

PaceWheel™ 800m 24-Week Training Calendar

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	0	20 - 30' A	20 - 30' A	20 - 30' A	0 or 20-30' A	20 - 30' A	45 - 60' A
2	0	20 - 30' A	20 - 30' A	20 - 30' A	0 or 20-30' A	20 - 30' A	45 - 75' A
3	0	20 - 30' A	20 - 30' A	20 - 30' A	0 or 20-30' A	20 - 30' A	45 - 75' A
4	0	20 - 30' A	20 - 30' A	20 - 30' A	0 or 20-30' A	20 - 30' A	45 - 60' A
5	0	20 - 30' A	20 - 30' A	20 - 30' A	0 or 20-30' A	20 - 30' A	45 - 75' A
6	0	20 - 30' A	20 - 30' A	20 - 30' A	0 or 20-30' A	20 - 30' A	45 - 75' A
7	0	20 - 30' A	3 - 6 sets of 2 x 200 + 1 x 400 RE (equal jog rest)	1 x 400 LT 1 x 800 LT 3 - 4 x 1000 LT (1-minute rests)	30 - 40' A	30 - 40' A	4 x 200 RE 4 x 1000 LT 4 x 200 RE 10 - 15' A
8	0	45 - 75' A	4 x 200 + 2 x 400 + 1 x 600 + 2 x 400 4 x 200 (equal jog rest)	2 x 400 LT (1-minute rests) 15 - 25' LT	30 - 40' A	30 - 40' A	6 x 200 RE 1 x 1000 VO ₂ 2 x 800 LT 4 x 200 RE 10 - 15' A
9	0	45 - 75' A	3 - 6 sets of 2 x 200 RE 1 x 400 RE (equal jog rest)	1 x 400 LT 1 x 800 LT 3 - 4 x 1000 LT (1-minute rests)	30 - 40' A	30 - 40' A	4 x 200 RE 4 x 1000 LT 4 x 200 RE 10 - 15' A
10	0	45 - 75' A	4 x 200 + 2 x 400 + 1 x 600 + 2 x 400 4 x 200 (equal jog rest)	2 x 400 LT (1-minute rests) 15 - 25' LT	30 - 40' A	30 - 40' A	6 x 200 RE 1 x 1000 VO ₂ 2 x 800 LT 4 x 200 RE 10 - 15' A
11	0	45 - 75' A	3 - 6 sets of 2 x 200 RE 1 x 400 RE (equal jog rest)	1 x 400 LT 1 x 800 LT 3 - 4 x 1000 LT (1-minute rests)	30 - 40' A	30 - 40' A	4 x 200 RE 4 x 1000 LT 4 x 200 RE 10 - 15' A
12	0	45 - 75' A	4 x 200 + 2 x 400 + 1 x 600 + 2 x 400 4 x 200 (equal jog rest)	2 x 400 LT (1-minute rests) 15 - 25' LT	30 - 40' A	30 - 40' A	6 x 200 RE 1 x 1000 VO ₂ 2 x 800 LT 4 x 200 RE 10 - 15' A
13	45 - 75' A	10 - 15' A 1 x 400 VO ₂ 1 x 800 VO ₂ 3 - 6 x 1000 VO ₂ 10 - 15' A	30 - 50' A	1 x 600 RE (5' jog) 2 x 400 MD (4' jog) 1 x 600 MD (5' jog) 2 x 300 MD (3' jog) 4 x 200 RE	30 - 50' A	30 - 50' A	45 - 75' A
14	45 - 75' A	10 - 15' A 2 x 1200 VO ₂ 2 x 1000 VO ₂ 3 x 800 VO ₂ 10 - 15' A	30 - 50' A	2 x 600 RE 3 x 400 RE 4 x 300 RE 6 x 200 MD 10 - 15' A	30 - 50' A	30 - 50' A	45 - 75' A
15	45 - 75' A	10 - 15' A 1 x 400 VO ₂ 1 x 800 VO ₂ 3 - 6 x 1000 VO ₂ 10 - 15' A	30 - 50' A	1 x 600 RE (5' jog) 2 x 400 MD (4' jog) 1 x 600 MD (5' jog) 2 x 300 MD (3' jog) 4 x 200 RE	30 - 50' A	30 - 50' A	45 - 75' A
16	45 - 75' A	10 - 15' A 2 x 1200 VO ₂ 2 x 1000 VO ₂ 3 x 800 VO ₂ 10 - 15' A	30 - 50' A	2 x 600 RE 3 x 400 RE 4 x 300 RE 6 x 200 MD 10 - 15' A	30 - 50' A	30 - 50' A	45 - 75' A

