

Training Plan for Katie & Lee's Group		
September 2016 – April 2017		
07.09.16	1600 x 5 – 6 times 200 recovery	Speed Endurance
14.09.16	7 x 600 meters 100 recovery 6 x 800 200 recovery	Lactic Training
21.09.16	2 x 1200 meters 200 m recovery 3 x 1600 meters 200 m recovery	Pacing
28.09.16	6-8 x 1200 meters 200m recovery	Endurance
05.10.16	Session 1: 5 x 1000 meters Session 2: Flying 30s 30m accelerate; 30m max velocity; 30m decelerate; 100-120m recovery	Lactic Training
12.10.16	Session 1: Times 2 mile Session 2: 5 min of 200m fast 100 m jog 400m recovery after every 5 min Repeat 5 times (25min of efforts) Session 3: Timed mile	Aerobic/Lactic Training
19.10.16	Parlours	Aerobic/Lactic Training
26.10.16	3 x 3000 meters 200m recovery	Pace management
02.11.16	8/10 1000m 200m recovery	Lactate Tolerance
09.11.16	400m - 800m -1200m -1600m -2000m 1600m - 1200m - 800m - 400m 200m recoveries after each effort	Pace Management & Aerobic Fitness
16.11.16	12x 700m 100m recover	Lactate Tolerance
23.11.16	10 x 400m 6 x 800m 200m recovery per effort	Lactate Tolerance and Pace management
30.11.16	1 x 1600m 3 x 2000m 400m recovery per effort	Endurance
7.12.16	2 x 2000 meters 1 x 2400 meters 1x 3000 meters 400m per effort	Pace Over increasing Distance
14.12.16	5-6 1500m 100m recovery	Pace Management
21.12.16	Session 1: 10x200m with 100m rest between reps Session 2: 7x300m with 100m rest between reps Session 3: 6x400m with 100m rest between reps	Lactate Tolerance and Pace management
04.01.17	1200m - 200m recovery between effort 1200m - 200m recovery between effort 1600m - 200m recovery between effort 1200m - 200m recovery between effort 1200m - 200m recovery between effort 1600m - 200m recovery between effort	Stamina
11.01.17	2000m, 1600m, 1200m Repeat twice 200m recovery between efforts	Lactate Tolerance and Pace management
18.01.17	1600m, 1200m, 1600m Repeat twice 200m recovery between efforts	Lactate Tolerance

25.01.17	2000m – 400m recovery 2000m – 400m recovery 3200m – 400m recovery 1000m – 200m recovery 1000m – 200m recovery	Aerobic/Lactic Training
08.02.17	3200m – 400m recovery 1600m – 200m recovery 3200m – 400m recovery 1600m – 200m recovery	Stamina
15.02.17	5000m – 400m recovery 3200m – 400m recovery 1600m – 200m recovery	Pace Management over Decreasing Distance
22.02.17	2 x 2000m – 400m recovery per effort 2 x 3200m – 400m recovery per effort	Endurance
01.03.17	2000m – 200m recovery 800m – 200m recovery Repeat 3 times	Pacing/Threshold
08.03.17	800m, 1200m, 1600m, 2000m, 2400m 200m recovery per effort	Pace Management over Increasing Distance
15.03.17	300m, 300m, 600m, 1000m 200m recovery per effort Repeat 4 times	Endurance
22.03.17	12-16 x 400m with 200m recovery	Speed Bursts
29.03.17	8x1000m with 200m recovery	Endurance
05.04.17	20-24 x 200m with 200m recovery	Finishing Speed
12.04.17	4x1200m with 200m recovery 4x1000m with 200m recovery	Stamina
19.04.17	6x5min at Run Pace 200m recovery	
26.04.17	1600m – 200m recovery 1200m – 200m recovery 800m – 200m recovery 800m – 200m recovery 1200m – 200m recovery 1600m – 200m recovery	Pace Management

Long Intervals

Long intervals range from 1600 meters (one mile) to 3000 meters in distance. Because they are longer than middle-distance intervals, long intervals are necessarily run more slowly, but they are not intended to be slow. Typically, they are run at the individual runner's approximate 10K race pace. This pace is close to lactate threshold pace for many runners, or the speed above which blood lactate levels increase rapidly. It was formerly believed that this spike in blood lactate hastened muscle fatigue. It is now known that fatigue at this intensity is caused by other factors.

What has not changed is that lactate threshold pace is a very good predictor of race performance, and training at or near lactate threshold intensity is a very effective way to increase lactate threshold pace. This is largely because training at this intensity increases the body's capacity to recycle lactate for muscle fuel.

Because of their length and intensity, it only takes a handful of long intervals to stimulate a strong training effect.