1000m at 5k Date Pace

#### Threshold Training

##### Sample Workouts

- In the morning, run 5-6 miles at AT (approx. 4:45 / mile). In the afternoon, run a Repetition workout (see below).

#### Repetitions

##### Sample Workouts

- After running a Threshold workout in the morning (see above), run 8 x 300m at 1500m Goal Pace in the afternoon.

### Championship Period (Begins July 1)

Date Pace = Goal Pace: 13:20 / 27:50

Specific workouts are done primarily at 10kGP, 5kGP, and 3kGP.

#### V02 Max Interval Training

##### Sample Workouts

- 4 x Mile Breakdown at 5k Goal Pace Minus 1 Second Per 400m  
2 x 800m (2:06), 4 x 400m (60),  
2 x 800m (2:06), 4 x 400m (60)
- 4 x 1000m Breakdown at 1500m Goal Pace  
500m (1:15) - 300m (45) - 200m (30)
- 4 x 800m at 2:06

#### Threshold Training

##### Sample Workouts

- 5 miles at a quicker pace (approx. 5:00 / mile)

#### Strides

##### Sample Workouts

- 8 x 100m at 95%

# Patterns of Training • Sample Workouts for 1500m / 5000m

## Goal Pace: 3:35 / 13:20

### Conditioning Period (8 week cycle)

Date Pace: 3:42 / 13:45

Specific workouts are done primarily at 5kDP.

#### Training Runs and Long Runs

##### Sample Workouts

- Build mileage with aerobic conditioning runs of 45 minutes to 2 hours.

#### Threshold Training

##### Sample Workouts

- 8 mile pace run at approx. 4:55 / mile
- 3-4 x 3000m at AT (approx. 4:45 / mile) with 1:00 rest
- Ladder Workout:  
2000m - 1600m - 1200m - 800m - 400m at approx. 4:30 / mile with 2000m at 5:15 / mile in between intervals.

#### Strides

##### Sample Workouts

- 8 x 150m at 85%
- Progress over the cycle to 8 x 100m at 95%

### Race Preparation Period (8 week cycle)

Date Pace: 3:39 / 13:30

Specific workouts are done primarily at 5kGP and 1500mDP.

#### V02 Max Interval Training

##### Sample Workouts

- 5 x Mile at 5k Date Pace (approx. 4:24)
- 8 x 1000m at 5k Date Pace
- 5 x Mile Breakdown at 5k Date Pace  
1 x Mile (4:24), 2 x [2 x 800m (2:11)],  
2 x [4 x 400m (65)]

#### Threshold Training

##### Sample Workouts

- In the morning, run 5 miles at AT (approx. 4:45 / mile). In the afternoon, run a Repetition workout (see below).

#### Repetitions

##### Sample Workouts

- After running a Threshold workout in the morning (see above), run 8 x 300m at 1500m Goal Pace in the afternoon.

### Championship Period (Begins July 1)

Date Pace = Goal Pace: 3:35 / 13:20

Specific workouts are done primarily at 5kGP, 3kGP, 1500mGP.

#### V02 Max Interval Training

##### Sample Workouts

- 4 x 1000m Breakdown at 1500m  
Goal Pace Minus 1 Second Per 400m  
500m (1:12) - 300m (42.5) - 200m (28)
- 5 x 800m at 2:06
- 4 x 800m Breakdowns  
2 x 400m (56) or 4 x 200m (27)

#### Repetitions

##### Sample Workouts

- 8 x 200m (27-28)

# Patterns of Training • Sample Workouts for 800m / 1500m

## Goal Pace: 1:46 / 3:35

### Conditioning Period (8 week cycle)

Date Pace: 1:49 / 3:42

Specific workouts are done primarily at 5kDP.

#### Training Runs and Long Runs

##### Sample Workouts

- Build mileage with aerobic conditioning runs of 45 minutes to 90 minutes.

