

Workouts for the rest of August and half of September 2021.

This series of workouts ends with a 1600 meter run on the track. Try to improve a little on the time from August 2 when you last ran 1600 meters.

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

Wed Aug 25 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 Aug 30 200, 200 jog, 400, 400 jog, 600, 400 jog, 600, 400 jog, 400, 400 jog, 200, 200 jog

Wed Sept 1 200, 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 Sept 6 200, 200 jog, 6 x 400 with 400 jog after each

Wed Sept 8 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 Sept 13 After a good warm up run 1600 meters (4 laps) with a good effort. Stagger the starts as you see fit.