

800m Training Plan - revised 2/17/25

This base version targets ~25-30 miles / week - season peak meet 5/17/25

Season Phase	Week # ending w/ 20	"Weeks to go"	JD Reference#	Training Week starts Monday ...	MON	TUE	WED	THR	FRI	SAT	SUN
End Phase 1	4	17	6	1/27/2025							
Begin Phase 2	5	16	7	2/3/2025							
	6	15	8	2/10/2025							
	7	14	9	2/17/2025	20min EZ 4x400 R w/400 jrec 10 min EZ	3EZ 4x50 ST	10min EZ 6x200 R w/200 jrec 10min EZ 4x200 R w/200 jrec 10 min EZ	5 EZ 4x50 ST	Intra-Squad Meet	45 min LR + 4 ST	off
	8	13	10	2/24/2025	20min EZ 3 sets: (200R /200jg/200R 400jg/400R/200jg) 10min EZ	4EZ 4x50 ST	10min EZ 6x400 R w/400 jrec 10min EZ	5 EZ 4x50 ST	2 EZ Recovery / Stretch	Big Cat	2 EZ Recovery / Stretch
	9	12	11	3/3/2025	20min EZ 2x200 R w/200 jrec 2x600 R w/600 jrec 4x200 R w/200 jrec 10 min EZ	4EZ 4x50 ST	10min EZ 4 ST 1x600 R w/600 jrec 2x400 R w/400 jrec 4x200 R w/200 jrec 10min EZ	5 EZ 4x50 ST	2 EZ Recovery / Stretch	Gaucha Relays 2400-3200m racing	45 min LR + 4 ST
	10	11	12	3/10/2025	10min EZ 4x200 R w/200 jrec 2x400 R w/400 jrec 1x600 R w/600 jrec 10 min EZ	4EZ 4x50 ST	10min EZ 6x200 R w/200 jrec 4x300 R w/300 jrec 10 min EZ	5 EZ 4x50 ST	Speed Day - 2x200 Broken 800 w/ 3min rest	3-5 EZ	off
End Phase 2											
Begin Phase 3											
	11	10	13	3/17/2025	15 min EZ 4x800 I w/3 min jg 6 ST 15 min EZ	5 EZ	10min EZ 3 sets: (600R/30 sec rest/200FR/ 7 min E) 20min EZ	3 EZ	2 EZ Recovery / Stretch	Dublin 1600 / 800	2 EZ Recovery / Stretch
Spring Break	12	9	14	3/24/2025	20min EZ 4x1 mile T w/2min rec 20min EZ	3-5 EZ 4x50 ST	15 min EZ 5x1K I w/3 min jg 6 ST 15 min EZ	3-5 EZ 4x50 ST	2 EZ Recovery / Stretch	North Coast Track (Ukiah)	off
	13	8	15	3/31/2025	15 min EZ 8x2min I w/1 min rec 1 EZ 4x200R w/200 jrec 15 min EZ	3-5 EZ 4x50 ST	Dual Meet Santa Rosa	3-5 EZ 4x50 ST	20min EZ 3x400 R w/ 400 jrec 4x300 FR w/300 jrec 10 min EZ	6 EZ	off
	14	7	16	4/7/2025	15min EZ 4x1K I w/3 min rec 6 ST 15 min EZ	3-5 EZ 4x50 ST	10min EZ 3x400 FR w/400 jrec 10min EZ 4x400 R w/400 jrec 10min EZ	3-5 EZ 4x50 ST	Speed Day - 2x200 Broken 800 w/ 3min rest	6 EZ	off
	15	6	17	4/14/2025	15min EZ 5x800 I w/400 jrec 6 ST 10min EZ	3-5 EZ 4x50 ST	Dual Meet Montgomery + 3x1T w/ 1 min rec	3-5 EZ 4x50 ST	2 EZ Recovery / Stretch	Viking	10min EZ 30 min Mod 6 ST

