TRAINING ON 20 TO 30 MILES
(32 TO 48 KM) PER WEEK

Phase I.   Phase I involves three Q sessions per week, with **L** runs counting as a Q session. I do not specify which days to schedule the Q sessions because circumstances and weather may affect the days. Feel free to fit in the three Q sessions where appropriate for you.

All non-Q days are for **E** running, and an **E** day can be little or no running if a day off is desired now and then. Use the **E** days to accumulate desired weekly mileage totals. When there is a weekly race, have 2 **E** days before any races and 3 **E** days before championship or equally important races.

Use a recent race time to determine your current VDOT value for setting training paces (see chapter 5 for VDOT details). If no recent races are available, make a conservative estimate of current race time for 1 mile, and consider that to be your **R** pace. Make **I** pace 8 seconds per 400 slower than **R**, and make **T** pace 8 seconds per 400 slower than **I**.

Strides (ST) are light, quick 10- to 20-second runs (not sprints) with 40 to 50 seconds of recovery between. Feel free to perform strides on a gradual uphill course; be careful coming back down between uphill strides. **M** pace is about 20 to 30 seconds per mile faster than typical **E** (**L**) pace.

Phase II.   During phase II, make Q1 each week a 40- to 60-minute **L** run (not more than 30 percent of the week's total mileage) plus six ST, and add six to eight ST (which can be gradual uphill runs if desirable) to the middle or end of two of your weekly **E** runs.

Phase III.   During phase III, make **R** pace 1 second per 200 (2 seconds per 400 and 3 seconds per 600) faster than during the last 3 weeks of phase II training. Set **I** pace based on recent race and associated VDOT values, or make **I** pace 8 seconds per 400 slower than the new **R** pace. **FR** (fast repetitions) are to be 3 seconds per 200, 6 seconds per 400, and 12 seconds per 600 faster than current **R** pace. **T** pace is to be 16 seconds per 400 slower than the new **R** pace (8 seconds per 400 slower than **I** pace). Include eight ST (flat or uphill) during two of your weekly **E** runs. Hard (**H**) is I-pace effort.

In any weeks ending in races, eliminate Q3 of the training plan and consider races as replacing Q3 for that week. On low-stress race days (and with adequate time), consider adding 6 × 200 **R** w/200 jg after the final race of the day.

Phase IV.   During phase IV, make **R** pace 1 second per 200 (2 seconds per 400 and 3 seconds per 600) *faster* than during the last 3 weeks of phase III training. The information for phase III applies for phase IV as well.

Table 9.3 summarizes a 24-week training program for 800-meter runners whose weekly training totals 20 to 80 miles (32-48 km) per week.

Table 9.3   800-Meter Training Plan for 20 to 30 Miles (32 to 48 km) per Week

Phase I

Week	Q1	Q2	Q3
1	40-45 min **L** run	20 min **E** + 8 ST + 10 min **E**	20 min **E** + 8 ST + 10 min **E**
2	40-45 min **L**	30 min **E** + 8 ST + 10 min **E**	10 min **E** + 8 ST + 20 min **E**
3	45 min **L**	10 min **E** + 8 ST + 20 min **E**	30 min **E** + 8 ST + 10 min **E**
4	40 min **M** run	40 min **E** + 8 ST + 5 min **E**	10 min **E** + 10 ST + 20 min **E**
5	45 min **L** + 6 ST	20 min **E** + 20 min **M** + 6 ST	20 min **E** + 10 ST + 10 min **E**
6	40 min **M** + 6 ST	40 min **E** + 8 ST + 5 min **E**	10 min **E** + 10 ST + 20 min **E**

Phase II

Week	Q1	Q2	Q3
7	40-60 min **L** + 6 ST	20 min **E** + 6 × 200 **R** w/200 jg + 10 min **E**	10 min **E** + 8 × 200 **R** w/200 jg + 10 min **E**
8	40-60 min **L** + 6 ST	20 min **E** + 4 × 200 **R** w/200 jg + 2 × 400 **R** w/400 jg + 10 min **E**	20 min **E** + 8-10 × 200 **R** w/200 jg + 10 min **E**
9	40-60 min **L** + 6 ST	10 min **E** + 4 × 400 **R** w/400 jg + 10 min **E**	10 min **E** + 4-6 × 200 **R** w/200 jg + 10 min **E** + 4-6 × 200 **R** w/200 jg + 5 min **E**
10	40-60 min **L** + 6 ST	10 min **E** + 3 sets of (200 **R** + 200 jg + 200 **R** + 400 jg + 400 **R** + 200 jg) + 10 min **E**	10 min **E** + 4-6 × 400 **R** w/400 jg + 10 min **E**
11	40-60 min **L** + 6 ST	20 min **E** + 2 × 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 + 10 min **E**
12	40-60 min **L** + 6 ST	10 min **E** + 4 × 200 **R** w/200 jg + 2 × 400 **R** w/400 jg + 1 × 600 **R** + 15 min **E**	10 min **E** + 6 × 200 **R** w/200 jg + 4 × 300 **R** w/300 jg + 20 min **E**

