Track Workouts for Speed and Distance

Long Distance

2 mile x 1

1 mile x 1

800 x 2

Make sure it is paced, not too fast

Middle Distance

400

800

1200

800

400

Steady pace (2 mins rest)

Short Distance

300

400

500

400

300

2 min rest

Sprints

100

200

300

200

100

1 min rest in between

Intervals jog 50 meters, sprint 50 meters

Ladder Workout

Sprinters 3x100-200-300-200-100

Distance Runners 600-200-600-200-400

All runners 400m x 5 sprints the straight away-jog the curve

400 meters follow by 3 minute rest

400 meters follow by 2 minute rest

400 meters follow by 2 minute rest

400 meters follow by cool down jog

300-100 workout x 8 laps run the 300 walk the 100 35secs

Speed Workout

5 x 20

4 x 30

3 x 30m all out with walking rest.

6 x 250m at percent of max with 2 minute rest.

2 to 3 sets of 300, 200 and 100m at 80 percent effort with a 100 meter rest between sets 400m between sets.

Sprinters

Beginner Short Interval Workouts

- 6 x 100m
- 6 x 200m
- 6 x 300m
- 6 x 400m

Intermediate Short Interval Workout

- 8 x 100m
- 8 x 200m
- 8 x 300m
- 8 x 400m

Advanced Short Interval Workout

- 10 x 100m
- 10 x 200m
- 10 x 300m
- 10 x 400m

Middle Distance

Beginner Middle Distance Workout

- 5 x 600m
- 4 x 800m
- 3 x 1000m
- 2 x 1200m

Immediate Middle Distance Workout

- 6 x 600m
- 5 x 800m
- 4 x 1000m
- 3 x 1200m

Advanced Middle Distance Workout

- 7 x 600m
- 6 x 800m
- 5 x 1000m
- 4 x 1200m

Distance Workout

Beginner Distance Interval Workout

- 4 x 1600
- 3 x 2000
- 2 x 2400

Immediate Distance Interval Workout

- 5 x 1600
- 4 x 2000
- 3 x 2400
- 2 x 3000

Advanced Distance Interval Workout

- 6 x 1600
- 5 x 2000
- 4 x 2400
- 3 x 3000