



# Training Overview

## 1600m / 3200m

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# Base Training

- Long-Run over hilly terrain @ an easy pace. Run 10 to 20-second striders @ 800m to 1600m speed/effort & rhythm.
- Tempo Run over hilly terrain. Run 20 to 30 minutes @ current 3200m pace + 50 to 60 seconds per mile. Then, run 10 to 20-second hill reps @ 800m to 1600m race effort.
- Threshold Fartlek or Intervals. Run 3 to 6-minute reps @ current 3200m pace + 30 to 40 seconds per mile. Then, run 10 to 20-second @ 800m to 1600m speed.
- Run 60-120m easy striders on easy days 1 to 2 times per week @ 5000m to 1600m speed.



# Transition Training

- Long-Run over hilly terrain @ an easy to moderate pace. Include 15 to 30-second striders @ 800m to 1600m speed.
- Tempo run over hilly terrain. Run 30 to 40 minutes @ current 3200m pace + 50 to 60 seconds per mile. Then, run 15 to 30-second hill reps @ 800m to 1600m race effort. Next, run 15-30-second striders @ 800m to 1600m speed.
- CV Fartlek or Intervals. Run 2 to 4-minute reps @ current 3200m pace + 20 to 25 seconds per mile. Then, run 15 to 30-second hill reps @ 800m to 1600m race effort. Next, run 15 to 30-second striders @ 800m to 1600m speed.
- Run 60-120m striders on easy days 1 to 2 times per week @ 3200m to 800m speed.

# Racing Training

- Long Run or Tempo Reps. Run varied time or distance short-intervals too, such as 60s to 200s @ 400m to 1600m speed.
- **Combo Workout. Start @ Threshold or CV pace and drop-down to shorter but faster reps.**
- Example: 3-5 x 1-km @ CV + 3-5 x 400m @ 1600m pace or 3-5 x 800m @ 3200m pace. Finish with 3-5 x 60 to 200m @ 400m to 800m pace.
- **Races or Simulation Workout, finishing with a choice of Tempo, Threshold, or CV fartlek.**



# Racing Training

- Example simulation workout for a 1600m runner: 200m, 400m, 800m, 400m, 200m @ race-pace or faster.
- Example simulation workout for a 3200m runner: 400m, 800m, 1600m, 800m, 400m @ race-pace or faster.
- Run 60-120m striders on easy days 1 to 2 times per week @ 1600m to 400m speed.







# Peaking Training



- Eliminate the long-run during the week of the peak competition.
- **Move the quality workout or time-trial back a day or two.**
- Make the workout shorter than normal, or assign an under-distance time-trial that follows low-volume CV or Threshold Training.



# Peaking Training



- **Example workout for a 1600m runner: 2 to 4 x 1-km @ CV pace + 2 to 4 x 400m @ 3 to 4 seconds per lap faster than current 1600m average pace + 2 to 4 x 100m @ 400m pace.**
- **Example workout for a 3200m runner: 2 to 4 x 1600m @ Threshold + 2 to 4 x 800m @ 6 to 8 seconds per rep faster than current 3200m pace + 2 to 4 x 200m @ 800m pace.**
- **Example time-trial workout for a 1600m runner: 2000m @ Threshold Pace + 1 x 600-800m @ 97% effort.**
- **Example time-trial workout for a 3200m runner: 3000m @ Threshold Pace + 1 x 1200-1600m @ 97% effort.**

# Recovery Training

- Resting completely for 5-10 days.
- Or, jogging every 2nd or 3rd day for 2-3 weeks.
- Possible cross-training after 5 days of complete rest.
- Cross-training examples include weight training, cycling, swimming, non-running aerobic exercise, yoga or Pilates, hiking, or Ultimate Frisbee.







# Gender Equivalent Performance Charts

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# Equivalent Performance 3200m

<b>Equivalent Performances</b>		
<b>Levels</b>	<b>Boys 3200m</b>	<b>Girls 3200m</b>
<b>1</b>	<b>14:00</b>	<b>15:32</b>
<b>2</b>	<b>12:53</b>	<b>14:18</b>
<b>3</b>	<b>11:51</b>	<b>13:09</b>
<b>4</b>	<b>10:54</b>	<b>12:06</b>
<b>5</b>	<b>10:02</b>	<b>11:08</b>
<b>6</b>	<b>9:14</b>	<b>10:15</b>
<b>7</b>	<b>8:29</b>	<b>9:25</b>

# Equivalent Performance 1600m

<b>Equivalent Performances</b>		
<b>Levels</b>	<b>Boys 1600m</b>	<b>Girls 1600m</b>
<b>1</b>	<b>6:25</b>	<b>7:08</b>
<b>2</b>	<b>5:54</b>	<b>6:33</b>
<b>3</b>	<b>5:26</b>	<b>6:02</b>
<b>4</b>	<b>5:00</b>	<b>5:33</b>
<b>5</b>	<b>4:36</b>	<b>5:06</b>
<b>6</b>	<b>4:14</b>	<b>4:42</b>
<b>7</b>	<b>3:54</b>	<b>4:19</b>

# Equivalent Performance 800m

<b>Equivalent Performances</b>		
<b>Levels</b>	<b>Boys 800m</b>	<b>Girls 800m</b>
<b>1</b>	<b>2:55</b>	<b>3:14</b>
<b>2</b>	<b>2:41</b>	<b>2:59</b>
<b>3</b>	<b>2:28</b>	<b>2:45</b>
<b>4</b>	<b>2:16</b>	<b>2:31</b>
<b>5</b>	<b>2:05</b>	<b>2:19</b>
<b>6</b>	<b>1:55</b>	<b>2:08</b>
<b>7</b>	<b>1:46</b>	<b>1:58</b>

## Drew Hunter's Favorite Workouts

- 5-6 mile Tempo Run (5:00 to 4:50 pace) + Hill Reps + Fast Striders
- 6-7 x 3-minutes Critical Velocity Fartlek (jog 1 min recoveries), plus 4-6 x 40-second hill reps @ 1-mile effort (jog 80 sec recoveries), plus 4-6 x 15-second fast striders (800m race speed) (jog 30 sec recoveries)
- 2-Mile Threshold Tempo Run (jog 2-minutes) + 8 x 400m @ 1-mile pace (jog 200m recoveries in 1:30-1:45)
- 3-Mile Threshold Tempo Run (jog 3-minutes) + 7 x 300m @ 1-mile race speed (jog 100 recoveries in 45-60 seconds).
- 4 x 800m Cut-Downs (5k to VO2 max pace (jog 400 recoveries) + 4 x 400m cut-downs from VO2 max pace to 800m pace.



# An Example Quality Workout for Drew Hunter

- April, 2016: 25 minute warm up, including a 5-minute Tempo, drills, and striders. Then, he ran 3 x 200 (:32, :31, :30) (jog 30 sec) + 3 x 800 in 2:07.5, 2:03.5, and 2:00.6 (jog 3 min) + 3 x 400 (:58.2, :56.9, and :56.5) (jog 2 min).
- **Result that month: 3:42 for 1500m for his first outdoor race (4:00 mile equivalent) a week later (April 22d). The next week he ran a 4-flat anchor in the DMR at the Penn Relays, on April 29<sup>th</sup>. Then, he ran 1:48.64 (800m) and 8:43 for 3200m a week later (May 7<sup>th</sup>) at the Dogwood Relays.**
- Note: The last two races were run 3-hours apart in the same track meet. \*Drew was instructed to run the 3200m @ 5,000m race effort, which he did; it was not all-out.