

# 1600m / 3200m Training Plan - revised 2/17/25

This base version targets ~30 miles / week (*note: add about 10-12 miles/week including 1200m per Q session for CP/XS*) - 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							off
	6	15	8	2/10/2025	20min EZ 2x200 R w/200 jrec 4x400 R w/400 jrec 10 min EZ	3-5 EZ 4x50 ST	10 min EZ 10x200 R w/200 jrec 20 min EZ	3-5 EZ 4x50 ST	Speed Day - 2x200 Broken 800 w/ 3min rest	60 min LR + 4 ST	off
	7	14	9	2/17/2025	20min EZ 4x400 R w/400 jrec 2x200 R w/200 jrec 2 (or 3/4) x400 R w/400 jrec 10 min EZ	3-5 EZ 4x50 ST Weights	10min EZ 6x200 R w/200 jrec 10min EZ 4x200 R w/200 jrec 10 min EZ	3-5 EZ 4x50 ST Weights	<b>Intra-Squad Meet</b>	60 min LR + 4 ST	off
	8	13	10	2/24/2025	20min EZ 3 sets: (200R /200jg/200R 400jg/400R/200jg) 10min EZ	3-5 EZ 4x50 ST Weights	10min EZ 6x400 R w/400 jrec 2x200 R w/200 jrec 10min EZ	3-5 EZ 4x50 ST Weights	2 EZ Recovery / Stretch	<b>Big Cat</b>	2 EZ Recovery / Stretch
	9	12	11	3/3/2025	20min EZ 4x200 R w/200 jrec 2x600 R w/600 jrec 4x200 R w/200 jrec 10 min EZ	3-5 EZ 4x50 ST Weights	10min EZ 4 ST 1x600 R w/600 jrec 2x400 R w/400 jrec 4x200 R w/200 jrec 20min EZ	3-5 EZ 4x50 ST Weights	2 EZ Recovery / Stretch	<b>Gaucha Relays</b> 2400-3200m racing	60 min LR + 4 ST
	10	11	12	3/10/2025	10min EZ 2x200 R w/200 jrec 2x400 R w/400 jrec 2x600 R w/600 jrec 10 min EZ	3-5 EZ 4x50 ST Weights	10min EZ 6x200 R w/200 jrec 4x300 R w/300 jrec 20min EZ	3-5 EZ 4x50 ST Weights	Speed Day - 2x200 Broken 800 w/ 3min rest	68 min EZ LR + 6 ST	off
End Phase 2											
Begin Phase 3											
SPRING BREAK	11	10	13	3/17/2025	15 min EZ 4x800 l w/3 min jg 6 ST 15 min EZ	3-5 EZ 4x50 ST Weights	20min EZ 8x400 R w/400 jrec 20min EZ	3-5 EZ 4x50 ST NO Weights	<b>-NO SCHOOL-</b> <b>Dublin 3200</b>	<b>Dublin 1600 / 800</b>	2 EZ Recovery / Stretch
	12	9	14	3/24/2025	20min EZ 4x1 mile T w/2min rec 20min EZ	3-5 EZ 4x50 ST Weights	15 min EZ 5x1K l w/3 min jg 6 ST 15 min EZ	3-5 EZ 4x50 ST Weights	2 EZ Recovery / Stretch	<b>North Coast Track</b> <b>(Ukiah)</b>	off
	13	8	15	3/31/2025	20min EZ 4x600 R w/600 jrec 4x200 R w/200 jrec 10 min EZ	3-5 EZ 4x50 ST Weights	<b>Dual Meet @</b> <b>Santa Rosa</b>	3-5 EZ 4x50 ST Weights	<b>STANFORD</b> or 10min EZ 8x400 R w/400 jrec 20 min EZ	68 min EZ LR + 6 ST	off
	14	7	16	4/7/2025	15min EZ 4x1K l w/3 min rec 6 ST 15 min EZ	3-5 EZ 4x50 ST Weights	15min EZ 5x600 R w/600 jrec 4x200 R w/200 jrec 10 min EZ	3-5 EZ 4x50 ST Weights	NO SCHOOL 15 min EZ 3x1mi@T 2 min rec 6x200 R / 200 rec 10 min EZ	68 min EZ LR + 6 ST	off
	15	6	17	4/14/2025	15min EZ 6x800 l w/400 jrec 6 ST 10min EZ	3-5 EZ 4x50 ST Weights	<b>Dual Meet</b> <b>Montgomery</b> + 3x1T w/ 1 min rec	3-5 EZ 4x50 ST Weights	2 EZ Recovery / Stretch	<b>Viking</b>	10min EZ 40 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	NO SCHOOL 15min EZ 4x1.2K I w/3 min rec 6 ST 10 min EZ	3-5 EZ 4x50 ST NO Weights	<b>NBL Dual @Carrillo</b> 1600m	3-5 EZ 4x50 ST Weights	2 EZ Recovery / Stretch	68 min EZ LR + 6 ST	off
Begin Phase 4	17	4	19	4/28/2025	10min EZ 4 ST 20min T 2x400 R w/ 400 jrec 2x200 R w/ 200 jrec 10 min EZ	3-5 EZ 4x50 ST Weights	<b>NBL Dual v Analy</b> 1600m	3-5 EZ 4x50 ST Weights	15min EZ 2x(600 FR + 1km jog) 600 FR 15 min EZ	3-5 EZ 4x50 ST	2 EZ Recovery / Stretch
	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 NO Weights	2 EZ Recovery / Stretch	<b>NBL Meet</b>	3-5 EZ	15min EZ 600FR w/1km rec 2x400FR w/ 400 re 4x200R w/ 200 rec 15 min EZ	off
	19	2	21	5/12/2025	20 min EZ 3 mile Tempo 20 min EZ	3-5 EZ 4x50 ST Weights	20min EZ 1x600 R w/600 jrec 2x400 R w/400 jrec 4x200 R w/200 jrec 10 min EZ	3-5 EZ 4x50 ST NO Weights	2 EZ Recovery / Stretch	<b>Redwood</b>	45 min very EZ recovery
	20	1	23	5/19/2025	10 min EZ 4x1 mile Tempo w/ 1 min rec 4x200 R w/ 200 jrec 10 min EZ	3-5 EZ 4x50 ST NO Weights	20 min EZ 2 sets: (1mile T / 400 Jg / 4x200R w/200 jg) 10 min EZ	3-5 EZ 4x50 ST NO Weights	<b>NCS MOC</b>	<b>NCS MOC</b>	

**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	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