TRAINING ON 50 TO 60 MILES (80 TO 97 KM) PER WEEK

Phase I. During phase I training, for those who are comfortable running around 50 or 60 miles (80 to 97 km) each week, running twice on several days of the week is recommended. This means you may have a second run on the same day as a Q session. When adding a morning run to your schedule, make it a minimum of 30 minutes of **E** running, plus 8 to 10 ST in the middle of, or after, the run.

During phase I, runners can determine whether afternoon runs feel better on the days with or without morning runs. If your daily study or work schedule is very demanding, try adding morning runs to the days when you have adequate rest or recovery time throughout the day. Experiment with which days work best for morning runs; it could be every other day or 2 consecutive days followed by 1, 2, or even 3 days in a row without any morning runs.

The key is to arrange a running schedule that suits you and to use morning runs (or second runs at any time of day aside from the Q sessions) to achieve the desired weekly mileage totals. Always feel free to reduce total weekly mileage in the case of a health problem or undue stress.

The phase I schedule is basically the same as was presented for those running about 40 miles per week, with the exception that distances rather than time durations are listed for the Q sessions. Remember, when no distance unit is listed, assume miles (e.g., 10 **L** = 10-mile **L** run).

Phase II. During phase II, make Q1 each week the lesser of 10 miles (16 km) and 25 percent of the week's total mileage + 8 ST. Also, 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 race.

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 9.5 summarizes a 24-week training program for 800-meter runners who are running 50 to 60 miles (80-97 km) per week.

Table 9.5 800-Meter Training Plan for 50 to 60 Miles (80 to 97 km) per Week

Phase I

Week	Q1	Q2	Q3
1	10 L	3 E + 8 ST + 2 E	3 E + 8 ST + 2 E
2	8 L	3 E + 8 ST + 3 E	2 E + 8 ST + 3 E
3	10 L	3 E + 8 ST + 2 E	3 E + 8 ST + 2 E
4	8 M	3 E + 8 ST + 3 E	2 E + 10 ST + 3 E
5	12 L + 6 ST	3 E + 3 M + 6 ST	3 E + 10 ST + 2 E
6	8 M + 6 ST	4 E + 8 ST + 1 E	2 E + 10 ST + 3 E

Phase II

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

Phase III

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

Table 9.5   800-Meter Training Plan for 50 to 60 Miles (80 to 97 km) per Week   (continued)

Phase III

Week	Q1	Q2	Q3
15	10 L + 8 ST	2 E + 10 × 2 min H w/1 min jg + 1 E + 4 × 200 R w/200 jg + 4 × 200 FR w/200 jg + 2 E	3 E + 6 × 400 R w/400 jg + 4 × 300 FR w/300 jg + 2 E
16	2 E + steady 3 T + 6 × 200 R w/200 jg + 2 E	2 E + 6 × 1K I w/3 min jg + 6 ST + 3 E	3 E + 2 × 400 R w/400 jg + 4 × 600 R w/600 jg + 2 × 300 FR w/300 jg + 2 E
17	10 L + 8 ST	3 E + 5 × 4 min H w/3 min jg + 2 E	3 E + 4 × 400 FR w/400 jg + 10 min E + 4 × 400 R w/400 jg + 2 E
18	2 E + 8 M + 6 ST	2 E + 6 × 1,200 I w/3 min jg + 6 ST + 2 E	2 E + 4 sets of (600 R + 30 sec rest + 200 FR + 1 E) + 3 E

Phase IV

Week	Q1	Q2	Q3
19	10 L + 8 ST	2 E + 4 ST + 3 T + 8 × 200 R w/200 jg + 2 E	3 E + 600 FR + 1K jg + 600 FR + 1K jg + 600 FR + 3 E
20	10 L + 6 ST	2 E + 8 × 200 R w/200 jg + 3 × 1 T w/2 min rests + 6 ST + 2 E	3 E + 600 FR + 1K jg + 2 × 400 FR w/400 jg + 6 × 200 FR w/200 jg + 2 E
21	3 E + 3 T + 8 ST + 3 E	3 E + 5 × 1 T w/2 min rests + 8 × 200 R w/200 jg + 2 E	3 E + 600 FR + 600 jg + 4 × 300 FR w/500 jg + 4 × 200 R w/200 jg + 2 E
22	10 L + 8 ST	3 E + 5 × 1 T w/1 min rests + 10 × 200 R w/200 jg + 2 E	3 E + 6 × 200 FR w/200 jg + 1 E + 4 × 200 FR w/200 jg + 3 E
23	10 L + 6 ST	2 E + 3 × 1 T w/2 min rests + 6 × 200 R w/200 jg + 3 E	3 E + 4 × 200 FR w/400 jg + 2 × 600 FR w/1K jg + 4 × 200 R w/200 jg + 2 E
24	8 L + 6 ST	2 E + 4 × 200 R w/200 jg + 2 × 1 T w/2 min rest + 2 × 200 R w/200 jg + 2 E	3 E + ST + important race day

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