

Two-week progression: Sunday, May 24- Sunday, June 7

Goals: Move training paces toward a new 800 race target (we are developing a better idea of where you are in your fitness and beginning to set goals based on this fitness), maintain your aerobic foundation, start to introduce some specific endurance work, and work pure speed development.

Sunday, May 24: Focus on active recovery.

Easy conversational pace run of 25-30 minutes OR 25-30 minutes of easy biking or swimming. If you're feeling any type of fatigue or soreness, I would recommend the later choice of biking or swimming.

If you're able to get in any light stretching after the run/bike/swim or later in the day, do it!

Monday, May 25: Aerobic maintenance and technical recovery.

Do an easy "volume" run of 30-40 minutes (main goal is to get time on your feet at a relaxed pace to build your aerobic base without overtaxing your muscles or nervous system – this is what a lot of people get wrong...make sure it's easy).

4-6 light strides of 80-100 meters on a track straightaway or grass field. Strides are NOT sprints. You begin each one relaxed and gradually accelerate to a controlled fast pace (80-85% of max effort) Rest is walk back slowly to begin next stride. Focus perfect running form, tall posture, and loose arms

Tuesday, May 26: Neurological power and max speed.

15-20 minute warm-up.

Short workout of 5 rounds of flying sprints, done this way... 30 yards build, 30 yards max speed, 30 yards of coasting back to easy speed with good form and stride mechanics. Rest 3-5 minutes between each.

Wednesday, May 27: Active recovery day.

Easy run of 25-30 minutes at a very easy pace.

Movement drills: Let's get into a little more detail why I believe it's essential to incorporate these drills. I've listed a few key drills for you and why you should do them... Do each drill 3-4 times for 30–40 meters.

1. high knees – this drill develops hip flexor strength and promotes high knee drive. It also sets a solid foundation for power and speed for the 800 race.
2. A-skips – the primary focus of this drill is to develop coordination and an aggressive “pawing motion” of the foot against the ground. It also works to maintain proper ankle stiffness. I'm not sure whether any of your coaches ever spoke about this concept of “pawing” but it essentially describes how your foot strikes the ground from above and pulls backward. This helps maximize ground reaction forces, propelling your body forward and maintaining momentum without braking on landing.
3. butt kicks – This drill targets your hamstrings which are vital for the recovery phase of your stride. They help to quickly bring the heel toward your glutes, which shortens the lever. It allows your leg to swing through much faster, improving your turnover and overall efficiency. This helps you maintain a high cadence and get ready for the next ground contact quickly and smoothly.
4. straight leg bounds – (one of my favorites) This drill develops power and elasticity in the hamstring and calves. By keeping the leg straight, you force your foot to strike the ground with a stiff ankle, which maximizes ground reaction forces and strengthens the ankle and the foot. This directly translates to more efficient running mechanics and better propulsion with each stride.

Thursday, May 28: Build progressive speed.

15-20 minute warm-up plus some dynamic stretching and a few short accelerations or strides.

Workout of 2 rounds of 400, 300, 200. Goal is to progressively build your pace through each distance. 400 at 60-62 pace, 300 at 43-45 pace, 200 at 28-29 pace.

Rest 2-3 minutes after 400

Rest 1.5-2 minutes after 300

Rest 5-7 minutes after 200 (ensure full recovery before round 2)

Friday, May 29: Focus on active recovery.

Easy conversational pace run of 25-30 minutes. If you're able to get in any light stretching after the run or later in the day, do it!

Saturday, May 30: Progressive 40-50 minute run.

Begin the run at a very relaxed pace. As you move through the run, increase your pace every 10 minutes. This will help to build aerobic strength while practicing pace management and finishing strong.

Sunday, May 31: Complete REST

or you could do 20 minutes very easy running or do a short easy route on your bike (stationary or on the road)

Monday, June 1: Aerobic maintenance and technical recovery.

Easy 30-40 minute easy conversational run.

Following the run, complete 4-6 strides of 80 -100 meters on a track straightaway or grass field.

Tuesday, June 2: High quality track session of tempo intervals. Sharpen top-end speed and neuromuscular efficiency

Warm-up 15-20 minutes. 5-10 minutes of dynamic stretching

Main work-out: 6-8 repeats of 400 meters. Run each 400 progressively at an intense aerobic pace (80-85% of max effort). Run the first few repeats at approximately 67-68 pace, then 65-66 pace, then finish final one or two repeats at 64. Rest 1:30 between each 400

You should run these repeats at a progressive pace to allow your body to transition into this higher intensity workout without causing an immediate spike in lactate that would prematurely fatigue your legs. Second, it will teach you to manage your effort and stay relaxed at higher speeds. Since the 800 is a tactical

race, learning to shift gears and maintain form under pressure is (partially) what we are trying to achieve with this workout. Physiologically, if you're able to move through this workout with progressively faster pacing, you will also be increasing your speed endurance.

Cool-down with 5-10 minutes of very easy jogging and light stretching

Wednesday, June 3: Active recovery day.

25-30 minutes easy conversational paced run. Finish with 5-10 minutes of dynamic stretching

Thursday, June 4: Specific pace session (locking into a rhythm of hitting exact pace and cadence) and building your lactate threshold.

Warm-up 15-20 minutes. 5-10 minutes of dynamic stretching

Main work-out: 3 rounds of 300 meters at goal race pace (we can discuss what this will mean closer to this day). Rest 2:00 minutes between each 300.

Cool-down with 5-10 minutes of very easy jogging and light stretching

Friday, June 5: Focus on active recovery.

25-30 minutes easy conversational paced run. Finish with 5-10 minutes of dynamic stretching

Saturday, June 6: Another progressive 40-50 minute run.

Begin the run at a very relaxed pace. As you move through the run, increase your pace every 10 minutes. This will help to build aerobic strength while practicing pace management and finishing strong.

An alternative session would be fartlek run. Simply dedicate to running for 40-50 minutes and vary your pace throughout the run. Alternate between faster pickups and steady, recovery segments.

Sunday, June 7: Complete REST

or you could do 20 minutes very easy run or do a short easy route on your bike (stationary or on the road)