

Mid Distance Training Plan

Week:	Mon	Tue	Wed	Thu	Fri	Sat	Sun	MPW:
1	4	4	OFF	4	3	5	OFF	20
2	4	4	OFF	4	3	5	OFF	20
3	4	4	OFF	3	1 Mile TT	6	OFF	21
4	4	4	OFF	4	3	6	OFF	21
5	4	4	OFF	4	3	6	OFF	21
6	4	2 Mile TT	OFF	3	3	7	OFF	20
7	4	4	OFF	4	4	7	OFF	23
8	4	4	OFF	3	Opt 2-3	Race - 5k	OFF	18

	Easy Runs: Complete the Miles prescribed at conversation pace.
	Hill Sprints following Easy Run: 4x15s (W2), 4x20s (W4), 6x15s (W5), 6x20s (W7)
	Strides following Easy run. Begin with 4, build up to 6-8
	Workout Days: Complete the prescribed distance w/ workout from chart below i
	Race Efforts

Workout by Week:		Rep Pace:
1a	3x800m with 90 seconds recovery.	
1b	8x200m with 90s recovery	
2a	2x1 mile with 90s recovery	
2b	6x400m with 2 mins recovery	
3a	4x800m with 90s recovery	
3b	1 Mile TT: All out 1 mile effort	
4a	3x1 mile with 90s recovery (pace TBD based off 1 mile TT)	
4b	10x200m with 90s jog rec.(Pace TBD based off 1 mile TT)	
5a	4x800m with 90s recovery (Pace TBD based off 1 mile TT)	
5b	15 minute tempo run (Pace TBD off 1 mile TT)	per mile
6a	2 Mile TT: All out 2 mile effort	
6b	8x400m with 2 mins recovery (Pace TBD based off 2 mile TT)	
7a	20 minute tempo run (Pace TBD off 2 mile TT)	per mile
7b	3x1 mile at goal race pace with 4 minutes recovery	
8a	6x200m with 2 mins recovery	

These Times will be based off your 1 mile time trial

These Times will be based off your 2 mile time trial.