

800m / 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: _____

800 / 1500	Target Pace	Trial 1	Trial 2	Trial 3
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100 / 150

(30 secs. recovery)

Start phase; strong; fast; alert

300 / 600

(60 – 30 secs. recovery) “Cruising Speed” phase; fast; relaxed

300 / 600

(60 – 30 secs. recovery) “Drive” phase; hard work; strive to maintain relaxation

100 / 150

“Leg Speed”; co-ordinate arms/legs; rhythm; focus on “finishing off”.

Aggregate:

Race Goal:

**Middle Distance
Running**

is about

Repeatable *Speed*

6 – 12 minutes between models

Gradually decrease recoveries between intervals from 60 – 30 seconds (or less) while **maintaining** achievement of **target times**.

Reduce recoveries between trials from 10 – 5 mins.

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: 43.0; 300: 43.0; 100: <13.0

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”*

Quality is more important than Quantity

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800 / 1500	Target Pace	Trial 1	Trial 2	Trial 3
100 / 150	13.5	13.0	13.0	13.2
(30 secs. recovery)	Start phase; strong; fast; alert			
300 / 600	41.0	41.7	41.9	41.6
(60 – 30 secs. recovery)	“Cruising Speed” phase; fast; relaxed			
300 / 600	41.0	40.8	41.2	42.1
(60 – 30 secs. recovery)	“Drive” phase; hard work; strive to maintain relaxation			
100 / 150	13.5	12.7	13.1	12.9
	“Leg Speed”; co-ordinate arms/legs; rhythm; focus on “finishing off”.			

Aggregate: 1:49.0

Race Goal: 1:51.0

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Comments: _____

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Various Middle Distance Interval Sessions

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.