

potential workout	details
add 1 minute pickups in base phase to runs	
8x100m at 800m pace	30-45 sec. rest
6x150 at 800m pace	45 sec. rest
mix mile and 800m pace in specific training	
2x500m at mile pace, 100m bound, 200 kick in 5 min. rest	

	40
	43
	45
Total Mileage	48
	51
	48
	52
Total Mileage	55
	53
	50
	47
Total Mileage	50
	50
	46
	50
Total Mileage	50
	45
	45
	40
Total Mileage	38
	38
	38