

St Vincent's Training Middle Distance Program -

Session 1

2 sets x 1000m, 800m, 600m, 500m, 400m,300m. - All 1500m pace

5min rest between long runs.

10min between sets

Session 2

4 x 500m - fast

5min between runs

4 x 300m – 5min rest between.

10min jog cool down

Session 3

20min run

Aim: to do all 3 sessions each week in holidays.