

Mock 3200m State Championship Run

March	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Date								
27-Mar	Recovery							
28-Mar		Progression run 7						
29-Mar			Recovery + 4x150's					
30-Mar				Recovery				
31-Mar					Fartlek - 4.5 mile			
1-Apr						O.D.		
2-Apr								68
April	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
3-Apr	Recovery							
4-Apr		Steady State 7						
5-Apr			Recovery + 5x150's					
6-Apr				3x2K "cruise"- Anthem				
7-Apr					Pre-Race			
8-Apr						4x800/Mile/4x400		
9-Apr							Off Day	75
10-Apr	St. State 8							
11-Apr		Recovery + 6x150's						
12-Apr			5x1K on 4:30 goes					
13-Apr				Recovery				
14-Apr					Pre-Race			
15-Apr						4x800/3200		
16-Apr							O.D.	72
17-Apr	St. State 8							
18-Apr		Recovery + 5x200's						
19-Apr			5x1K on 4:30 goes					
20-Apr				Recovery				
21-Apr					Pre-Race			
22-Apr						Race 3200 "Set-up"		
23-Apr							Off Day	66
24-Apr	Recovery							
25-Apr		12x400 stroke volume						
26-Apr			Recovery					
27-Apr				Recovery				
28-Apr					4 mile tempo			
29-Apr						4x800/1600		
30-Apr							Recovery	72

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
30-Apr								
1-May	Recovery							
2-May		4 x 1K on 5 goes						
3-May			2/3uptempo/2cool					
4-May				Recovery				
5-May					Pre-Race			
6-May						4x800/1600		
7-May							O.D.	65
8-May	Recovery							
9-May		800,600,400,500 + 4x200						
10-May			Recovery 4x200					
11-May				Recovery				
12-May					Pre-Race			
13-May						Conference 1600/3200		
14-May							Off Day	60
15-May	Recovery							
16-May		Recovery 5x200						
17-May			4 x 1K on 5 goes					
18-May				2/3uptempo/2cool				
19-May					Pre-Race			
20-May						District 3200		
21-May							Off Day	60
22-May	Recovery 4x200							
23-May		Recovery						
24-May			Signature w/OUT ~ 10 days out of Regionals					
25-May				Recovery				
26-May					Pre-Race			
27-May						Regional Championship		
June	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
28-May							Off Day	60
29-May	Recovery							
30-May		4x400 on 2:30 goes						

31-May		Pre-Race					
2-Jun			4x800 Relay				
3-Jun				easy 35 min.			
4-Jun					State Championship		taper