

Short Distance Training Plan

Week:	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3	4	5	3	4	6	OFF
2	3	4	5	3	4	6	OFF
3	3	4	5	3	400m TT	6	OFF
4	3	4	5	3	4	7	OFF
5	3	4	5	3	4	7	OFF
6	3	200m TT	5	3	4	7	OFF
7	3	4	5	4	4	6	OFF
8	3	4	5	3	Opt. 2-3	ace - 100m	OFF

	Hill Sprints within Run: 4x15s (W2), 4x20s (W4), 6x15s (W5), 6x20s (W7)
	Strides following run. Begin with 4, build up to 6-8
	Workout Days
	Race Efforts

Workout by Week:		Rep	Pace:
1a	10x100m with 90s recovery		
1b	6x200m with 90s recovery		
2a	6x400m with 2 mins recovery		
2b	20 Minute Tempo Run		
3a	8x200m with 90s recovery		
3b	800 Meter TT: All out 800m		
4a	5x100m with 90s recovery		
4b	10x200m with 90s recovery		
5a	4x800m with 90s recovery (Pace TBD based off 400m TT)		
5b	25 minute Tempo Run		
6a	200m TT: All out 200m		
6b	8x400m with 2 mins recovery (Pace TBD based off 400m TT)		
7a	3x100m at race pace with 4 minutes recovery		
7b	4x400m with 3 mins recovery		
8a	6x200m with 2 mins recovery		

These Times will be based off your 400m time trial.

These Times will be based off your 200m time trial.