#### Threshold Training

##### Sample Workouts

- 6 mile pace run at approx. 4:55 / mile
- 3 x 3000m at AT (approx. 4:45 / mile) with 1:00 rest
- Ladder Workout:  
1600m - 1200m - 800m - 400m at approx. 4:30 / mile with 2000m at 5:15 / mile in between intervals

#### Strides

##### Sample Workouts

- 8 x 150m at 85%
- Progress over the cycle to 8 x 100m at 95%

### Race Preparation Period (8 week cycle)

Date Pace: 1:47 / 3:39

Specific workouts are done primarily at 3kGP, 1500mDP, 800mDP.

#### V02 Max Interval Training

##### Sample Workouts

- 6-8 x 1000m at 5k Date Pace
- 4-5 x Mile Breakdown at 3k Date Pace  
1 x Mile (4:24), 2 x 800m (2:11),  
4 x 400m (65), 4 x 400m (65)  
8 x 200m (31)
- 5 x 1000m Breakdown at 1500m Date Pace  
500m (1:15) - 300m (44) - 200m (30)

#### Repetitions

##### Sample Workouts

- 8 x 200m at 800m Date Pace (27-28)
- 8 x 300m at 800m Date Pace (41-42)

#### Threshold Training

##### Sample Workouts

- 4 miles at AT (approx. 4:45 / mile)

### Championship Period (Begins July 1)

Date Pace = Goal Pace: 1:46 / 3:35

Specific workouts are done primarily at 1500mGP and 800mGP.

#### Repetitions

##### Sample Workouts

- 8 x 200m at 800m Goal Pace (26.5)
- 8 x 300m at 800m Goal Pace (40)

#### V02 Max Interval Training

##### Sample Workouts

- 3 x 1000m Breakdown at 800m Goal Pace  
500m (1:10) - 300m (41) - 200m (28)
- 4 x 800m Breakdown at 800m Goal Pace  
2 x 400m (53) or 4 x 200m (25)

## Pre-Conditioning Period

### Pre-Conditioning Period (8 week cycle)

Emphasis in the Pre-Conditioning Period is placed on the following:

- Aerobic fitness
- Flexibility
- Strength development
- Injury prevention
- Hilly long runs
- Mileage buildup
- Developing good patterns of nutrition and sleeping
- Concentrate on the pace of the training runs using Daniels' formula

### Running Workouts

Mon	Training run
Tues	Hilly training run (10-14k)
Wed	Training run + 8x100m at 1500mDP
Thur	Training run
Fri	Training run + 8x300m at 3000mDP
Sat	Long run (20-25% of weekly mileage)
Sun	Easy training run or day off
Mon	Training run
Tues	Hilly brisk run at controlled pace (8-12k)
Wed	Training run + 8x100m at 1500mDP
Thur	Training run
Fri	Training run
Sat	Long run (20-25% of weekly mileage)
Sun	Easy training run or day off

### Supplemental Training

Mon	Weight Training
Tues	Massage therapy after workout
Wed	
Thur	Weight Training
Fri	
Sat	
Sun	Weight Training
Mon	
Tues	Massage therapy after workout
Wed	Weight Training
Thur	
Fri	Weight Training
Sat	
Sun	

## Planning the Patterns of Training

### Identify Goal Paces for Primary Events

5,000m / 10,000m      13:20 / 27:50

1500m / 5,000m      3:35 / 13:20

800m / 1500m      1:46 / 3:35

### Identify Date Paces for Primary Events

Date paces should be established through time trials or races.

### Training Groups

Train all high level athletes together whenever possible.

### Start With the Desired End-Result

Plan specific end-of-the-season workouts for each primary event.

Let's see what this might look like for our examples.

# Target Workouts for 5000m / 10,000m

## Goal Pace: 13:20 / 27:50

### Conditioning Period (8 week cycle)

Date Pace: 13:45 / 28:30

Specific workouts are done primarily at 10kDP.

