

**Week #20 – 800m -3000m Training**

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
January 3 <b>OPTIONAL</b> PM Run 20-30'	S	On you own	10-20' Warmup Mobility #2	Tempo Run 15-25'	Line Tempo 5-10 x 100m  Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
4	M	On you own	Activation Exercises	Medium CR D-E-F-G / 40-75' C-D-E-F / 40-60' B-C-D-E / 30-60'	Core (5-15')	Stretch 6 muscle groups Around knee	
5 <b>OPTIONAL</b> AM run 20-30'	T	On you own	10-20' Warmup Mobility #1	<b>3000m/5000m pace</b> 4-8 x 800m with 2-3' jog recovery Or 4-8 x 3' with 2-3' jog recovery	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
6	W	On you own	Activation Exercises	Short CR D-E-F-G / 30-60' C-D-E-F / 30-40' B-C-D-E / 30-40'	Lower Leg (5-15')	Stretch 6 muscle groups Around knee	
7 <b>OPTIONAL</b> AM run 20-30'	R	On you own	10-20' Warmup Mobility #2	<b>1500m pace</b> 10-15 x 300m with 150m jog Or 8-10 x 45" with 60-90" jog	Circuit/plyo	10-20' cool down Stretch 6 muscle groups Around knee	
8	F	On you own	Activation Exercises	Long CR D-E-F-G / 75-120' C-D-E-F / 70-90' B-C-D-E / 70-90'	Core (5-15')	Stretch 6 muscle groups Around knee	
9	S			Rest or Short recovery run or Hike			

**Week #21 – 800m -3000m Training**

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
January 10 OPTIONAL PM Run 20-30'	S	On you own	10-20' Warmup Mobility #2	Tempo Run 15-25'	Line Tempo 5-10 x 100m  Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
11	M	On you own	Activation Exercises	Medium CR D-E-F-G / 40-75' C-D-E-F / 40-60' B-C-D-E / 30-60'	Core (5-15')	Stretch 6 muscle groups Around knee	
12 OPTIONAL AM run 20-30'	T	On you own	10-20' Warmup Mobility #1	<b>800m pace</b> 3 sets (4x200m) / 60" rest / 5' between sets Or (6-10 x 30"fast/90"easy)(3-5 x 1'uptempo/1'easy)	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
13	W	On you own	Activation Exercises	Short CR D-E-F-G / 30-60' C-D-E-F / 30-40' B-C-D-E / 30-40'	Lower Leg (5-15')	Stretch 6 muscle groups Around knee	
14 OPTIONAL AM run 20-30'	T	On you own	10-20' Warmup Mobility #1	<b>3000m/5000m pace</b> 4-8 x 1000m with 2-3' jog recovery Or 4-8 x 3-5' with 2-3' jog recovery	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
15	F	On you own	Activation Exercises	Long CR D-E-F-G / 75-120' C-D-E-F / 70-90' B-C-D-E / 70-90'	Core (5-15')	Stretch 6 muscle groups Around knee	
16	S			Rest or Short recovery run or Hike			

**Week #22 – 800m -3000m Training**

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
January 17 OPTIONAL PM Run 20-30'	S	On you own	10-20' Warmup Mobility #2	Tempo Run 15-25'	Line Tempo 5-10 x 100m  Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
18	M	On you own	Activation Exercises	Medium CR D-E-F-G / 40-75' C-D-E-F / 40-60' B-C-D-E / 30-60'	Core (5-15')	Stretch 6 muscle groups Around knee	
19 OPTIONAL AM run 20-30'	R	On you own	10-20' Warmup Mobility #2	<b>1500m pace</b> 8-10 x 400m with 200m jog Or 8-10 x 60-80" with 90" jog	Circuit/plyo	10-20' cool down Stretch 6 muscle groups Around knee	
20	W	On you own	Activation Exercises	Short CR D-E-F-G / 30-60' C-D-E-F / 30-40' B-C-D-E / 30-40'	Lower Leg (5-15')	Stretch 6 muscle groups Around knee	
21 OPTIONAL AM run 20-30'	T	On you own	10-20' Warmup Mobility #1	<b>800m pace</b> 3 sets (4x200m) / 60" rest / 5' between sets Or (6-10 x 30"fast/90"easy)(3-5 x 1'uptempo/1'easy)	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
'22	F	On you own	Activation Exercises	Long CR D-E-F-G / 75-120' C-D-E-F / 70-90' B-C-D-E / 70-90'	Core (5-15')	Stretch 6 muscle groups Around knee	
23	S			Rest or Short recovery run or Hike			