



800m Race Models .. Pre-Competition Phase

(a thorough fitness and speed base required)

Sessions assume a very extensive, careful, progressive **warm-up** and **warm-down**.

Name: _____

Date: _____

Conditions / Venue: _____

800	Target Pace	Trial 1	Trial 2	Trial 3
100	Start from 400 Start (i.e. run first bend) Start phase; strong; fast; alert (30 secs. recovery)			
300	Start from 100 (start of back str. to 400 finish) "Cruising Speed" phase; fast; relaxed (60-30 secs. recovery)			
300	Start from 400 Start "Drive" phase; hard work; maintain relaxation (60 – 30 secs. recovery)			
100	Start from 300 .. Run to 400 finish "Leg Speed" Arms "up" Co-ordinate arms/legs; rhythm; focus on "finishing off".			

Aggregate:

Recovery:

Race Goal

**Middle Distance
Running**

is about

Repeatable Speed

1st 100—standing start; Timed from first movement of back leg.
Successive starts are "rolling" .. 10m roll in to start mark.

10 minutes between models
Recoveries between runs may be gradually decreased
(details should be recorded)
from 60 to 30 seconds (or less)
while **maintaining** and/or **improving target times**.

A useful "control session" .. allows
comparisons to be made over time.

Do not repeat more than monthly.

Target Pace **Aggregate** should be 2-4 seconds under race Goal (800); 3-5 seconds (1500).

e.g. 1:58 800 runner ... Targets: 100: 13.5; 300: <45.0; 300: <45.0; 100: <13.5

Seek assistance in planning your targets.

*Athlete **must** be ready to complete such a session .. this is **not** a just "get-out-and-do-it session"*

Comments: _____

1500m Race Models .. Pre-Competition Phase

(a thorough fitness and speed base required)

Sessions assume a very extensive, careful, progressive **warm-up** and **warm-down**.



Name: _____

Date: _____

Conditions / Venue: _____

1500	Target Pace	Trial 1	Trial 2	Trial 3
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150 Start at 400 Start
Start phase; strong; fast; alert
(30 secs. recovery)

600 "Cruising Speed" phase; fast; relaxed
(60 – 30 secs. recovery)

600 "Drive" phase; hard work; maintain relaxation
(60 – 30 secs. recovery)

150 "Leg Speed"; co-ordinate arms/legs; rhythm;
Fast finish

Aggregate:

Recovery:

Race Goal

1st 150—standing start; Timed from first movement of back leg.
Successive starts are "rolling" .. 10m roll in to start mark.

10 minutes between models

Recoveries between runs may be gradually decreased
(details should be recorded)
from 60 to 30 seconds (or less)
while **maintaining** and/or **improving target times**.

**Middle Distance
Running**
is about
Repeatable Speed

A useful "control session" .. allows
comparisons to be made over time.

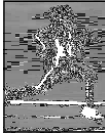
Do not repeat more than monthly.

Target Pace **Aggregate** should be 3-5 seconds under race 1500 Goal
e.g. 4:00 1500 runner ... Targets: 150: 24.0 600: 95.0 600: 95.0 150: <24.0
Seek assistance in planning your targets.

*Athlete **must** be ready to complete such a session .. this is **not** a just "get-out-and-do-it session"*

Comments:

Quality is more important than Quantity



400m Race Models .. Pre-Competition Phase

(a thorough fitness and speed base required)

Sessions assume a very extensive, careful, progressive **warm-up** and **warm-down**.

Name: _____

Date: _____

Conditions / Venue: _____

All starts .. 3 pt. Timed from first movement of back foot; 10 mins. recovery between trials

400	Target Pace	Trial 1	Trial 2
50	Start at 400m start Start phase; strong; fast; alert (30 secs. recovery)		
150	Start from 50.. Run to 200m Fast; relaxed (60 – 30 secs. recovery)		
150	Start from 200 m run to 350m Hard work; maintain relaxation (60 – 30 secs. recovery)		
50	Start at 350m “Leg Speed”; co-ordinate arms/legs; rhythm; “finishing off” - keep arms “up”.		

