



Training for Middle Distance Running

You should run at least three times a week. If you don't then you will never see any improvement. The body only ever adapts if it is stressed.

For the next 4 weeks the following should be done.

Week 1

Session 1

Run 1.5 miles as fast as you can and time it. Use this as a baseline.

Session 2

Run 800m (70% of your max, this is just below you feel like you are sprinting) then jog 200m (This will be just faster than a walk). This should be kept going for 2.5 miles. Make sure you stretch afterwards or else you may get DOMS.

Session 3

Find a run with hills. When you come to any hills you should run as fast as you can up them. When you get to the top you should slow down to almost a walk for about 100m. That does not mean you stop.

Week 2

Session 4

Do session 2

Session 5

Do session 3

Session 6

Do session 2

Week 3

Session 7

1.5 mile Run. Timed



Team BWS

Session 8

Find a piece of flat grass which is about 300m long. Run 300m 6 times with a jog walk back recovery. Each run should be at just below sprint pace. This is hard!!!!

Session 9

Do session 2

Week 4

Session 10

600m runs. Find some grass and do this 6 times. Each one should be done as fast as you can but they must be steady state no drop off.

Session 11

Do session 2

Session 12

1.5 mile run timed.

There should be some real improvement if you keep with this. You must stretch before it and afterwards. This is probably the most important thing. If at any time it is too hard then you should adjust it. Also you will need to eat properly as you will need energy and you do not have much fuel (fat!) to give you the energy. Always listen to your body, it will tell you if it is too hard. HAPPY RUNNING!!!!