#### Week 1 Target Workouts

Beginning of Period	End of Period
Ladder Workout (Intervals at 10kDP, Rest at AT + 30 seconds) Volume = 14k	Ladder Workout in reverse (Intervals at 10kDP, Rest at AT + 30 seconds) Volume = 14k
4 x 3000m (AT) Rest = 1:00 Volume = 12k	2 x 3000m (10kDP) + 3 x Mile (5kDP) Volume = 11k

#### Week 2 Target Workouts

Beginning of Period	End of Period
Ladder Workout (same as Week 1) Volume = 14k	10 x 1000m (10kGP) Volume = 10k
16 x 400 (4 x 10kDP, 4 x 5kDP, 4 x 3kGP, 4 x 1500mDP) Volume = 7k	12 x 400 (2 x 10kDP, 4 x 5kDP, 4 x 3kGP, 2 x 1500mDP) Volume = 5k
8 Mile Pace Run (AT + 15 seconds) Volume = 13k	8 Mile Pace Run (AT + 5 seconds) Volume = 13k

### Race Preparation Period (8 week cycle)

Date Pace: 13:30 / 28:10

Specific workouts are done primarily at 10kGP and 5kDP.

#### Week 1 Target Workouts

Beginning of Period	End of Period
6 x Mile (5kDP) Volume = 10k	3 x Mile (5kDP) + 2 x Mile Breakdown (5kGP) Volume = 8k
AM: 5 mile tempo run (AT) PM: 8 x 300m (1500mGP) Volume = 10k	4 miles (AT + 20 seconds) + 8 x 400m (5kDP) Volume = 9k

#### Week 2 Target Workouts

Beginning of Period	End of Period
8 x 1000m (5kDP) Volume = 8k	4 x 1000m (5kDP) + 3 x 1000m Breakdown (1500mDP) Volume = 7k
8 x 400 (2 x 10kGP, 2 x 5kDP, 2 x 3kGP, 2 x 1500mDP) Volume = 3k	8 x 400 (2 x 10kGP, 2 x 5kDP, 2 x 3kGP, 2 x 1500mDP) Volume = 3k
Race or Time Trial	Race

### Championship Period (Begins July 1)

Date Pace = Goal Pace: 13:20 / 27:50

Specific workouts are done primarily at 10kGP, 5kGP, and 3kGP.

#### Week 1 Target Workouts

Beginning of Period	End of Period
4 x Mile Breakdown (5kGP-1) Volume = 7k	2 x Mile Breakdown (5kGP-1) + 2 x 1000m Breakdown (1500mGP) Volume = 5k
3 x 1000m (5kGP) + 4 x 800m (5kGP-1) Volume = 6k	5 x 800m (5kGP-1) Volume = 4k

#### Week 2 Target Workouts

Beginning of Period	End of Period
2 x 1000m (5kGP) + 2 x 1000m Breakdown (1500mGP) Volume = 4k	4 x 1000m Breakdown (1500mGP) Volume = 4k
8 x 400 (2 x 10kGP-1, 2 x 5kGP, 2 x 3kGP-1, 2 x 1500mGP) Volume = 3k	8 x 400 (2 x 10kGP-1, 2 x 5kGP, 2 x 3kGP-1, 2 x 1500mGP) Volume = 3k
Race	Race

# Target Workouts for 1500m / 5000m

## Goal Pace: 3:35 / 13:20

### Conditioning Period (8 week cycle)

Date Pace: 3:42 / 13:45

Specific workouts are done primarily at 5kDP.

#### Week 1 Target Workouts

Beginning of Period	End of Period
Ladder Workout (Intervals at 10kDP, Rest at AT + 30 seconds) Volume = 14k	Ladder Workout in reverse (Work up to 1600m interval) (same paces and rest) Volume = 10k
4 x 3000m (AT) Rest = 1:00 Volume = 12k	1 x 3000m (10kDP) + 4 x Mile (5kDP) Volume = 10k

#### Week 2 Target Workouts

Beginning of Period	End of Period
Ladder Workout (same as Week 1) Volume = 14k	5 x 1000m (10kGP) + 5 x 1000m (5kDP) Volume = 10k
12 x 400m (2 x 10kDP, 4 x 5kDP, 4 x 3kGP, 2 x 1500mDP) Volume = 5k	12 x 400m (2 x 10kDP, 2 x 5kDP, 4 x 3kGP, 4 x 1500mDP) Volume = 5k
8 Mile Pace Run (AT + 15 seconds) Volume = 11k	6 Mile Pace Run (AT + 5 seconds) Volume = 10k

### Race Preparation Period (8 week cycle)

Date Pace: 3:39 / 13:30

Specific workouts are done primarily at 5kGP and 1500mDP.

