



## SHELDON TRACK & FIELD

### Distance Runners

*Updated May 24, 2020 by Ian Dobson*

Hi Everyone,

I was informed on Thursday that 4J coaches are not permitted to organize or attend in-person team activities until at least June 15. We can still continue to meet through Zoom and I will continue to post optional training plans but I will not be able to be part of any time trials as I suggested I would be last week. I'm sorry for this change, and I hope that those of you who were looking forward to the time trials as a way to wrap up your spring season with some momentum will still do so but please know that I will not be involved and am not encouraging or discouraging you from self-organizing if you would like to take the initiative to do so in ways that follow [Lane County's Phase One guidelines](#).

The 4-week training schedule that I posted last week is unchanged and you can see it below.

Here's the plan from the last few weeks in case you want to reference them for anything:

[March 29-April 5](#)

[April 6-12](#)

[April 13-19](#)

[April 20-26](#)

[April 27-May 3](#)

[May 3-10](#)

[May 11-17](#)

[May 18-24](#)

We have our normal Wednesday/Sunday Zoom meetings this week and I hope to see you on those. Here are the links to join:

Sunday, May 24, 7:00pm -

<https://us02web.zoom.us/j/85236585467>

Wednesday, May 27, 7:00pm -

<https://us02web.zoom.us/j/85065247016>

Sunday, May 31, 7:00pm -

<https://us02web.zoom.us/j/85236585467>



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## Here's the training template through June 14.

As you'll notice, there are no long runs on here. As with any season, as we approach the competition phase of training lowering your training volume should help your legs freshen up and feel fast. In addition to removing the long runs, you should plan to reduce your total weekly mileage to about 75% of your max volume.

May 18-24	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Running	Easy training run	6 x 800m @ 5K goal pace with 2:00 rest	Easy training run	• 20:00 light tempo • 6 x 100m light stride	Easy training run	• 20:00 progressive warmup • 8 x 200m, starting at 1500m goal pace and working down, taking 200m easy jog rest	Off
Comments		5K goal pace should be about 30-60 seconds faster than your XC 5K PR		This should be a very controlled workout...the Tuesday and Saturday workouts will be harder so make sure the tempo isn't too fast!		• start the warmup easy and progress evenly to near threshold pace	
Ancillary	•Hurdle walk overs •8:00 core	Extra stretching/rolling	•Hurdle walk overs •10:00 Tabata-style strength circuit •8:00 core	•8:00 core	•10:00 Tabata-style strength circuit *Hurdle walk overs	•8:00 core •Hurdle walk overs	
May 25-31	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Running	20:00 easy + 4-6 light strides	1500m time trial	Easy recovery run - no more than 30:00	Easy training run	The "Webb" - 7 x 400m with 3:00 rest. Start at 1500m goal pace and try to stay consistent or work down.	Moderate long run (50-70 minutes)	Off
Comments						Keep the pace nice and easy!	
Ancillary	•8:00 core	Extra stretching/rolling		•8:00 core		•8:00 core •Extra stretching/rolling	
June 1-7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Running	20:00 easy + 4-6 light strides	800 or 3000m time trial	Easy recovery run - no more than 30:00	Easy training run	• 1 mile at 3K goal pace * 5:00 rest * 3 x 300m FAST with 3:00 rest between each	Easy training run	Off
Comments							
Ancillary	•8:00 core	Extra stretching/rolling		•8:00 core		•8:00 core •Extra stretching/rolling	
June 8-14	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Running	20:00 easy + 4-6 light strides	1500m time trial	Easy recovery run - no more than 30:00				
Comments							
Ancillary	•8:00 core	Extra stretching/rolling					