

Detailed 6 Week Workout Plan

Week One

Day 1

One Mile jog

6 x100 sprints at 80% with 60 second rest in between each one

Day 2:

2 Sets of 3 X 300 meter repeats with equal rest

Target times 60 seconds

Rest between sets is 3 minutes

Day 3

Long run - slow and easy - 40 minutes

Finish with 2 sets of 4 x 50 meter sprints

Target times 8-10 seconds

Rest between sets is 2 minutes

Day 4

Distance Workout - (2 x) 100 – 200 – 300 – 200 – 100

Targets 17 34 52 34 17

Rest between sets is 2 minutes

Then Do 2 x 400's at 90 seconds with equal rest in between first and second one

Day 5

Long run - slow and easy - 40 minutes -

Make this an interval run...pick a point in your run and sprint to it (about 50-75 yards)

Do this every minute or so in the run

Finish with 2 sets of 4 x 50 meter sprints

Target times 8-10 seconds

Rest between sets is 2 minutes

Week Two

Day 1

One Mile jog - 7-9 minutes

Find some stairs - stadium stairs, or in your community.

Determine rough length from top to bottom (how many yards?)

Sprint up and walk/sidestep down and repeat in sets of 4 to 10 times depending on length of stairs

Goal is one mile (1600 meters) of stairs

Example: Stairs are 25 yards to top

Do 8 at a time, rest for three to four minutes, and repeat 7 more times

Day 2:

2 sets of 1 x 5 Broken 600's with 3 minutes between reps

Broken 600 on a track is 600 meters all at once following this format

Jog 100 meters.....sprint 200 meters fast.....walk 150 meters.....sprint 150 meters fast

Day 3

Long run - slow and easy - 40 minutes -

Make this an interval run...pick a point in your run and sprint to it (about 50-75 yards)

Do this every minute or so in the run

Finish with 2 sets of 4 x 50 meter sprints

Target times 8-10 seconds

Rest between sets is 2 minutes

Day 4

20 x 100 meter repeats – recovery is 20 seconds – 4 sets of 5 reps

Target times of the 100's for each set: 20 – 19 – 17 - 16

(gets faster each set)

Must hit the target times

3-4 minutes rest between sets

Day 5

Hill workout

Find a series of short hills (think regional park etc) or one hill that is accessible

Goal is a hill of about 30 - 40 meters in ascent

Sprint up, walk down...

5 sets of 8 reps

Rest between sets is 3 minutes

Week 3

Day 1

400@ 80 seconds 300@ 60 seconds 200 @ 40 seconds one minute rest
between each run

Break 5 minutes

400@ 68-72 300@ 51-54 200@ 34-36 for pacing (these are 17-18 second 100's) 3 minutes
rest between each run

Break 5 minutes

400@ 64-70 300@ 46-50 200@ 28-32 for pacing (these are 14-16 second 100's) 5 minutes
rest between each run

Break 6 minutes

100 at 90 % or 14 seconds

Day 2

Long run - slow and easy - 40 minutes -

Make this an interval run...pick a point in your run and sprint to it (about 50-75 yards)

Do this every minute or so in the run

Day 3

Go on a long slow conversational paced run - 40 - 50 minutes long

Day 4

3 sets 600 intervals (fast intervals of 600, 400, 300, and 200 meters run in descending order)

These are run near 80% of your capacity with 2 minutes rest between each run and 5 minutes rest after each set

Target times and pacing is around 26-28 seconds per 200 yards so a 600 would be 78 seconds, a 400 would be 52 seconds, 300 would be 39 seconds etc

Day 5

One Mile jog - 7-9 minutes

Find some stairs - stadium stairs, or in your community.

Determine rough length from top to bottom (how many yards?)

Sprint up and walk/sidestep down and repeat in sets of 4 to 10 times depending on length of stairs

Goal is one mile (1600 meters) of stairs

Example: Stairs are 25 yards to top

Do 8 at a time, rest for three to four minutes, and repeat 7 more times

Week 4

Day 1

2 x 600 – Pace is 70 second 400's – big rest - 6-8 minutes

3 x 300 – Pace is 56-57 seconds – big rest - 6-8 minutes

2 x 300 – Pace is 52 seconds - cool down

ICE BATH would be good

Day 2

2 X 5 x 200's SLOW AND EASY – 38-40 seconds

Rest three minutes between

Day 3

20 yards fast – 2 yards slow – 20 yards fast - Do this five times in a row
then Fartlek 50's- This means walk 50 - sprint 50 - repeat for two laps of a 400 meter track
Then - 6 x 150 at near race pace 21 seconds approximately – rest between each is 2 minutes

Day 4

Run 500, walk 400 - - Run500 @ 37 Target time for 500's = (1:27)
Run 400, walk 400 - - Run400 @ 36 Target time for 400's = (1:08)
Run 300, walk 300 - - Run300 @ 35 Target time for 300 = 48 seconds
Run 200, walk 200 - - Run200 @ 32 Target time for 200's = 31seconds

Day 5

Long run - no intervals today 45 - 50 minutes

Week 5

Day 1

3 x 3 x Broken 400's - 200 @ 28 -30 and 100 @ 10-12
Broken 400 is jog 200, walk 100, sprint 100
5 minutes rest between reps and 8 minutes between sets - this 8 minute rest should be a walking rest

Day 2:

Hill workout
Find a series of short hills (think regional park etc) or one hill that is accessible
Goal is a hill of about 30 - 40 meters in ascent
Sprint up, walk down...
5 sets of of 8 reps
Rest between sets is 3 minutes

Day 3

Rhythm 400's - do 5 of these - rest between each is 3 minutes

Start on a track at start line

Sprint 100 yards at 14-16 seconds, wakt backwards 50 yards, sprint forward 100 yards at pace, walk backward 50 yards and repeat process until you arrive at your original start line

Day 4

Long run - slow and easy - 40 minutes -

Make this an interval run...pick a point in your run and sprint to it (about 50-75 yards)

Do this every minute or so in the run

Day 5

one broken 400

Broken 400's - 200 @ 28 -30 and 100 @ 10-12

Broken 400 is jog 200, walk 100, sprint 100

followed by four minute rest –

Then complete 3 sets of 3 x 200 @ 30 -32 seconds with one minutes rest between each 200 and 5 minutes rest between each set

Week 6

Day 1

2 x 5 sets of 110 meters at 95% - 13 -15 secs

5 minutes rest between reps

12 minutes rest between sets

Then...

50-100-150-200-300-350 with walking rest same distance at 15-16 secs 100 meter pace

Day 2-

Long run with intervals - 45 - 50 minutes

Day 3

Hill workout

Day 4

2 x 40, 3 x 50, 4 x 60, 3 X 70, 2 X 80 @100% - total volume is 800 meters

Rest between each sprint is 60 seconds

Then

5 X 80m w/320 jog or walk recovery - use track here for easy measurement

Day 5

2 x 150 @ 22-23 secs, 3 x 100 @ 15 secs, 4 x 75 @ 9-10 secs, 5 x 50 at 7 secs

3 x 250m @ 24-26 sec 200 pace with 5 minutes rest between reps

Then...

2 x 100 at 15 - 16 seconds

6 x flying 40's @ 100 %

2 x 200 at 29 – 31 seconds

1 x 75 @ 100%