

Two-week progression: Monday, June 8-Sunday, June 21

Goals: The primary goals for this two-week phase are advancing lactate threshold and speed endurance to support race pace. We will begin to simulate race conditions through specific race simulations, consolidating the aerobic foundation, and continuing to hone pure speed and neuromuscular sharpness.

Let's try to continue incorporating the movement drills that I first outlined on Wednesday, May 27 (A-skips, high knees, butt kicks, and straight leg bounds). There is some flexibility when you should do these, however, the best time to place them in this two-week cycle is before a light or moderate workout day, or as part of a warm-up on a quality day. This ensures you are primed for the high-intensity effort without being fatigued. If you would like my recommendation, put them on the schedule for Monday, June 8 and Monday, June 15, right before your main aerobic workouts.

Monday, June 8: Pure speed and power.

Start with a 2-mile easy warm-up and dynamic drills, then perform 5 rounds of flying sprints, done this way... 30 yards build, 30 yards max speed, 30 yards of coasting back to easy speed with good form and stride mechanics. Rest 3-5 minutes between each.

Follow that with 4 x 150-meter sprints at 95% (:18-:19 seconds) effort with a 5-minute walking recovery.

Tuesday, June 9: Aerobic recovery.

Complete a 45-minute steady, conversational aerobic run, followed by 6 x 100-meter light, fluid strides on grass.

Wednesday, June 10: Lactate Threshold & Cut-downs

2-mile warm-up followed by a run of 4 x 1000-meter intervals at 5k pace (3:30 per km) with 90 seconds of jogging recovery. These intervals are beneficial for your aerobic capacity and raise your lactate threshold, which helps you sustain high intensity effort for longer durations.

After the km intervals, finish with 4 x 200-meter cut-downs. For the 200-meter cutdowns, the idea is to run each 200 progressively faster. Begin the first 200 at comfortable, controlled pace, perhaps at :30 pace. Second 200 at :28 pace. Third at :26 pace. Finish the last one at a strong near max effort, anaerobic pace – try to hit :25 or better. Rest 1:30-2:00 between each 200 to ensure adequate recovery between the efforts.

Additional notes: A **3:30 per km** is actually a *perfect* high-end aerobic threshold pace for where you are right now (somewhere in the 2:02-2:05 range for an 800 run).

Why you're doing this: The 3:30 pace keeps you right at your aerobic tipping point without accumulating heavy acid, while the final 200-meter reps safely touch the raw speed required for your long-term (I believe you should easily be under 1:55 with some consistent training).

Thursday, June 11: Active recovery.

Dedicate 30 to 35 minutes to very easy jogging or low-impact cross-training (stationary bike or elliptical), with a block of mobility exercises. The focus for these exercises is on preparing the body for the demands of running and reducing injury risk by enhancing joint mobility.

Mobility session detail... you should begin with half-kneeling hip flexor stretches to open up the hips and allow for a full stride. Next, include walking lunges with a twist, stepping forward into a lunge and rotating his torso toward the lead leg to challenge balance and mobilize the thoracic spine. Finally, do forward and backward leg swings to improve flexibility and hip mobility.

Friday, June 12: Special Endurance II (The Lactate Session)

Complete a comprehensive "race-day" warm-up, then perform two sets of 400 meters at goal 800-meter pace, 300 meters slightly faster, and 200 meters at 400-meter pace. Recovery includes 3 minutes between reps and 8 minutes between sets.

Additional notes: Paces must reflect your current 61-second rhythm, ensuring you finish the workout with control rather than tying up completely.

Exact Paces (2 Sets):

400n meters at **61–62 seconds** (Current 800m pace)

3 minutes rest

300 meters at **44–45 seconds** (Slightly faster squeeze)

3 minutes rest

200 meters at **27–28 seconds** (400m speed velocity)

8–10 minutes rest between sets.

Why you're doing this: This introduces "D1-level" lactic accumulation, but at a volume and speed your current 2:02-2:05 capacity can buffer and recover from within 48 hours.

Saturday, June 13: Extended aerobic base run.

Take a continuous 60-minute run at a comfortable, honest pace.

Sunday, June 14: Full rest day.

An absolute mental and physical reset with no running.

Monday, June 15: Alactic speed endurance and strength.

Perform a 2-mile warm-up, then 8 to 10 steep hill sprints with a walk-back recovery, followed by an easy jog or walk. You would also benefit greatly from some static stretching after this hill session.

Tuesday, June 16: Aerobic recovery.

A 45-minute easy run finishing with 5 120-meter smooth accelerations.

Wednesday, June 17: Special Endurance I (Race Simulation)

After a warm-up, run 2 x 600-meter intervals at *current* 800-meter pace with a full 10 to 12 minutes of rest between reps.

Exact Paces: 2 x 600-meter intervals at 1:31.5 to 1:33.0 with a full 10-12 minutes of walking/jogging rest between reps.

Why you're doing this: A 1:32 600-meter run lets you experience the exact mental and physical fatigue of passing the 400-meter mark in a race while trying to maintain form for another 200, matching your current 2:02-2:05 capacity.

Thursday, June 18: Soft tissue recovery and core.

Complete 30 minutes of light jogging or pool movement, followed by 15 minutes of dynamic core work and stretching.

Friday, June 19: Speed Endurance (400m Velocity)

Run 8 x 200-meter intervals at 95% of maximum velocity with 3 minutes of walking rest.

Additional notes: The 200s need to target a highly efficient, smooth velocity that prepares his legs for future speed, without turning into a ragged max-effort drill.

Exact Paces: 8 x 200-meter intervals at **27.5 to 28.5 seconds** with **3 minutes of walking rest** between each.

Why you're doing this: Running 28-flat should feel smooth and fast for you (current 2:02-2:05 800-meter runner). It builds specific muscular endurance at a pace faster than your current race rhythm, which is exactly how we pull your current fitness down toward the 1:55 mark later this summer.

Saturday, June 20: Aerobic maintenance.

Take a 45 to 50-minute easy run, preferably on a soft surface.

Sunday, June 21: Reset.

A full rest day to prepare for the next phase.

