

Two-week progression: Monday, June 22 - Sunday, July 5

To systematically pull your current 2:02-2:04 800m competitive capacity down toward a sub-1:55 potential, the next phase of training will focus on three distinct physiological pillars: extending your lactate tolerance at true target race paces, sharpening your 400-meter speed via maximal anaerobic power sets, and continuing to elevate your aerobic threshold.

Here is a suggested training schedule for **Monday, June 22nd through Sunday, July 5th**. I have carried forward the movement drills (A-skips, high knees, butt kicks, and straight leg bounds) right before your main quality sessions on Mondays to prime your nervous system.

I have also made some modifications to the upcoming cycle (see below) based on the comment you provided about feeling a cramp/tightening of your hamstring during the 8 x 200s on Friday, June 19. We are going to proceed but with an eye on protecting you from any setbacks. As always, just let me know if you have any questions or concerns.

Monday, June 22: Aerobic Recovery

- **Workout:**
 - 45-minute steady, conversational aerobic run on a soft surface or roads right from home (no track or facility required).
 - Finish with 6 × 100m light, fluid strides on any available grass.
- **Additional Notes:** This should be an honest but entirely comfortable pace. You should be able to speak in full sentences throughout the run.
- **Exact Paces:** 7:15 – 7:45 per mile effort. Strides should smoothly accelerate down to 800m rhythm.
- **Why You're Doing This:** This session flushes metabolic waste out of the legs from last week's work while quietly reinforcing your aerobic base and keeping Monday completely open logistically.

Tuesday, June 23: Pure Speed and Alactic Power (Track Session)

- **Workout:**
 - 2-mile easy warm-up.
 - Movement Drills: 1 × 20 meters each of A-skips, high knees, butt kicks, and straight leg bounds to prime mechanics.
 - 5 rounds of flying sprints: 30-yard build, 30-yard max speed, 30-yard relaxed coasting with perfect form. Rest 3–4 minutes between rounds.
 - Finish with 3 × 150m sprints with 5 minutes of full walking recovery between reps.
- **Additional Notes:** Keep these 150s extremely crisp. Focus on staying completely relaxed in the jaw and shoulders during the max velocity phase. If the hamstring feels tight at all during the flying sprints, stop doing the 150s immediately.
- **Exact Paces:**
 - Flying sprints: Max effort (> 95% intensity).
 - 150m sprints: Target 17.5 to 18.5 seconds (holding 400m race opening speed).
- **Why You're Doing This:** Moving this to Tuesday gives your hamstring a longer recovery runway from last week's cramp. The flying sprints and fast 150s maintain your top-end velocity ceiling, giving you the raw speed cushion required to make 56-second 800m opening laps feel easy.

Wednesday, June 24: Lactate Threshold & Tempo Cut-Downs

- **Workout:**
 - 2-mile warm-up and dynamic flexibility drills.
 - Main Set: 4 × 1,000-meter intervals with 90 seconds of jogging recovery between reps.
 - Rest 4 minutes, then finish with 4 × 200-meter progressive cut-downs with 2 minutes of rest between each.
- **Additional Notes:** You were able to naturally cut down your 1000s to 3:21 last time while feeling relaxed. We will lock into that higher aerobic threshold line today.
- **Exact Paces:**
 - 1000m intervals: Target 3:20 – 3:23 per rep.

- 200m cut-downs: **Modified Pace Cap:** Run these at a smooth tempo rhythm of **28.0 to 29.0 seconds**. Do *not* cut down into the 24–25 second range today to protect the hamstring while under cardiovascular fatigue.
- **Why You're Doing This:** A 3:20–3:23 pace keeps you right at your advanced aerobic tipping point without accumulating heavy acid. Capping the concluding 200s allows your legs to turn over fast when pre-fatigued without exposing your hamstring to any risk of tightening/injury.

Thursday, June 25: Active Recovery & Joint Mobility

- **Workout:**
 - 35 minutes of very easy jogging or low-impact cross-training (stationary bike or elliptical).
 - Mobility Session: Half-kneeling hip flexor stretches, walking lunges with a torso twist, and forward/backward leg swings.
- **Additional Notes:** Zero emphasis on speed today. Focus entirely on restoring full range of motion.
- **Exact Paces:** Unmonitored, flush-out effort. Keep heart rate well under 130 BPM.
- **Why You're Doing This:** This session is strictly dedicated to reducing injury risk and enhancing joint mobility. Opening up the hip flexors and mobilizing the thoracic spine directly preserves the long, explosive stride length you will need when running at high velocities.

Friday, June 26: Modified Special Endurance II (The Lactate Capacity Session)

- **Workout:**
 - Complete a comprehensive “race-day” warm-up routine.
 - **Modified Main Set (1 Round Only):**
 - 400 meters at goal 800m pace. (Rest 3 minutes).
 - 300 meters at a slightly faster squeeze. (Rest 3 minutes).
 - 200 meters at true 400m velocity.
- **Additional Notes:** We are keeping the classic ladder structure but **reducing the volume from 2 rounds down to 1 round**. This allows you to touch race

rhythm without hitting the extreme acidosis that causes mechanics to break down and muscles to lock up.

