

PHASE III

I believe phase III is the most demanding phase of the entire season. Along with the more stressful **I** workouts, I like to schedule weekly **T** sessions, which are good at improving endurance. It could be said that this period of training will determine how much better a runner will get in the season.

Being willing and able to handle the **I** sessions without trying to overdo anything is the key to improvement during this tough phase of training. It's always good to remember that the goal of **I** workouts is to achieve the maximum benefit from the least amount of work, and this definitely means relying on the training speeds your recent races have provided through the VDOT tables.

PHASE IV

During a competitive track season, it is sometimes hard to not overdo the racing. For runners who are specialists over 1,500, mile, 3K, and 2-mile distances, the key is to vary the race distances and to be willing to adjust the training schedule during weeks when you have several races. Try to think of 400-, 800-, and 1,000-meter (and even 1,500 and mile) races as stressing your anaerobic and speed capabilities more than 3K and 2-mile races do. So, take advantage of racing a variety of distances, which is a definite opportunity during track season (unlike the cross country season, when every race is about the same in duration).

Always be willing to vary scheduled workouts, especially during outdoor seasons, when weather conditions can have a major effect on what training will work best, both mentally and physiologically. Also, be willing to eliminate a scheduled training session if having two Q days in the same week will bring you into an important Friday or Saturday race inadequately recovered.

TRAINING ON 30 MILES (48 KM) PER WEEK

Phase I. Even though each week includes three Q sessions in phase I, none of the Q sessions are at all demanding, and I list them as Q sessions only because there is more than just an **E** run involved in each. One Q session is a relatively long **L**- or **Mod**-pace run, and the other two Q sessions include strides (ST), which are 15- to 20-second light, quick runs that can be done on the flat or up a gradual hill if available, but they are not meant to be all-out sprints in nature. If doing strides

on a hill, try to finish the final two on a flat area or track so you can feel good leg turnover and light, quick movement. Always take full recoveries between all strides, whether uphill or on the flat.

Mod (moderately long) pace is about 20 to 30 seconds per mile faster than you typically go on **E** and **L** runs. On all non-Q days, take an **E** run of at least 30 minutes. Use **E** days to accumulate your desired weekly mileage; an **E** day may be no running if you can get in your weekly mileage without having to run every day. If you have not been running for a period of weeks before starting phase I, select the minimum amount of running recommended in the schedule.

Phase II. During phase II, each week should have an **L** (Q1) run, usually on Sunday, but you could also add several miles to the end of a Saturday session if Saturday is not a stress day. For people running approximately 30 miles (48 km) per week, **L** runs should be 30 percent of weekly mileage; if the day after an **L** run is an **E** day of training, add six to eight ST to the end of that **E** day. Also, add six to eight ST to the end of two other **E** days of training each week. As usual, these strides can be on the flat or up a gradual hill, but be careful coming down from all uphill strides.

In addition to a Q1 **L** run each week, there are two more Q days for each week; try to have two **E** days between these two Q days scheduled each week. Every second or third week, if all is going well, it would be OK to add an additional Q session to the week; if you do this, I recommend repeating Q2 as the additional Q4 session. In any week that you have three **L** plus three more Q sessions, the best days might be Sunday (Q1), Monday, Thursday, and Friday, which would leave Saturday or Sunday for the weekly **L** run. In weeks with just two **L** plus two Q sessions, either Monday and Thursday or Tuesday and Friday would be the best approach for those Q2 and Q3 workouts. Have a Q1 **L** run in weeks 7 through 12. Base **R** pace on a conservative estimate of what you think you could currently race for 1 mile.

Phase III. In phase III, increase **R** pace by 1 second per 200, 2 seconds per 400, and 3 seconds per 600, compared with the speeds you were using in phase II. If that is going well, increase another 1 second per 200 after finishing the 3rd week of phase III. Either set **I** pace based on a recent race VDOT or as 6 seconds per 400 slower than the **R** pace you have been handling well.

