

Workouts for April, May, and the first half of June 2022.

Warm up before each workout. Workouts start at 5:30 PM on the high school track.

Mon April 4 200, 200 jog, 400, 400 jog, 800, 400 jog, 800, 400 jog, 400, 400 jog, 200, 200 jog

Thur April 7 200, 200 jog, 4 x 800 with 400 jog after each run  
Run the first 800 with an easy effort, the next 2 800's at your 5K pace and the last 800 a little faster.

Mon April 11 200, 200 jog, 6 x 400 with 400 jog after each run

Thur April 14 200, 200 jog, 400, 400 jog, 600, 400 jog, 600, 400 jog, 400, 400 jog, 200, 200 jog

Mon April 18 200, 200 jog, 4 x 400 with 400 jog after each run. Before doing this workout think about how fast you think you can run 3200 meters (8 laps) at a good effort. Then run the four 400's at that pace. So if you think 16 minutes for 3200 meters would be a good effort for you, then run each 400 in about 2:00 or a little slower. You need to conserve energy for Thursday's run.

Thur April 21 After a good warm up run 3200 meters (8 laps) with a good effort. Stagger the starts as you see fit.

Mon April 25 200, 200 jog, 6 x 400 with 400 jog after each run

Thur April 28 200, 200 jog, 400, 400 jog, 800, 400 jog, 800, 400 jog, 400, 400 jog, 200, 200 jog

Mon May 2 After a good warm up run 1600 meters (4 laps) with a good effort. Stagger the starts as you see fit.

Thur May 5 200, 200 jog, 6 x 400 with 400 jog after each run. Don't push hard. You may be tired from the 1600 meters you ran on Monday.

Mon May 9 200, 200 jog, 4 x 800 with 400 jog after each run, 200, 200 jog  
Run the first 800 with an easy effort, the next 2 800's at your 5K pace and the last 800 a little faster.

Thurs May 12 200, 200 jog, 400, 400 jog, 600, 400 jog, 600, 400 jog, 400, 400 jog, 200, 200 jog

Mon May 16 200, 200 jog, 4 x 400 with 400 jog after each run. Before doing this workout think about how fast you think you can run 3200 meters (8 laps) at a good effort. Then run the four 400's at that pace. So if you think 16 minutes for 3200 meters would be a good effort for you, then run each 400 in about 2:00 or a little slower. You need to conserve energy for Thursday's run.

Thur May 19 After a good warm up run 3200 meters (8 laps) with a good effort. Stagger the starts as you see fit.

Mon May 23 200, 200 jog, 3 x 600 with 400 meter jog after each, 200, 200 meter jog

Thur May 26 This is a different workout from what you have been doing. It will help with running efficiency. With higher efficiency you can run faster with the same amount of effort. After a good warm up, run 12 x 200 meters with a 200 meter jog after each. Run the first four at a pace that is close to your 3200meter pace, The next four about 2 seconds faster and the last 4 an additional 2 seconds faster.

Example: Time for 3200 is 16:00,

Times for 200s. First 4 in about 60s, next 4 in about 58s and last 4 in about 56s.

Note: This example is a guide. Adjust your pace as according to what you feel is appropriate. But don't sprint and don't take a long time between the runs. When your jog is over you should begin the next run. Try running in 3 groups with all runners in each group running at about the same pace.

Mon May 30 200, 200 jog, 400, 400 jog, 600, 400 jog, 600, 400 jog, 400, 400 jog, 200, 200 jog

Thur June 2 200, 200 jog, 3 x 800 with 400 jog after each run  
Run the first 800 with an easy effort, the second 800 at your 5K pace and the last 800 a little faster.

Mon June 6 200, 200 jog, 6 x 400 with 400 jog after each

Thur June 9 This is the same workout as 2 weeks ago.  
After a good warm up, run 12 x 200 meters with a 200 meter jog after each. Run the first four at a pace that is close to your 3200meter pace, The next four about 2 seconds faster and the last 4 an additional 2 seconds faster.

Mon June 13 After a good warm up run 1600 meters (4 laps) with a good effort. Stagger the starts as you see fit.