- **Exact Paces:** 400m in 59s | 300m in 43s | 200m in 27s.
- **Why You're Doing This:** This workout introduces a high level of lactic accumulation. By executing a single high-quality round, we teach your body to buffer acidosis while maintaining high technical posture under fatigue, without overloading a recovering muscle.

Saturday, June 27: Extended Aerobic Base Run

- **Workout:**
 - Take a continuous 60-minute run at a comfortable, honest pace.
- **Additional Notes:** Prefer a soft trail or grass loop if available to protect your joints after Friday's track work.
- **Exact Paces:** 7:20 – 7:50 per mile effort.
- **Why You're Doing This:** Consolidating your aerobic foundation is non-negotiable. This 60-minute aerobic volume stimulates capillary density and mitochondrial growth, which acts as the recovery engine that allows you to handle this training schedule.

Sunday, June 28: Full Rest Day

- **Workout:** An absolute mental and physical reset with no running.
- **Why You're Doing This:** Supercompensation happens on rest days. Allowing your muscle tissue and nervous system to completely rebuild ensures you absorb Week 1 before stepping up the intensity in Week 2.

Monday, June 29: Pure Speed and Alactic Power (Track Session)

- **Workout:**
 - 2-mile easy warm-up.
 - Movement Drills: 1 × 20 meters each of A-skips, high knees, butt kicks, and straight leg bounds.

- 5 rounds of flying sprints: 30-yard build, 30-yard max speed, 30-yard relaxed coasting with perfect form. Rest 3–4 minutes between rounds.
- Finish with 3 × 150m sprints with 5 minutes of full walking recovery between reps.
- **Additional Notes:** Returning to the track on Monday is completely fine here as your legs will have had a full week of modified, hamstring-safe volume to adapt.
- **Exact Paces:**
 - Flying sprints: Max effort (>95 % intensity).
 - 150m sprints: Target 17.5 to 18.5 seconds.
- **Why You're Doing This:** Placing the movement drills right before this high-intensity effort ensures your neuromuscular system is fully firing without being fatigued. The flying sprints and fast 150s maintain your top-end velocity ceiling.

Tuesday, June 30: Aerobic Recovery

- **Workout:**
 - 45-minute steady, conversational aerobic run on a soft surface (if possible).
 - Finish with 6 × 100m light, fluid strides on grass.
- **Exact Paces:** 7:15 – 7:45 per mile effort. Strides should smoothly accelerate down to 800m rhythm.
- **Why You're Doing This:** This session flushes metabolic waste out of the legs from Monday's speed work while quietly reinforcing your aerobic base.

Wednesday, July 1: Special Endurance I (Specific Race Simulation)

- **Workout:**
 - Comprehensive warm-up routine and dynamic track drills.
 - Main Set: 2 × 600-meter intervals with a full 12 minutes of walking/jogging rest between reps.

- **Additional Notes:** On June 17, you hit 1:31 for both reps and remarked that it felt “smooth”. Today, we will step directly into your true 1:55 fitness pace by pressing the first lap aggressively.
- **Exact Paces:**
 - Rep 1: 1:28.5 to 1:29.5 (Passing the 400m in 57s, holding form for the final 200m).
 - Rep 2: 1:27.5 to 1:28.5.
- **Why You’re Doing This:** Dropping the target to a sub-1:30 clip simulates the exact physical and psychological fatigue you will experience in a real competitive setting. It trains you to pass the 400m mark at high speeds and teaches you to stay relaxed as you battle deep late-race fatigue.

Thursday, July 2: Soft Tissue Recovery and Core

- **Workout:**
 - Complete 30 minutes of light jogging or pool movement.
 - Followed by 15 minutes of dynamic core work (planks, Russian twists, medicine ball holds) and thorough static stretching.
- **Exact Paces:** Very low recovery intensity.
- **Why You’re Doing This:** Following the intense cardiovascular and lactic demands of Wednesday's 600s, this session restores muscular compliance, reinforces core stability, and clears out waste metabolites to keep your body fresh for Friday.

Friday, July 3: Modified Speed Endurance (400m Velocity)

- **Workout:**
 - 1.5-mile warm-up and dynamic track drills.
 - **Modified Main Set: 5 × 200-meter intervals** (reduced from 8 reps to protect the hamstring) with exactly 3 minutes of walking rest between each rep.
- **Additional Notes:** Ensure these reps are highly efficient and executed with smooth velocity. You should not be tying up or scrambling across the line; it needs to look fluid. Stop the session immediately if any cramping or tightness is felt.

- **Exact Paces:** 5 × 200-meter intervals at **26.0 to 27.0 seconds**.
- **Why You're Doing This:** Running 26-flat should now feel incredibly controlled for you given your raw speed. This session builds specific muscular endurance at a pace faster than your target 800m rhythm, using a safely capped volume to pull your total race execution down toward that 1:55 barrier this summer.

Saturday, July 4: Aerobic Maintenance

- **Workout:**
 - Take a 45 to 50-minute easy run, preferably on a soft surface.
- **Exact Paces:** 7:20 – 7:50 per mile.
- **Why You're Doing This:** Keeps the cardiovascular base engaged and active, while facilitating recovery from Friday's fast turnover track session.

Sunday, July 5: Reset

- **Workout:** A full rest day to prepare for the next phase.
- **Why You're Doing This:** Complete physical and psychological closure to a high-quality 2-week block, enabling total physiological adaptation.