17	45 - 75' A	10 - 15' A 1 x 400 VO ₂ 1 x 800 VO ₂ 3 - 6 x 1000 VO ₂ 10 - 15' A	30 - 50' A	1 x 600 RE (5' jog) 2 x 400 MD (4' jog) 1 x 600 MD (5' jog) 2 x 300 MD (3' jog) 4 x 200 RE	30 - 50' A	30 - 50' A	45 - 75' A
18	45 - 75' A	10 - 15' A 2 x 1200 VO ₂ 2 x 1000 VO ₂ 3 x 800 VO ₂ 10 - 15' A	30 - 50' A	2 x 600 RE 3 x 400 RE 4 x 300 RE 6 x 200 MD 10 - 15' A	30 - 50' A	30 - 50' A	45 - 75' A
19	45 - 75' A	10 - 15' A 4 x 200 RE + 1 x 600 RE (5' jog) 1 x 600 MD (6' jog) 2 x 300 MD (3' jog) 10 - 15' A	30 - 50' A	3 x 1000 LT (1 minute rest) 2 x 800 VO ₂ 3 x 400 MD 10 - 15' A (unless Sat. race)	30 - 50' A	30 - 50' A	45 - 75' A or Race + 3 x 200 RE 3 x 200 MD
20	45 - 75' A	10 - 15' A 4 x 200 RE + 1 x 600 RE (5' jog) 1 x 600 MD (6' jog) 2 x 300 MD (3' jog) 10 - 15' A	30 - 50' A	3 x 1000 LT (1 minute rest) 2 x 800 VO ₂ 3 x 400 MD 10 - 15' A (unless Sat. race)	30 - 50' A	30 - 50' A	45 - 75' A or Race + 4 x 200 RE 3 x 200 MD
21	45 - 75' A	10 - 15' A 4 x 200 RE + 1 x 600 RE (5' jog) 1 x 600 MD (6' jog) 2 x 300 MD (3' jog) 10 - 15' A	30 - 50' A	3 x 1000 LT (1 minute rest) 2 x 800 VO ₂ 3 x 400 MD 10 - 15' A (unless Sat. race)	30 - 50' A	30 - 50' A	45 - 75' A or Race + 4 x 200 RE 3 x 200 MD
22	30 - 50' A	30 - 50' A	10 - 15' A Ladder: 2, 4, 6, RD 8, 6, 4, 3, 2 ME (equal jog rest) 10 - 15' A	30 - 50' A	30 - 50' A 2 x 200 RE 2 x 200 MD	30 - 50' A	Race + 4 x 200 RE or 2 - 3 sets of 2 x 400 MD + 2 x 300 MD
23	30 - 50' A	30 - 50' A	10 - 15' A Ladder: 2, 4, 6, RD 8, 6, 4, 3, 2 ME (equal jog rest) 10 - 15' A	30 - 50' A	30 - 50' A 2 x 200 RE 2 x 200 MD	30 - 50' A	Race + 4 x 200 RE or 2 - 3 sets of 2 x 400 MD + 2 x 300 MD
24	0 to 20' A	30 - 50' A	10 - 15' A Ladder: 2, 4, 6, RD 8, 6, 4, 3, 2 ME (equal jog rest) 10 - 15' A	20 - 30' A	20 - 30' A 2 x 200 RE 2 x 200 MD	20' A	Race

* RE sessions should use the slightly-faster "Middle Distance" values except as indicated in weeks 19-24.

* Wednesday Quality Days can be switched with Thursday if you are not sufficiently recovered after the Tuesday Workout.

* A mid-week race in weeks 13 - 18 will substitute well for the Monday VO₂ training session.

* Add 4 - 8 x 200 RE after a Saturday race in weeks 13 - 18

A=Aerobic Base Training	VO ₂ =VO ₂ Max Development
LT=Lactate Threshold Development	RE=Running Economy
MD=Middle-Distance Speed Reps	

© 2007 Michael R. Pollard