

NDRC 3k - 5k Workout Plan

Base Building

- 4 mile tempo; 6 strides
- 15 minute tempo; 3 min rest; 10 minute tempo; 6 strides
- 10-8-6-4-2, 2x30 seconds, rest 3-3-2-2-2
- fartlek: 1-2-3-4-5-4-3-2-1' on with 1 min easy between each "on" section. pace should be a little faster than tempo but not much. (i.e. 1 min hard, 1 min easy, 2 min hard, 1 min)
- fartlek: 5-4-3-2-1 on with half rest. pace should start faster than tempo and decrease
- 6 x hill repeat
- 20-25x1 on/off
- 16-25x400 @10k pace, 30-45s rest
- 8-12x800 @10k pace, 60s rest, OR 6-10x1k @10k pace, 90s rest
- 30-45 min steady state (comfortably hard pace, ~20 seconds per mile slower than MP)
- In-and-out 800s (8 miles continuous: 0.5 hard, 0.5 steady state)
- Seidel workout: 3mi-2mi-1mi; 4 min rest, 3 min rest

Track Strength

- 5 x 1200 @ 5k pace; 3 min rest
- 5 x 1k @ 3k pace w/ 2:30 rest; 5x200 ~30 seconds per 200
- 4 x mile @ 5k pace; 4 min rest
- 6x800 @ 3k pace; 2:30 rest
- 8-10x800 @10k pace and working down to 3k-5k pace 2:30 rest
- 3 x 2k first 1200m at 8k pace, last 800m between 3k and 5k pace
- 3x300, 4x1k, 3x300; 100j btw 300s, 2:00 btw sets, 1:30 btw ks
- 3x400, 3 tempo; 1' btw 400s, full rest before tempo
- The Michigan: 1600-2k tempo-1200-2k tempo-800-2k tempo-400; 2-3 min rest

Track Speed

- 16 x 200 @3k pace
- 4x(2x200m w/ 200m jog; 400m w/ 400m jog) at mile pace
- 4x(1200m tempo; 1 min easy; 400m at mile pace; 3 min rest)
- 3x(4x400m at goal 5k pace w/ 30 second rest) 3 min rest between sets (i.e. 400m; 30"; 400m;30"; 400m;30"; 400m; 3 mins; 400m ...)
- 10x400, 1:30 rest
- 3x(800-600-400-200); rest 2:00 → 1:30 between reps, 4 min after sets

Tune Up (ordered by difficulty)

- 6x400m @ 3k pace w/ 400m jog
- 4x800m @ 5k pace w/ 400m jog

- 4x1000m @ tempo pace; 2:30 rest

Calendar

1. Week of January 17th: Base, Base
2. Week of January 24th: Base, Base
3. Week of January 31st: Base, Strength
4. Week of February 7th: Base, Strength
5. Week of February 14th: Strength, Base
 - a. February 19th: Hillsdale Meet
6. Week of February 21st: Strength, Base
 - a. February 26th: Illinois Relays
7. Week of February 28th: Strength, Strength
8. Week of March 7th (Spring Break): Base, Strength
9. Week of March 14th: Speed, tune-up
 - a. March 26th: Polar Bear Invite
10. Week of March 28th: Strength, speed
11. Week of March 23rd: Strength, speed
12. Week of March 30th: speed, speed or tune-up
 - a. April 1st + 2nd: Potential Nationals date
13. Week of April 4th: speed, tune-up
 - a. April 8th + 9th: Likely Nationals date