

January 2025

Track Mid Distance (400 & 800) Pre-Season Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 30:00 ez run	2 20:00 ez run, 5x0:20 strides at 5K effort	3 30:00 ez run	4 50:00 long run, 5x0:20 strides at 5K effort	5 rest
6 30:00 ez run	7 25:00 ez run, 5x0:20 strides start at 5K effort & speed up to 3200m effort	8 30:00 ez run	9 25:00 ez run, 5x0:20 strides start at 5K effort & speed up to 3200m effort	10 30:00 ez run	11 55:00 long run, 5x0:20 strides start at 5K effort & speed up to 3200m effort	12 rest
13 3 sets of 2x200m + 1x400m @ MD Speed w/1:1 jog recovery	14 30:00 ez run	15 25:00 ez run, 5x0:20 strides start at 5K effort & speed up to 3200m effort	16 1x400m, 1x800m, 3x1K @ Tempo w/1:00 rests	17 30:00 ez run	18 55:00 long run, 5x0:20 strides start at 5K effort & speed up to 3200m effort	19 rest
20	21 First Day of Official Track Practice	22	23	24	25	26
27 rest	28	29	30	31		