It is common to start racing during this phase of training. During any weeks ending with a race, schedule two other Q days for that week on Monday (or Tuesday) and Wednesday when a race comes Saturday and on Monday and Tuesday for a Friday race. On relatively easy race days,

consider following your final race of the day with 6×200 R w/200 jg to end that day's session.

Phase IV. In phase IV, adjust training paces according to recent race-predicted VDOT values, or if there have been no races to judge by, increase all training paces by 1 second per 400 of distance run. It is usual to have a weekend race most weeks of this training phase, so in weeks 19, 20, and 22, schedule Q2 and Q3 on Monday and Wednesday for Saturday races and on Monday and Tuesday for Friday races. Going with back-to-back Q days is often better than having an E day between two Q days, so I definitely suggest trying back-to-back Q days (Tuesday and Wednesday before a Saturday race). Skip Q3 on weeks ending with a Friday or major Saturday race. Table 12.1 summarizes the four phases of a 24-week training program for 1,500-meter to 2-mile runners who total about 30 miles (48 km) per week. For numbers with no associated distances, assume **miles** (example: 2 T means 2 miles at threshold running).

Table 12.1 1,500-Meter to 2-Mile Training Plan for 30 miles (48 km) per Week

<i>Phase I</i>			
Week	Q1	Q2	Q3
1	40-60 min L	20 min E + 8 ST + 20 min E	20 min E + 8 ST + 10 min E
2	40-60 min L	30 min E + 8 ST + 10 min E	10-20 min E + 8 ST + 20 min E
3	45 min L	20 min E + 8 ST + 20 min E	20-30 min E + 8 ST + 10 min E
4	40 min Mod	30 min E + 8 ST + 10 min E	20 min E + 10 ST + 20 min E
5	40-60 min L + 6 ST	20 min E + 20 min Mod + 6 ST	20 min E + 10 ST + 10 min E
6	40 min Mod + 6 ST	30-40 min E + 8 ST + 10 min E	10-20 min E + 10 ST + 20 min E
<i>Phase II</i>			
Week	Q1	Q2	Q3
7	60 min L	20 min E + 8×200 R w/200 jg + 10 min E	10 min E + 10×200 R w/200 jg + 20 min E
8	60 min L	20 min E + 2×200 R w/200 jg + 4×400 R w/400 jg + 10 min E	20 min E + 10×200 R w/200 jg + 10 min E
9	60 min L	10 min E + 2×200 R w/200 jg + 6×400 R w/400 jg + 10 min E	10 min E + 6×200 R w/200 jg + 10 min E + 4×200 R w/200 jg + 10 min E

Phase II

Week	Q1	Q2	Q3
10	60 min L	20 min E + 3 sets of (200 R + 200 jg + 200 R + 400 jg + 400 R + 200 jg) + 10 min E	10 min E + 6 × 400 R w/400 jg + 2 × 200 R w/200 jg + 10 min E
11	60 min L	20 min E + 4 × 200 R w/200 jg + 2 × 600 R w/600 jg + 4 × 200 R w/200 jg + 10 min E	10 min E + 4 ST + 600 R + 600 jg + 2 × 400 R w/400 jg + 4 × 200 R w/200 jg + 20 min E
12	60 min L	10 min E + 2 × 200 R w/200 jg + 2 × 400 R w/400 jg + 2 × 600 R w/600 jg + 15 min E	10 min E + 6 × 200 R w/200 jg + 4 × 300 R w/300 jg + 20 min E

