

# December 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>NOTES: Lift weights on Tuesdays, Thursdays, and Saturdays. If you cannot do 3 days of weights, drop Saturday. Strides are quick with good form at effort indicated. MD Speed = Middle Distance Speed Reps &gt;110% of velocity at VO2Max (red). For pre-season, you may use your 800m race pace as your MD Speed. 1:1 jog recovery = jog the same amount of distance of the speed rep so 200m speed gets a 200m recovery jog, etc. All workouts other than ez runs must include 10:00 warm up jog, dynamic warm up, and finish with 10:00 cool down jog unless otherwise indicated. cd = cool down.</b></p>						1 rest
2  <b>Only 20 weeks to DISTRICT!</b>	3 20:00 ez run, 4x0:20 strides at 5K effort	4 25:00 ez run	5 20:00 ez run, 4x0:20 strides at 5K effort	6 30:00 ez run	7 45:00 long run, 4x0:20 strides at 5K effort	8 rest
9 30:00 ez run	10 20:00 ez run, 5x0:20 strides at 5K effort	11 30:00 ez run	12 20:00 ez run, 5x0:20 strides at 5K effort	13 30:00 ez run	14 50:00 long run, 5x0:20 strides at 5K effort	15 rest
16 30:00 ez run	17 25:00 ez run, 5x0:20 strides start at 5K effort & speed up to 3200m effort	18 30:00 ez run	19 25:00 ez run, 5x0:20 strides start at 5K effort & speed up to 3200m effort	20 30:00 ez run	21 55:00 long run, 5x0:20 strides start at 5K effort & speed up to 3200m effort	22 rest
23 30:00 ez run	24 3 sets of 2x200m + 1x400m @ MD Speed w/1:1 jog recovery	25 rest	26 1x400m, 1x800m, 3x1K @ Tempo w/1:00 rests	27 30:00 ez run	28 4x200m @ MD, 1:1 jog rec, 4x1K Tempo, 1:00 rests, 4x200m @ MD, 1:1 jog rec, 15:00 cd	29 rest
30 45:00 ez run	31 4x200m, 2x400m, 1x600m, 2x400m, 4x200m @ MD Speed w/1:1 jog recovery					