#### Week 1 Target Workouts

Beginning of Period	End of Period
5 x Mile (5kDP) Volume = 8k	2 x Mile (5kDP) + 3 x Mile Breakdown (5kGP) Volume = 8k
AM: 5 mile tempo run (AT) PM: 8 x 300m (1500mGP) Volume = 10k	4 miles (AT + 20 seconds) + 8 x 300m (1500mDP) Volume = 8k

#### Week 2 Target Workouts

Beginning of Period	End of Period
5 x 1000m (5kDP) + 3 x 1000m Breakdown (1500mDP) Volume = 8k	4 x 1000m (5kDP) + 3 x 1000m Breakdown (1500mDP) Volume = 7k
8 x 400m (2 x 5kDP, 2 x 5kGP, 2 x 3kGP, 2 x 1500mDP) Volume = 3k	4 x 400m (5kGP, 3kGP) + 4 x 300m (1500mGP-1, 1500mGP-2) Volume = 3k
Race or Time Trial	Race

### Championship Period (Begins July 1)

Date Pace = Goal Pace: 3:35 / 13:20

Specific workouts are done primarily at 5kGP, 3kGP, 1500mGP.

#### Week 1 Target Workouts

Beginning of Period	End of Period
3 x Mile Breakdown (5kGP-1) + 2 x 1000m Breakdown (1500mGP) Volume = 7k	1 x Mile Breakdown (5kGP-1) + 3 x 1000m Breakdown (1500mGP) Volume = 5k
4 x 800m (5kGP-1) Volume = 3k	4 x 800m (5kGP-1) Volume = 3k

#### Week 2 Target Workouts

Beginning of Period	End of Period
4 x 1000m Breakdown (1500mGP) Volume = 4k	4 x 1000m Breakdown (1500mGP) Volume = 4k
4 x 400m (5kGP, 3kGP) + 4 x 300m (1500mGP-1, 1500mGP-2) Volume = 3k	4 x 400m (5kGP, 3kGP) + 4 x 200m (1500mGP-1, 1500mGP-2) Volume = 2.5k
Race	Race

# Target Workouts for 800m / 1500m

## Goal Pace: 1:46 / 3:35

### Conditioning Period (8 week cycle)

Date Pace: 1:49 / 3:42

Specific workouts are done primarily at 5kDP.

#### Week 1 Target Workouts

Beginning of Period	End of Period
Ladder Workout (Start at 1600m interval) (5kDP, AT + 30 seconds) Volume = 10k	Ladder Workout in reverse (Work up to 1600m interval) (same paces and rest) Volume = 10k
3 x 3000m (AT) Rest = 1:00 Volume = 9k	1 x 3000m (10kDP) + 3 x Mile (5kDP) Volume = 8k

#### Week 2 Target Workouts

Beginning of Period	End of Period
Ladder Workout (same as Week 1)  Volume = 10k	5 x 1000m (10kGP) + 5 x 1000m (5kDP)  Volume = 10k
12 x 400m (2 x 5kDP, 4 x 5kGP, 4 x 3kDP, 2 x 1500mDP) Volume = 5k	8 x 400m (2 x 5kDP, 2 x 3kDP, 2 x 3kGP, 2 x 1500mDP) Volume = 3k
6 Mile Pace Run (AT + 15 seconds) Volume = 10k	5 Mile Pace Run (AT + 5 seconds) Volume = 8k

### Race Preparation Period (8 week cycle)

Date Pace: 1:47 / 3:39

Specific workouts are done primarily at 3kGP, 1500mDP, 800mDP.