Aggregate:

Recovery:

Race Goal

1st 50—standing start; Timed from first movement of back leg.
Successive starts are “rolling” .. 10m roll in to start mark.

A useful “control session” .. allows comparisons to be made over time.
Do not repeat more than monthly.

10 minutes between models
Recoveries between runs may be gradually decreased
(details should be recorded)
from 60 to 30 seconds (or less)
while **maintaining** and/or **improving target times**.

Target Pace **Aggregate** should be 1-2 seconds under race 400 Goal
e.g. 60.00 400 runner ... Targets: 50: 7.0 150: 22.5 150: 22.5 50: <7.0
Seek assistance in planning your targets.
*Athlete **must** be ready to complete such a session .. this is **not** a just “get-out-and-do-it session”*

Seek assistance in planning your targets.
*Athlete **must** be ready to complete such a session .. this is **not** a just “get-out-and-do-it session”*

Comments: _____

Various Middle Distance Interval Sessions .. for advanced juniors

Resources

Athletes must have completed an 800m or 1500m Race Model to determine RP and TP, and developed the ability to use the Even Pacing Chart, and interpret the chart applying it to your session. Accurately marked track; stopwatch, or, capacity to have times and recoveries taken and recorded.

All sessions assume a thorough, varied **warm-up**, and, an active **warm-down**.

General Expectations

Training Age: be guided by your coach as to the volume / quality of training appropriate to YOU. Be patient; stick to the session and the pace you adopt; maintain the integrity of your recoveries.

Remember: **Rest** is your **most important** training session.
When in doubt ask for advice, or simply ask, Why?

90% = 90% of maximum effort/speed at the prescribed distance; 800RP = 800m race pace;
(60) = recovery between runs (repetitions) in seconds; w/b = walk back recovery.
Target Pace (TP) = specific time set for the run; 6 mins. = recovery between sets.

e.g. What does 2 x 3 x 150 (90%); 5-6 mins. mean?
Young athletes: interval aggregate should not exceed 2 - 2.5 race distance.

Session 1

Total: Main Sets

800M:	2 x 150 (60) 200 (60) 250 (60) 200 (60) 150; 6-10 mins. 800RP or Target Pace; record times / recoveries	1,900m
1500M:	2 x 700 (1500RP +5); 500 (1500RP +3); 300 (1500RP + 2) 60-90 seconds between runs; 10-12 mins. between sets.	3,000m

Session 2

800M:	4 x 250 (60); 6-8 minutes; 3 x 200 (40); 4-6 minutes; 1 x 150 w/b, (95%) Target Pace .. but, very near maximum efforts on 150's.	1,900m
1500M:	3 x 500M (1500RP +6) .. (90); 10-12 mins.; 5 x 300M (60, 60, 90, 90)	3,000m

Session 3

800M:	600 (Target Pace) (90); 400 (TP) (60); 300 (TP) (30); 200 (TP). 10-12 Mins. rest: then, 4 x 120m (95%); w/b.	1,980m
1500M:	3 x 900M: <ol style="list-style-type: none"> 1. 3 x 200 fast (80-90%); 100 Jog. 2. 3 x 150 fast (80-90%); 150 Jog. 3. 2 x 300 fast (80-90%); 150 Jog. 8-10 mins. recovery between sets	2,700m

Train Hard .. But, Train Smart

There are lot's of other sessions: experiment .. try the Tempo Sessions, the Race Models, the Kick-Kick Down Sessions.

The sport offers excellent prospects for success through persistence and courage.

