

COACHING SUGGESTIONS FOR THE 1200M/1500M

| Phase (One) | Base or Foundation Period (Building the Foundation of the House) |
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| Mon | Strength/CT (1) + 45'e |
| Tue | Week (1) : 10'e + Stretching/Striding + 6 x 1000m/2'rec + 15'e Week (2) : 10'e + Stretching/Striding + 4 x 1500m/2'rec + 15'e Week (3) : 10'e + Stretching/Striding + 3 x 2000m/2'rec + 15'e Week (4) : 10'e + Stretching/Striding + 12 x 400m/3'rec + 15'e |
| | The above 4 sessions should preferably be done in a measured, undulating park or on a cross country course |
| Wed | 1hr:00'e/med |
| Thu | Strength/CT(2) + 45'e |
| Fri | No training |
| Sat | Week (1) : 10'e + Stretching/Striding + 8km Time Trial + 10'e Week (2) : 10'e + Stretching/Striding + 10 x 200m fast uphill strides/jog down rec + 15'e Week (3) : 10'e + Stretching/Striding + 8km Time Trial + 10'e Week (4) : 10'e + Stretching/Striding + 12 x 150m fast uphill strides/jog down rec + 15'e |
| Sun | 1hr:10'e/med over a Hilly Route |
| Total Mileage | Kms |

| Phase (Two) | Pre-Season Period (Build the walls of the House) |
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| Mon | Strength/CT(1) + 45'e |
| Tue | Week (1) : 10'e + Stretching/Striding + 4 x (3 x 200m)/100m walk rec between reps and 6'e walk between sets + 15'e Week (2) : 10'e + Stretching/Striding + 8 x 400m/3'e walk between reps + 15'e Week (3) : 10'e + Stretching/Striding + 3 x 1200m/3'rec + 6' + 6 x 100m fast/100m walk back rec + 5'e Week (4) : 10'e + Stretching/Striding + 15 x 100m fast uphill strides/slow jog back rec + 20'e |
| Wed | 1hr:00'e/med |

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| Thu | Strength/CT(2) + 35'e |
| Fri | No training |
| Sat | Week (1) : 10'e + Stretching/Striding + 3 x 1000m/3'rec + 6' + 6 x 100m fast/100m walk back rec + 5'e Week (2) : 10'e + Stretching/Striding + 5 x 300m/3'rec + 20'e Week (3) : 10'e + Stretching/Striding + 350m/300m/250m/200m/150m/100m fast with a 300m/250m/200m/150m/100m slow jog rec between reps + 15'e Week (4) : 10'e + Stretching/Striding + 4 x 400m/6'rec + 15'e |
| Sun | 1hr:00'e over a Hilly Route |
| Total Mileage | Kms |

| Period (Three) | Competition Period (Placing the Roof on the House) |
|-----------------------|--|
| Mon | 45'e |
| Tue | Week (1) : 10'e + Stretching/Striding + 3 x (3 x 200m)/100m walk between reps and 6'e walk between sets + 15'e Week (2) : 10'e + Stretching/Striding + 15 x 100m/100m walk back rec + 15'e Week (3) : 10'e + Stretching/Striding + 3 x 400m + 1 x 300m/6'e walk rec between reps + 10'e Week (4) : 10'e + Stretching/Striding + 15 x 100m/100m walk back rec + 15'e |
| Wed | 10'e + Stretching/Striding + 40'e + 5'e + 6 x 60m very fast with a 120m slow walk back rec + 5'e |
| Thu | 35'e |
| Fri | No training |
| Sat | Race over 400m/800m/1500m or 3000m (the 1500m being the No. 1 event) 'Trio Training' : The 1500m runner must know his/her 400m/800m speed and equally their 3000m speed ie speed/strength endurance and aerobic endurance |
| Sun | 1hr:00'e |
| Total Mileage | Kms |

| Period (Four) | Recovery Period (Planning and Designing the next House) |
|----------------------|---|
| | Post competition recovery is essential. Reclaiming the desire to train and race. This can be made up of slow runs, swimming, cycling, hiking, another type of sport but with adequate days of complete rest ie recharging the batteries. This recovery period can last between 2 to 3 to 4 weeks. 3 weeks is preferable. |
| Mon | |
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| Tue | |
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| Wed | |
| | |
| Thu | |
| | |
| Fri | |
| | |
| Sat | |
| | |
| Sun | |
| | |
| Total Mileage | Kms |
| | |

Strength Training Component

| Strength/Circuit Training (1) | | |
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| 8 Exercises | | |
| Squats | | |
| Bench Press | | |
| Leg Extension | | |
| Sit-ups | | |
| Leg Curl | | |
| Back Raise | | |
| Leg Raise | | |
| Alt Leg Thrusts | | |

| Strength/Circuit Training (2) | | |
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| 8 Exercises | | |
| Leg Press | | |
| Press-ups | | |
| Alt Dumb Bell Press | | |
| Step-ups | | |
| Lat Pull Down | | |
| Sit-ups | | |
| Back Raise | | |
| Double Leg Thrusts | | |

| Technical/Speed/Strength/Plyometrics Training (3) | | |
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| 3 Exercises | | |
| High Knees x 30m | | |
| Butt Kicks x 30m | | |
| High Knee Jumps x 30m | | |
| | | |
| Hopping R & L x 30m | | |
| Hurdle Jumps x 8H's | | |
| | | |
| Standing Long Jump | | |
| Standing Triple Jump | | |
| | | |
| Running Drills 30/30/30m | | |

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