#### Week 1 Target Workouts

Beginning of Period	End of Period
3 x Mile (3kDP) + 3 x Mile Breakdown (3kGP)  Volume = 8k	4 x Mile Breakdown (3kGP)  Volume = 7k
AM: 4 miles (AT + 20 seconds) PM: 8 x 300m (1500mGP) Volume = 8k	3 miles (AT + 20 seconds) + 8 x 300m (1500mDP) Volume = 7k

#### Week 2 Target Workouts

Beginning of Period	End of Period
2 x 1000m (3kGP) + 4 x 1000m Breakdown (1500mDP) Volume = 6k	5 x 1000m Breakdown (1500mDP)  Volume = 5k
4 x 400m (3kDP, 3kGP) + 4 x 300m (1500mDP, 1500mGP) Volume = 3k	4 x 400m (3kDP, 3kGP) + 4 x 300m (1500mDP, 1500mGP) Volume = 3k
Race or Time Trial	Race

### Championship Period (Begins July 1)

Date Pace = Goal Pace: 1:46 / 3:35

Specific workouts are done primarily at 1500mGP and 800mGP.

#### Week 1 Target Workouts

Beginning of Period	End of Period
5 x 1000m Breakdown (1500mGP)  Volume = 5k	4 x 1000m Breakdown (1500mGP-1)  Volume = 4k
4 x 800m Breakdown (800mGP) Volume = 3k	8 x 300m (800mGP)  Volume = 2.5k

#### Week 2 Target Workouts

Beginning of Period	End of Period
4 x 1000m Breakdown (1500mGP)  Volume = 4k	3 x 1000m Breakdown (800mGP)  Volume = 3k
4 x 400m (3kDP, 3kGP) + 4 x 200m (1500mGP-1, 800mGP) Volume = 2.5k	4 x 300m (3kGP, 1500mGP) + 4 x 200m (1500mGP-1, 800mGP) Volume = 2.5k
Race	Race



## Summary of End-of-the-Season Target Workouts

### Championship Period (Begins July 1)

5,000m / 10,000m

Date Pace = Goal Pace: 13:20 / 27:50

Specific workouts are done primarily at 10kGP, 5kGP, and 3kGP.

#### Week 1 Target Workouts

Beginning of Period	End of Period
4 x Mile Breakdown (5kGP-1)  Volume = 7k	2 x Mile Breakdown (5kGP-1) + 2 x 1000m Breakdown (1500mGP)  Volume = 5k
3 x 1000m (5kGP) + 4 x 800m (5kGP-1)  Volume = 6k	5 x 800m (5kGP-1)  Volume = 4k

#### Week 2 Target Workouts

Beginning of Period	End of Period
2 x 1000m (5kGP) + 2 x 1000m Breakdown (1500mGP)  Volume = 4k	4 x 1000m Breakdown (1500mGP)  Volume = 4k
8 x 400 (2 x 10kGP-1, 2 x 5kGP, 2 x 3kGP-1, 2 x 1500mGP)  Volume = 3k	8 x 400 (2 x 10kGP-1, 2 x 5kGP, 2 x 3kGP-1, 2 x 1500mGP)  Volume = 3k
Race	Race

### Championship Period (Begins July 1)

1500m / 5,000m

Date Pace = Goal Pace: 3:35 / 13:20

Specific workouts are done primarily at 5kGP, 3kGP, 1500mGP.

#### Week 1 Target Workouts

Beginning of Period	End of Period
3 x Mile Breakdown (5kGP-1) + 2 x 1000m Breakdown (1500mGP)  Volume = 7k	1 x Mile Breakdown (5kGP-1) + 3 x 1000m Breakdown (1500mGP)  Volume = 5k
4 x 800m (5kGP-1)  Volume = 3k	4 x 800m (5kGP-1)  Volume = 3k

#### Week 2 Target Workouts

Beginning of Period	End of Period
4 x 1000m Breakdown (1500mGP)  Volume = 4k	4 x 1000m Breakdown (1500mGP)  Volume = 4k
4 x 400m (5kGP, 3kGP) + 4 x 300m (1500mGP-1, 1500mGP-2)  Volume = 3k	4 x 400m (5kGP, 3kGP) + 4 x 200m (1500mGP-1, 1500mGP-2)  Volume = 2.5k
Race	Race

### Championship Period (Begins July 1)

800m / 1500m

Date Pace = Goal Pace: 1:46 / 3:35

Specific workouts are done primarily at 1500mGP and 800mGP.