Even Pace Chart ... Even Pace Splits

400m	100m	150m	200m	250m	300m	350m	450m	500m	600m	700m	800m	900m	1000m	1200m	1500m	2000m	2400m	2800m	3000m	
43.0	10.8	16.1	21.5	26.9	32.3	37.6	48.4	53.8												
44.0	11.0	16.5	22.0	27.5	33.0	38.5	49.5	55.0												
45.0	11.3	16.9	22.5	28.1	33.8	39.4	50.6	56.3	1:07.5											
46.0	11.5	17.3	23.0	28.8	34.5	40.3	51.8	57.5	1:09.0											
47.0	11.8	17.6	23.5	29.4	35.3	41.1	52.9	58.8	1:10.5	1:22.3										
48.0	12.0	18.0	24.0	30.0	36.0	42.0	54.0	1:00.0	1:12.0	1:24.0										
49.0	12.3	18.4	24.5	30.6	36.8	42.9	55.1	1:01.3	1:13.5	1:25.8	1:38.0									
50.0	12.5	18.8	25.0	31.3	37.5	43.8	56.3	1:02.5	1:15.0	1:27.5	1:40.0	1:52.5								
51.0	12.8	19.1	25.5	31.9	38.3	44.6	57.4	1:03.8	1:16.5	1:29.3	1:42.0	1:54.8								
52.0	13.0	19.5	26.0	32.5	39.0	45.5	58.5	1:05.0	1:18.0	1:31.0	1:44.0	1:57.0	2:10.0							
53.0	13.3	19.9	26.5	33.1	39.8	46.4	59.6	1:06.3	1:19.5	1:32.8	1:46.0	1:59.3	2:12.5							
54.0	13.5	20.3	27.0	33.8	40.5	47.3	1:00.8	1:07.5	1:21.0	1:34.5	1:48.0	2:01.5	2:15.0	2:42.0						
55.0	13.8	20.6	27.5	34.4	41.3	48.1	1:01.9	1:08.8	1:22.5	1:36.3	1:50.0	2:03.8	2:17.5	2:45.0	3:26.3					
56.0	14.0	21.0	28.0	35.0	42.0	49.0	1:03.0	1:10.0	1:24.0	1:38.0	1:52.0	2:06.0	2:20.0	2:48.0	3:30.0	3:44.0				
57.0	14.3	21.4	28.5	35.6	42.8	49.9	1:04.1	1:11.3	1:25.5	1:39.8	1:54.0	2:08.3	2:22.5	2:51.0	3:33.8	3:48.0				
58.0	14.5	21.8	29.0	36.3	43.5	50.8	1:05.3	1:12.5	1:27.0	1:41.5	1:56.0	2:10.5	2:25.0	2:54.0	3:37.5	3:52.0	4:50.0			
59.0	14.8	22.1	29.5	36.9	44.3	51.6	1:06.4	1:13.8	1:28.5	1:43.3	1:58.0	2:12.8	2:27.5	2:57.0	3:41.3	3:56.0	4:55.0			
1:00.0	15.0	22.5	30.0	37.5	45.0	52.5	1:07.5	1:15.0	1:30.0	1:45.0	2:00.0	2:15.0	2:30.0	3:00.0	3:45.0	4:00.0	5:00.0	6:00.0	7:00.0	7:30.0
1:01.0	15.3	22.9	30.5	38.1	45.8	53.4	1:08.6	1:16.3	1:31.5	1:46.8	2:02.0	2:17.3	2:32.5	3:03.0	3:48.8	4:04.0	5:05.0	6:06.0	7:07.0	7:37.5
1:02.0	15.5	23.3	31.0	38.8	46.5	54.3	1:09.8	1:17.5	1:33.0	1:48.5	2:04.0	2:19.5	2:35.0	3:06.0	3:52.5	4:08.0	5:10.0	6:12.0	7:14.0	7:45.0
1:03.0	15.8	23.6	31.5	39.4	47.3	55.1	1:10.9	1:18.8	1:34.5	1:50.3	2:06.0	2:21.8	2:37.5	3:09.0	3:56.3	4:12.0	5:15.0	6:18.0	7:21.0	7:52.5