Phase III ⟿ Miles – will do 2×200 and 2×600

Week	Q1	Q2	Q3
13	60 min **L** run + 6 ST	15 min **E** + 5 × 3 min **H** w/2 min jg + 4 × 200 FR w/200 jg + 15 min **E**	10 min **E** + 3 sets of (600 **R** + 30 sec rest + 200 FR + 7 min **E**) + 20 min **E**
14	20 min **E** + 3 × 1 **T** w/2 min rests + 20 min **E**	15 min **E** + 4 × 800 **I** w/3 min jg + 6 ST + 15 min **E**	10 min **E** + 600 **R** + 600 jg + 500 **R** + 500 jg + 400 FR + 400 jg + 2 × 300 FR w/300 jg + 10 min **E**
15	60 min **L** run + 6 ST	15 min **E** + 8 × 2 min **H** w/1 min jg + 1 **E** + 4 × 200 **R** w/200 jg + 15 min **E**	20 min **E** + 3 × 400 **R** w/400 jg + 4 × 300 FR w/300 jg + 10 min **E**
16	15 min **E** + steady 3 **T** + 4 × 200 **R** w/200 jg + 10 min **E**	15 min **E** + 4 × 1K **I** w/3 min jg + 6 ST + 20 min **E**	20 min **E** + 2 × 400 **R** w/400 jg + 2 × 600 **R** w/600 jg + 2 × 300 FR w/300 jg + 15 min **E**

(continued)

Table 9.3   800-Meter Training Plan for 20 to 30 Miles (32 to 48 km) per Week   *(continued)*

Phase III

Week	Q1	Q2	Q3
17	60 min **L** run + 8 ST	20 min **E** + 4 × 4 min **H** w/3 min jg + 10 min **E**	10 min **E** + 4 × 400 FR w/400 jg + 10 min **E** + 4 × 400 **R** w/400 jg + 10 min **E**
18	10 min **E** + 40 min **M** + 6 ST	15 min **E** + 4 × 1,200 **I** w/3 min jg + 6 ST + 10 min **E**	10 min **E** + 3 sets of (600 **R** + 30 sec rest + 200 FR + 7 min **E**) + 20 min **E**

Phase IV

Week	Q1	Q2	Q3
19	45-60 min **L** run + 8 ST	10 min **E** + 4 ST + steady 20 min **T** + 4 × 200 **R** w/200 jg + 10 min **E**	20 min **E** + 600 FR + 1K jg + 600 FR + 1K jg + 600 FR + 15 min **E**
20	50-60 min **L** run + 6 ST	10 min **E** + 4 × 200 **R** w/200 jg + 2 × 1 **T** w/2 min rest + 6 ST + 10 min **E**	20 min **E** + 600 FR + 1K jg + 2 × 400 FR w/400 jg + 4 × 200 **R** w/200 jg + 10 min **E**
21	20 min **E** + steady 3 **T** + 8 ST + 20 min **E**	20 min **E** + 3 × 1 **T** w/2 min rests + 6 × 200 **R** w/200 jg	20 min **E** + 600 FR + 600 jg + 2 × 300 FR w/500 jg + 3 × 200 **R** w/200 jg + 10 min **E**
22	60 min **L** run + 8 ST	20 min **E** + 5 × 1K **T** w/1 min rests + 6 × 200 **R** w/200 jg + 10 min **E**	20 min **E** + 8 × 200 FR w/200 jg + 20 min **E**
23	60 min **L** run + 6 ST	10 min **E** + 3 × 1 **T** w/2 min rests + 6 × 200 **R** w/200 jg + 20 min **E**	20 min **E** + 2 × 200 FR w/400 jg + 2 × 600 FR w/1K jg + 4 × 200 **R** w/200 jg + 10 min **E**
24	50 min **L** run + 6 ST	10 min **E** + 2 × 200 **R** w/200 jg + 2 × 1 **T** w/2 min rest + 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.