#### Week 1 Target Workouts

Beginning of Period	End of Period
5 x 1000m Breakdown (1500mGP)  Volume = 5k	4 x 1000m Breakdown (1500mGP-1)  Volume = 4k
4 x 800m Breakdown (800mGP)  Volume = 3k	8 x 300m (800mGP)  Volume = 2.5k

#### Week 2 Target Workouts

Beginning of Period	End of Period
4 x 1000m Breakdown (1500mGP)  Volume = 4k	3 x 1000m Breakdown (800mGP)  Volume = 3k
4 x 400m (3kGP, 3kGP) + 4 x 200m (1500mGP-1, 800mGP)  Volume = 2.5k	4 x 300m (3kGP, 1500mGP) + 4 x 200m (1500mGP-1, 800mGP)  Volume = 2.5k
Race	Race

## Sample 2-Week Cycles for 5000m / 10,000m

### Goal Pace: 13:20 / 27:50

#### Conditioning Period (8 week cycle)

Date Pace: 13:45 / 28:30

Specific workouts are done primarily at 10kDP.

Mon	Training run
Tues	2000m-1600m-1200m-800m-400m (4:30/mile); rest = 2000m (5:15/mile)
Wed	Training run
Thur	Training run + 8x150m (85%)
Fri	4x3000m (4:45/mile); rest = 1:00
Sat	Long run
Sun	Training run
Mon	2000m-1600m-1200m-800m-400m (4:30/mile); rest = 2000m (5:15/mile)
Tues	Training run
Wed	16x400m (4x67, 4x65, 4x63, 4x61)
Thur	Training run + 8x150m (85%)
Fri	Easy run
Sat	8 mile pace run (4:55/mile)
Sun	Long run

#### Race Preparation Period (8 week cycle)

Date Pace: 13:30 / 28:10

Specific workouts are done primarily at 10kGP and 5kDP.

Mon	Training run
Tues	6 x Mile (4:24); rest = 3:00
Wed	Training run + 8x100m (95%)
Thur	Training run
Fri	AM: 5 mile tempo run (4:45/mile) PM: 8x300m (45)
Sat	Long run
Sun	Easy
Mon	8x1000m (4:24/mile); rest = 2:00
Tues	Training run + 8x100m (95%)
Wed	8x400m (2x67, 2x65, 2x63, 2x61)
Thur	Training run
Fri	Easy run
Sat	Race
Sun	Long run

#### Championship Period (Begins July 1)

Date Pace = Goal Pace: 13:20 / 27:50

Specific workouts are done primarily at 10kGP, 5kGP, and 3kGP.

Mon	Training run
Tues	4 x Mile Breakdown (5k Goal Pace - 1) (2x800m, 2x800m, 4x400m, 4x400m)
Wed	Training run + 8x100m (95%)
Thur	Training run
Fri	5x800m (5k Goal Pace - 1 = 2:06) or Race
Sat	Long run
Sun	Easy
Mon	4x1000m Breakdown (1500m Goal Pace) [500m (1:15) - 300m (45) - 200m (30)]
Tues	Training run + 8x100m (95%)
Wed	8x400m (2x66, 2x64, 2x62, 2x60)
Thur	Training run
Fri	Easy run
Sat	Race
Sun	Long run

## Sample 2-Week Cycles for 1500m / 5000m

### Goal Pace: 3:35 / 13:20

#### Conditioning Period (8 week cycle)

Date Pace: 3:42 / 13:45

Specific workouts are done primarily at 5kDP.

Mon	Training run
Tues	2000m-1600m-1200m-800m-400m (4:30/mile); rest = 2000m (5:15/mile)
Wed	Training run
Thur	Training run + 8x150m (85%)
Fri	4x3000m (4:45/mile); rest = 1:00
Sat	Long run
Sun	Training run
Mon	2000m-1600m-1200m-800m-400m (4:30/mile); rest = 2000m (5:15/mile)
Tues	Training run
Wed	12x400m (2x67, 4x65, 4x63, 2x61)
Thur	Training run + 8x150m (85%)
Fri	Easy run
Sat	8 mile pace run (4:55/mile)
Sun	Long run

#### Race Preparation Period (8 week cycle)

Date Pace: 3:39 / 13:30

Specific workouts are done primarily at 5kGP and 1500mDP.