1:04.0	16.0	24.0	32.0	40.0	48.0	56.0	1:12.0	1:20.0	1:36.0	1:52.0	2:08.0	2:24.0	2:40.0	3:12.0	4:00.0	4:16.0	5:20.0	6:24.0	7:28.0	8:00.0
1:05.0	16.3	24.4	32.5	40.6	48.8	56.9	1:13.1	1:21.3	1:37.5	1:53.8	2:10.0	2:26.3	2:42.5	3:15.0	4:03.8	4:20.0	5:25.0	6:30.0	7:35.0	8:07.5
1:06.0	16.5	24.8	33.0	41.3	49.5	57.8	1:14.3	1:22.5	1:39.0	1:55.5	2:12.0	2:28.5	2:45.0	3:18.0	4:07.5	4:24.0	5:30.0	6:36.0	7:42.0	8:15.0
1:07.0	16.8	25.1	33.5	41.9	50.3	58.6	1:15.4	1:23.8	1:40.5	1:57.3	2:14.0	2:30.8	2:47.5	3:21.0	4:11.3	4:28.0	5:35.0	6:42.0	7:49.0	8:22.5
1:08.0	17.0	25.5	34.0	42.5	51.0	59.5	1:16.5	1:25.0	1:42.0	1:59.0	2:16.0	2:33.0	2:50.0	3:24.0	4:15.0	4:32.0	5:40.0	6:48.0	7:56.0	8:30.0
1:09.0	17.3	25.9	34.5	43.1	51.8	1:04.4	1:17.6	1:26.3	1:43.5	2:00.8	2:18.0	2:35.3	2:52.5	3:27.0	4:18.8	4:36.0	5:45.0	6:54.0	8:03.0	8:37.5
1:10.0	17.5	26.3	35.0	43.8	52.8	1:01.3	1:18.8	1:27.5	1:45.0	2:02.5	2:20.0	2:37.5	2:55.0	3:30.0	4:22.5	4:40.0	5:50.0	7:00.0	8:10.0	8:45.0
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1:12.0	18.0	27.0	36.0	45.0	54.0	1:03.0	1:21.0	1:30.0	1:48.0	2:06.0	2:24.0	2:42.0	3:00.0	3:36.0	4:30.0	4:48.0	6:00.0	7:12.0	8:24.0	9:00.0
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1:15.0	18.8	28.1	37.5	46.9	56.3	1:05.6	1:24.4	1:33.8	1:52.5	2:11.3	2:30.0	2:48.8	3:07.5	3:45.0	4:41.3	5:00.0	6:15.0	7:30.0	8:45.0	9:22.5
1:16.0	19.0	28.5	38.0	47.5	57.0	1:06.5	1:25.5	1:35.0	1:54.0	2:13.0	2:32.0	2:51.0	3:10.0	3:48.0	4:45.0	5:04.0	6:20.0	7:36.0	8:52.0	9:30.0
1:17.0	19.3	28.9	38.5	48.1	57.8	1:07.4	1:26.6	1:36.3	1:55.5	2:14.8	2:34.0	2:53.3	3:12.5	3:51.0	4:48.8	5:08.0	6:25.0	7:42.0	8:59.0	9:37.5
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1:20.0	20.0	30.0	40.0	50.0	1:00.0	1:10.0	1:30.0	1:40.0	2:00.0	2:20.0	2:40.0	3:00.0	3:20.0	4:00.0	5:00.0	6:00.0	7:00.0	8:00.0	9:00.0	10:00.0
1:21.0	20.3	30.4	40.5	50.6	1:00.8	1:10.9	1:31.1	1:41.3	2:01.5	2:21.8	2:42.0	3:02.3	3:22.5	4:03.0	5:03.8	6:04.0	7:06.0	8:08.0	9:10.0	10:07.5
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1:33.0	23.3	34.9	46.5	58.1	1:09.8	1:21.4	1:44.6	1:56.3	2:19.5	2:42.8	3:06.0	3:29.3	3:52.5	4:39.0	5:48.8	6:52.0	8:00.0	9:05.0	10:08.0	11:12.5