

Alternate running plan

Session 1 & 2

- 2 x 800m stride with 400m recovery = 1600 work 800 recovery
- 3 x 400m stride with 200 recovery = 1200 work 600 recovery
- 4 x 200m with 100m recovery = 800 work 400 recovery
- Total distance 5400m

Session 3 & 4

- 2 x 800m with 400m recovery = 1600 work 800 recovery
- 4 x 400m with 200m recovery = 1600 work 800 recovery
- 5 x 200m with 100 recovery = 1000 work 500 recovery
- Total distance 6300m

Session 5 & 6

- 3 x 800m with 400m recovery = 2400 work 1200 recovery
- 3 x 400m with 200 recovery = 1200 work 600 recovery
- 4 x 200m with 100 recovery = 800 work 400 recovery
- Total Distance 6600m

Session 7 & 8

- 3 x 800m with 400 recovery = 2400 work 1200 recovery
- 3 x 400m with 200 recovery = 1200 work 600 recovery
- 6 x 200m with 100 recovery = 1200 work 600 recovery
- 7200m

Session 9 & 10 Taper sessions

- 2 x 800m stride with 400m recovery = 1600 work 800 recovery
- 3 x 400m stride with 200 recovery = 1200 work 600 recovery
- 5 x 200m with 100m recovery = 800 work 400 recovery
- Total distance 5700m

Session 11 & 12

- 3 x 800m with 400 recovery = 2400 work 1200 recovery
- 4 x 400m with 200 recovery = 1600 work 800 recovery
- 7 x 200m with 100 recovery = 1200 work 600 recovery
- 8100m