Season Phase	Week # ending w/ 20	"Weeks to go"	JD Reference#	Training Week starts Monday ...	MON	TUE	WED	THR	FRI	SAT	SUN
End Phase 3	16	5	18	4/21/2025	15min EZ 4x1.2K I w/3 min rec 6 ST 10 min EZ	3-5 EZ 4x50 ST	NBL Dual @Carrillo 1600m	3-5 EZ 4x50 ST	20min EZ 3x400 R w/ 400 jrec 4x300 FR w/300 jrec 10 min EZ	45 min very EZ recovery	45 min very EZ recovery
Begin Phase 4	17	4	19	4/28/2025	10min EZ 4 ST 20min T 4x200 R w/ 200 jrec 10 min EZ	3-5 EZ 4x50 ST	NBL Dual v Analy	3-5 EZ 4x50 ST	20 min EZ 2x200 FR w/400 jg 2x600 FR w/1K jog 4x200R w/200 jog 10 min EZ	3-5 EZ 4x50 ST	45 min very EZ recovery
	18	3	20	5/5/2025	10min EZ 4x200 R w/ 200 jrec 2x 1T w/ 1 min rec 6 ST 10 min EZ	3-5 EZ 4x50 ST	2 EZ Recovery / Stretch	NBL Meet	3-5 EZ	15min EZ 600FR w/1km rec 2x400FR w/ 400 re 4x200R w/ 200 rec 15 min EZ	
	19	2	21	5/12/2025	20 min EZ 3x1 mile Tempo 6x200R w/200jrec 20 min EZ	3-5 EZ 4x50 ST	20min EZ 600 FR w/600 jrec 2x300 FR w/500 jg 3x200 R w/200 jrec 10 min EZ	3-5 EZ 4x50 ST	2 EZ Recovery / Stretch	Redwood	2 EZ Recovery / Stretch
	20	1	23	5/19/2025	10 min EZ 3x1 mile Tempo w/ 2 min rec 6x200 R w/ 200 jrec 20 min EZ	3-5 EZ 4x50 ST	20 min EZ 2x200 FR w/400 jg 2x600 FR w/1K jog 4x200R w/200 jog 10 min EZ	3-5 EZ 4x50 ST	NCS MOC	NCS MOC	

Key:

Quality (higher intensity priority workout)
Competition Day
Aerobic Recovery Day
Rest or very light day

<--use these days to get yourself ready (rest, recover, stretch, as easy as you need) for orange and yellow days above

Training Pace Descriptions:

E or EZ=easy aerobic
M, HM, Mod = moderate paces, well slower than threshold (T) pace, but faster than E
T= threshold, about ~119% of 1 mile R pace (estimated pace for 1 hr max effort)
"I" (interval pace) = ~108-109% of R pace (like 5K race pace)
R (repetition pace) = about same as race 1 mile pace
FR (fast repetition) = 3 secs per 200 faster than R pace
ST = strides (50m accelerations to 85% max speed w/ 1 min rest between)
jrec = easy jog recovery
VDOT= corresponding VO2Max indicator

Rough example paces (per 1600m)

	XS	MM/CP	BB	TM, CB	MG, IH, KP	PS, MG	YM, MJ
6:30-7:30	6:50-7:45	7:30-8:30	7:00-8:00	7:30-8:30	8:00-9:00	8:45-9:45	
6:00-6:20	6:30-6:45	6:40-7:00	6:20-6:40	6:40-7:00	7:10-7:40	7:50-8:20	
5:40	5:51	6:26	6:00	6:20	6:50	7:35	
5:12	5:20	5:58	5:30	5:47	6:19	7:03	
4:45	4:55	5:30	5:05	5:20	5:50	6:30	
	4:30	5:05		4:55			
VDOT	63	60	54	58	55	50	44

At max effort, the pace you could hold for...

<-- ...greater than 3 hrs

<-- ...1.5 to 3 hrs

<-- ...~1 hr

<-- ...~16-20 mins

<-- ...4.5-6.5 mins