Phase III

Week	Q1	Q2	Q3
13	60-70 min L + 8 ST	10 min E + 16 × 200 R w/200 jg + 1 E	20 min E + 4 × 600 R w/600 jg + 4 × 200 R w/200 jg + 15 min E
14	10 min E + 8 × 400 R w/400 jg + 20 min E	15 min E + 4 × 800 I w/3 min jg + 6 ST + 15 min E	20 min E + 3 × 1 T w/2 min rests + 20 min E
15	60-70 min L + 8 ST	20 min E + 4 × 600 R w/600 jg + 4 × 200 R w/200 jg + 10 min E	15 min E + 8 × 2 min H w/1 min jg + 1 mile E + 4 × 200 R w/200 jg + 15 min E
16	20 min E + 8 × 400 R w/400 jg + 15 min E	20 min E + 4 × 1K I w/3 min jg + 6 ST + 15 min E	15 min E + steady 3 T + 6 × 200 R w/200 jg + 10 min E
17	60-70 min L + 8 ST	20 min E + 4 × 600 R w/600 jg + 4 × 200 R w/200 jg + 10 min E	10 min E + 4 × 800 I w/400 jg + 4 × 200 R w/200 jg + 20 min E
18	20 min E + 2 × 600 R w/600 jg + 3 × 400 R w/400 jg + 4 × 200 R w/200 jg + 10 min E	15 min E + 4 × 1,200 I w/3 min jg + 6 ST + 10 min E	10 min E + 4 × 1 T w/1 min rests + 4 × 200 R w/200 jg + 10 min E

Phase IV

Week	Q1	Q2	Q3
19	60 min L + 8 ST	10 min E + 4 × 600 R w/600 jg + 15 min E	20 min E + 2 T + 4 × 200 R w/200 jg + 2 × 1 T w/1 min rests + 4 × 200 R w/200 jg + 10 min E
20	60 min L + 6 ST	10 min E + 2 × 600 R w/1K jg + 2 × 400 R w/400 jg + 4 × 200 R w/200 jg + 10 min E	20 min E + 4 × 200 R w/200 jg + 4 × 400 R w/400 jg + 6 ST + 10 min E

(continued)

Table 12.1 1,500-Meter to 2-Mile Training Plan for 30 miles (48 km) per Week (continued)

Phase IV			
Week	Q1	Q2	Q3
21	20 min E + steady 3 T + 8 ST + 20 min E	20 min E + 600 R + 600 jg + 2 × 400 R w/400 jg + 4 × 200 R w/200 jg + 10 min E	20 min E + 3 × 1 T w/2 min rests + 6 × 200 R w/200 jg (skip Q3 if weekend race coming)
22	60 min L + 8 ST	20 min E + 8 × 400 R w/400 jg + 10 min E	20 min E + 3 × 1 T w/1 min rests + 8 × 200 R w/200 jg + 10 min E
23	10 min E + 4 × 1 T w/1 min rests + 4 × 200 R w/200 jg + 10 min E	20 min E + 2 sets of (1 T + 400 jg + 4 × 200 R w/200 jg) + 1 E	10 min E + 2 × 1 K w/3 min jg + 4 × 400 R w/400 jg + 15 min E (skip Q3 if big race coming)
24	50 min L + 6 ST	10 min E + 2 × 200 R w/200 jg + 2 × 1 T w/2 min rests + 2 × 200 R w/200 jg + 10 min E	20 min E + ST + important race day

Table created by Jack Daniels' Running Calculator designed by the Run SMART Project.

TRAINING ON 45 MILES (72 KM) PER WEEK

Phase I. Even though each week includes three Q sessions in phase I, none of the Q sessions are at all demanding, and I list them as Q sessions only because there is more than just an **E** run involved in each. One Q session is a relatively long **L**- or **Mod**-pace run, and some of the other two Q sessions include **R** 200s or strides (**ST**). Strides are 15- to 20-second light, quick runs that can be done on the flat or up a gradual hill if available, but they are *not* meant to be all-out sprints in nature. If doing strides on a hill, try to finish the final two on a flat area or track so you can feel good leg turnover and light, quick movement. Always take full recoveries between all strides, whether uphill or on the flat.

Mod pace is about 20 to 30 seconds per mile faster than you typically run on **E** and **L** runs. On all non-Q days, just take an **E** run of at least 30 minutes. Use **E** days to accumulate your desired weekly mileage; an **E** day may be no running if you can get in your weekly mileage without having to run every day. It is assumed that runners following this schedule have been running regularly for some weeks, and so the distances suggested are not too demanding.

Phase II. During phase II, each week should have an **L** run (Q1), usually on Sunday, but you could also add several miles to the end of