

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.

Training Guideline 800m And 1500m Middledistancetraining

Terry C. Jones



Training Guideline 800m And 1500m Middledistancetraining:

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Training Guideline 800m And 1500m Middledistancetraining**

In some sort of inundated with displays and the cacophony of immediate transmission, the profound energy and emotional resonance of verbal artistry often disappear into obscurity, eclipsed by the regular onslaught of sound and distractions. Yet, set within the lyrical pages of **Training Guideline 800m And 1500m Middledistancetraining**, a captivating perform of fictional elegance that impulses with fresh thoughts, lies an wonderful journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, that interesting opus manuals viewers on a psychological odyssey, lightly revealing the latent potential and profound affect embedded within the complex web of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is main themes, dissect their fascinating writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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