Hi all,

Sorry for the late post....

If you can try and squeeze these workouts in over the next two weeks, great.

Make sure you rest a day in between.

I've included lots of interval training, depending on your distance. Sprints = 100, 200, 400. Middle distance = 800, 1500 (although the 800 really is a sprint, but I separated the workouts this way).

Sprinters will do "Interval training" = intense efforts followed by equal or slightly longer recovery time.

Middle distance will do Fartlek runs =

Fartlek, which means "speed play" in Swedish, is a training method that blends continuous training with interval training. Fartlek runs are a very simple form of a long distance run. Fartlek training "is simply defined as periods of fast running intermixed with periods of slower running." Fartlek - Wikipedia
https://en.wikipedia.org/wiki/Fartlek

To make it easy, I've given three workouts (can be done one week and then again the next week).

Sprinters & jumpers: on track (remember to get a good warm up in. Try and do the work out when it isn't raining if possible. Also, wear warm up clothes! This includes pants and a good jacket.) No spikes. Just wear your regular, good runners. No keds, vans etc.

Day 1)

a) warm-up jog and stretch (dynamic stretching is best)
b) running drills (A's etc. walk, skip, butt kickers, high knees each for 10m. 2-3 times each. If you remember them, good. If you don't know these, no worries)
c) Strides (75% half-way between a jog and a sprint)
   - 3 x 50m
   - Then 2 x 50m (full out start for 20m and slow down into stride to finish the 50m)
d) Work out:
   - Repeat 200m
   - 4 x 200m (at 75%). 200m = half the track. Run 200m then jog 300m for rest then repeat. So do this 4x. After 4th 200m you stop.
e) Cool down – jog slow lap and stretch after.

Day 2)

a) warm-up jog and stretch (dynamic stretching is best)
b) running drills (A's etc. walk, skip, butt kickers, high knees each for 10m. 2-3 times each. If you remember them, good. If you don't know these, no worried)
c) Strides (75% half-way between a jog and a sprint)

- 3 x 50m
- Then 2 x 50m (full out start for 20m and slow down into stride to finish the 50m)

d) Work out:
- Repeat 200m & 100m
- 3 x 200m (at 75%). Walk 200m for rest then repeat. So do this 3x
- 3 x 100m (at 75%). Walk 100m for rest then repeat.

Day 3)

a) warm-up jog and stretch (dynamic stretching is best)
b) running drills (A's etc. walk, skip, butt kickers, high knees each for 10m. 2-3 times each. If you remember them, good. If you don't know these, no worries)
c) Strides (75% half-way between a jog and a sprint)
- 3 x 50m
- Then 2 x 50m (full out start for 20m and slow down into stride to finish the 50m)

d) Work out:
- Repeat 150m

e) 4 x 150m (at 80%). Try and run at a faster pace here. Do a 150m (this is less than half the track. So start at around where the benches are near the parking and go to finish line.) Walk back and repeat. Do this 4x.
f) If feeling good, finish with a few 4 point "starts" at start line (hands a feet on track to start). Only go around 20m (around 3-4 times). Full rest in between.
g) Cool down – jog slow lap and stretch after.

Middle distance: on or off track (remember to get a good warm up in. Try and do the work out when it isn't raining if possible. Also, wear warm up clothes! This includes pants and a good jacket.)

Day 1)

a) Long run day. Go 20-30 minutes. Pace/push yourself (not talking pace).

Day 2)

a) warm-up jog and stretch (dynamic stretching is best)
b) running drills (A's etc. walk, skip, butt kickers, high knees each for 10m. 2-3 times each. If you remember them, good. If you don't know these, no worries)
c) Strides (75% half-way between a jog and a sprint)
- 3 x 50m
- Then 2 x 50m (full out start for 20m and slow down into stride to finish the 50m)

d) Work out:
- Repeat 400m (that's one lap around track)
- 4 x 400m (at 75%). If you have watch, your time should be around 75-80 seconds a lap. Rest 2 minutes between each 400m. No jogging, just walk.

e) Cool down – jog slow lap and stretch after.

Day 3)

a) Fartlek: 20 minute run.
   - Jog/Fast run at 80% for around 50-100m then slower pace for double that distance (more so if you are getting tired near end). Or if you have a watch, you can run 80% for 20 sec then jog for rest/recovery for 1 minute. Do this on and off for 20 min.