

OATCCC 2012 Clinic - 13 Training Program for 1,600m runner who will also run a 4 x 800m relay leg at the State Meet

Week	Monday	Tuesday	Wed	Thurs	Friday	Saturday	Sun
March 5th - don't race, train.	Mark 5th, First practice, introduce Lunge Matrix.	Long Run/ Progression Run, end @ track	Easy run with some fun strides	Teach Shake out routine	2x5x300m with 1 min and 5 minutes	Recovery circuit run on the track	Off
March 12th - Training trumps racing	Easy run with timed strides	2x5x300m with 200m steady; 5 min btw sets	Easy run with some fun strides	Shake out	Race 1,600m and 4 x 400m	Longer run. Strides. Mobility	Off
March 19th - Dense week of training	Speed Development	2 x 400m w/full rest. Some 150's after?	Easy run with some fun strides	Shake out	Race 800m and 4 x 400m	Longer run. Strides. Mobility	Off
March 26th - don't race, train	Easy run with timed strides & lots of GSM	Long Run/ Progression Run, end @ track	Easy run with some fun strides	Shake out	2x4x400m with 1 min and 5 minutes	Recovery circuit run on the track	Off
April 2nd - Training trumps racing	Easy run with timed strides & some GSM	2x5x300m with 200m steady; 5 min btw sets	Easy run with some fun strides	Shake out	Race 1,600m and 4 x 400m	Recovery circuit run on the track	Off
April 9th - Dense week of training	Speed Development	2 x 400m w/full rest. Some 150's after?	Easy run with some fun strides	Shake out	Race 800m and 4 x 400m	Recovery circuit run on the track	Off
April 16th - don't race, train	Easy run with timed strides & lots of GSM	Long Run/ Progression Run, end @ track	super easy day - no strides	Shake out routine	2x4x400m with 1 min and 5 minutes	Recovery circuit run on the track	Off
April 23rd - Big Invite. Practice big meet week	4 x 500m with 300m slow jog. Out, settle, kick on each one.	Easy run w/ some fun strides	Easy run w/ 300's & 150's	Shake out	Wayne Invite - 1,600	Recovery circuit run on the track	Off
April 30th - Dense week of training	Speed Devel. workout	6,400m of fartlek; 150m @ 800m goal pace	Easy run with some fun strides	Shake out	Practice the 800m/1,600m Double in a meet. What's the Warm-Up for each?	Easy longer run with strides. Mobility afterwards.	Off
May 7th - Make Friday a big day; keep Tues very controlled.	Easy run with Strides	6,400m of fartlek; 150m @ 800m goal pace	Easy run - no strides but lots of mobility work	Shake out	1,000m Time Trial (with rabbits?). 10 min rest, 5x200 on 100m jog. Lots of mobility work	Recovery circuit run on the track	Off
May 14th - Two races. Mon/Tues is a tough double, but doable.	Speed Devel. Workout	5 x 300m with 500m recovery jog. Switch gears late. Lots of mobility	Easy run - no strides but lots of mobility work	Shake out	District - Race	District - Two races (1,600m and 4x400m)	Easy recovery run with strides
May 21st - Two races	Off - watch YouTube races	4 x 500m with 300m slog jog. Out, settle, kick on each one.	Easy run w/ some fun strides	Easy run w/300's & 150's	Regional - shake out	Regional - Two races	
May 28th - Two races	Off - watch YouTube races	4 x 500m with 300m slog jog. Out, settle, kick on each one.	Easy run w/ some fun strides	Easy run w/300's & 150's	State - Shake out	State - Two races	18 races in 12 weeks, including 4x400's