

## **1600m & 3200m Training Overview**

By Tom Schwartz

### **Base Training**

- ② Long-Run over hilly terrain @ an easy pace. Run 10 to 20-second striders @ 800m to 1600m speed/effort & rhythm.
- ② Tempo Run over hilly terrain. Run 20 to 30 minutes @ current 3200m pace + 50 to 60 seconds per mile. Then, run 10 to 20-second hill reps @ 800m to 1600m race effort.
- ② Threshold Fartlek or Intervals. Run 3 to 6-minute reps @ current 3200m pace + 30 to 40 seconds per mile. Then, run 10 to 20-second @ 800m to 1600m speed.
- ② Run 60-120m easy striders on easy days 1 to 2 times per week @ 5000m to 1600m speed.

### **Transition Training**

- ② Long-Run over hilly terrain @ an easy to moderate pace. Include 15 to 30-second striders @ 800m to 1600m speed.
- ② Tempo run over hilly terrain. Run 30 to 40 minutes @ current 3200m pace + 50 to 60 seconds per mile. Then, run 15 to 30-second hill reps @ 800m to 1600m race effort. Next, run 15-30-second striders @ 800m to 1600m speed.
- ② CV Fartlek or Intervals. Run 2 to 4-minute reps @ current 3200m pace + 20 to 25 seconds per mile. Then, run 15 to 30-second hill reps @ 800m to 1600m race effort. Next, run 15 to 30-second striders @ 800m to 1600m speed.
- ② Run 60-120m striders on easy days 1 to 2 times per week @ 3200m to 800m speed.

### **Racing Training**

- ② **Long Run or Tempo Reps. Run varied time or distance short-intervals too, such as 60s to 200s @ 400m to 1600m speed.**
- ② **Combo Workout. Start @ Threshold or CV pace and drop-down to shorter but faster reps.**
- ② **Example: 3-5 x 1-km @ CV + 3-5 x 400m @ 1600m pace or 3-5 x 800m @ 3200m pace. Finish with 3-5 x 60 to 200m @ 400m to 800m pace.**
- ② **Races or Simulation Workout, finishing with a choice of Tempo, Threshold, or CV fartlek.**
- ② **Example simulation workout for a 1600m runner: 200m, 400m, 800m, 400m, 200m @ race-pace or faster.**
- ② **Example simulation workout for a 3200m runner: 400m, 800m, 1600m, 800m, 400m @ race-pace or faster.**
- ② **Run 60-120m striders on easy days 1 to 2 times per week @ 1600m to 400m speed.**

### **Peaking Training**

- ② **Eliminate the long-run during the week of the peak competition.**
- ② **Move the quality workout or time-trial back a day or two.**
- ② **Make the workout shorter than normal, or assign an under-distance time-trial that follows low-volume CV or Threshold Training.**

- ② **Example workout for a 1600m runner: 2 to 4 x 1-km @ CV pace + 2 to 4 x 400m @ 3 to 4 seconds per lap faster than current 1600m average pace + 2 to 4 x 100m @ 400m pace.**
- ② **Example workout for a 3200m runner: 2 to 4 x 1600m @ Threshold + 2 to 4 x 800m @ 6 to 8 seconds per rep faster than current 3200m pace + 2 to 4 x 200m @ 800m pace.**
- ② **Example time-trial workout for a 1600m runner: 2000m @ Threshold Pace + 1 x 600-800m @ 97% effort.**
- ② **Example time-trial workout for a 3200m runner: 3000m @ Threshold Pace + 1 x 1200-1600m @ 97% effort.**

### Recovery Training

- ② **Resting completely for 5-10 days.**
- ② **Or, jogging every 2<sup>nd</sup> or 3<sup>rd</sup> day for 2-3 weeks.**
- ② **Possible cross-training after 5 days of complete rest.**
- ② **Cross-training examples include weight training, non-running aerobic exercise, yoga or Pilates, hiking, or Ultimate Frisbee.**