

TRAINING SPECIFIC ENDURANCE

WORKOUT VOLUMES

- The total distance/duration, at the objective Training Event pace, for the workout should be:

<u>Training Distance</u>	<u>Multiple</u>	<u>Total Distance</u>
25m	8X	200m
50m	6X	300m
100m	5X	500m
200m	4X	800m
400m	3X	1200m
800m	2.5X	2000m
1500m/1600m	2.25X	3600m
3000m/3200m	2X	6000m
3000mSt/5000m	1.75X	9000m
10k	1.5X	15k
15k	1.5X	22.5k
20k	1.5X	30k

- Approaching major competitions (e.g., State HS Meet, National Championships), to assure full recovery/adaptation from any accumulated stresses (physical and/or psycho-social), volumes should be reduced to approximately 75% and 50% the last two weeks prior.

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