Mon	Training run
Tues	2 x Mile (4:24) + 3 x Mile Breakdown (2x800m, 4x400m, 4x400m)
Wed	Training run + 8x100m (95%)
Thur	Training run
Fri	AM: 5 mile tempo run (4:45/mile) PM: 8x300m (1500m Goal Pace)
Sat	Long run
Sun	Easy
Mon	5x1000m (4:24/mile) + 3x1000m Breakdown (500m-300m-200m)
Tues	Training run + 8x100m (95%)
Wed	8x400m (2x65, 2x63, 2x61, 2x59)
Thur	Training run
Fri	Easy run
Sat	Race
Sun	Long run

#### Championship Period (Begins July 1)

Date Pace = Goal Pace: 3:35 / 13:20

Specific workouts are done primarily at 5kGP, 3kGP, 1500mGP.

Mon	Training run
Tues	3 x Mile Breakdown (5k Goal Pace - 1) + 2x1000m Breakdown (1500m Goal Pace)
Wed	Training run + 8x100m (95%)
Thur	Training run
Fri	5x800m (5k Goal Pace - 1 = 2:06) or Race
Sat	Long run
Sun	Easy
Mon	4x1000m Breakdown (1500m Goal Pace)
Tues	Training run + 8x100m (95%)
Wed	4x400m (2x62, 2x60) + 4x200 (2x29, 2x27)
Thur	Training run
Fri	Easy run
Sat	Race
Sun	Long run

# Sample 2-Week Cycles for 800m / 1500m

## Goal Pace: 1:46 / 3:35

### Conditioning Period (8 week cycle)

Date Pace: 1:49 / 3:42

Specific workouts are done primarily at 5kDP.

Mon	Training run
Tues	1600m-1200m-800m-400m (4:30/mile); rest = 2000m (5:15/mile)
Wed	Training run
Thur	Training run + 8x150m (85%)
Fri	3x3000m (4:45/mile); rest = 1:00
Sat	Long run
Sun	Training run
Mon	1600m-1200m-800m-400m (4:30/mile); rest = 2000m (5:15/mile)
Tues	Training run
Wed	12x400 (2x67, 4x65, 4x63, 2x61)
Thur	Training run + 8x150m (85%)
Fri	Easy run
Sat	6 mile pace run (4:55/mile)
Sun	Long run

### Race Preparation Period (8 week cycle)

Date Pace: 1:47 / 3:39

Specific workouts are done primarily at 3kGP, 1500mDP, 800mDP.

Mon	Training run
Tues	5 x Mile Breakdown (3k Date Pace) 2x(2x800m), 2x(4x400m), 8x200m
Wed	Training run + 8x100m (95%)
Thur	Training run
Fri	AM: 4 mile quick run (5:00/mile) PM: 8x300m (1500m Goal Pace)
Sat	Long run
Sun	Easy
Mon	5x1000m Breakdown (1500m Date Pace) (500m-300m-200m)
Tues	Training run + 8x100m (95%)
Wed	4x400m (2x65, 2x63) + 4x300m (2x44, 2x43)
Thur	Training run
Fri	Easy run
Sat	Race
Sun	Long run

### Championship Period (Begins July 1)

Date Pace = Goal Pace: 1:46 / 3:35

Specific workouts are done primarily at 1500mGP and 800mGP.

Mon	Training run
Tues	5x1000m Breakdown (1500m Goal Pace) (500m-300m-200m)
Wed	Training run + 8x100m (95%)
Thur	Training run
Fri	4x800m Breakdown (800m Goal Pace) or Race
Sat	Long run
Sun	Easy
Mon	3x1000m Breakdown (800m Goal Pace) (500m-300m-200m)
Tues	Training run + 8x100m (95%)
Wed	4x400m (2x64, 2x62) + 4x200m (2x28, 2x27)
Thur	Training run
Fri	Easy run
Sat	Race
Sun	Long run

# Coaching Middle-Distance and Distance Runners Science or Art? Vin Lananna

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