Intermediate 1500 Meters and Mile Training Program

By Rick Morris

(http://www.runningplanet.com/training/intermediate-mile-1500-meter-training.html)

This 1500 and mile training program is for intermediate level runners that have at least six months or have prior experience in training and racing the 1500 or mile distance, running shorter 400 to 800 meter races or longer 5K to 10K races. You should be able to run at least 3 miles or 5 kilometers without stopping before beginning this 1500 meter and mile training program. I have divided this mile training plan into three training phases – early season, mid-season and late season. The specific length of each of your phases will vary depending upon the overall length of your training or race season. Most athletes use phases of about 3 to 4 weeks in length. Each training phase has a 14 day rotating workout cycle. The 1500 and mile plan uses a multi-pace training program that includes workouts at all critical paces including endurance pace, lactate turn point pace, vVO2 max pace and sprint pace.

This program uses a variety of training paces including 400 meter race pace, 800 meter race pace, 5K race pace and easy pace. It also includes current pace and goal pace. Current pace refers to your current 1500 or mile race pace. Goal pace is your goal 1500 or mile pace.

I believe that success in the 1500 meters or mile requires training at a range of paces and intensities. For that reason I have included various workout types including simple repeats, compound sets, steady runs, fartlek runs and hill workouts. Compound sets are combinations of distances and paces that are performed with no recovery. There is recover between multiple compound sets. Steady state runs are longer runs done at a steady pace. Fartlek runs are unstructured workouts in which you change your pace or running intensity throughout your workout. There are no hard and fast rules in fartlek runs. The only guideline you need to follow is to vary your pace frequently and include both easy and harder running paces. Hill workouts are very valuable workouts in which you run up a hill at a hard pace. Recovery is accomplished by jogging down the hill. If you do not have hills in your area you can do this type of workout on a treadmill.

**Early Season Phase**

- Day 1 - 10 x 400 meter repeats @ current pace. Recover between each repeat with 2 minutes of passive recovery.
- Day 2 - 5 kilometer fartlek run.
- Day 3 - 2 x 2400 meter repeats @ 5K pace. Recover between each repeat with 4 minutes of passive recovery.
- Day 4 - Run 5 kilometers @ easy pace.
- Day 5 - 8 x 200 meter repeats @ 400 meter pace. Recover between each repeat with 1 minute of passive recovery.
- Day 6 - 5K to 7K fartlek run or rest.
- Day 7 - 3 x 200/400/200 compound sets. Run 200 meters @ 800 meter pace, 400 meters @ current mile pace and then another 200 meters @ 800 meter pace. Take no recovery between the distances. Recover between each set with 4 minutes of passive recovery.
• Day 8 – Run 6 kilometers @ easy pace.
• Day 9 – Run 4 x 400 meter repeats @ current mile pace. Recover between each repeat with 2 minutes of passive recovery. Then run 4 x 200 meter repeats @ 800 meter pace. Recover between each repeat with 1 minute of passive recovery. Then run 4 x 100 meter repeats @ sprint pace. Recover between each repeat with 30 seconds of passive recovery.
• Day 10 – 7 kilometer fartlek run.
• Day 11 - Run for 15 minutes alternating between 1 minute @ mile pace and 2 minutes @ easy pace. Then run 8 x 100 meter strides.
• Day 12 – 5K to 7K fartlek run or rest.
• Day 13 – Run 10 x 100 meter repeats up a steep hill. Run @ current pace. Recover by running down the hill @ easy pace.
• Day 14 – Run 7 kilometers @ easy pace.

**Mid-Season Phase**

• Day 1 – 8 x 400 meter repeats @ current pace. Recover between each repeat with 2 minutes of passive recovery. Then run 2 x 400 meter repeats @ goal pace. Recover between each repeat with 2 minutes of passive recovery.
• Day 2 – 7 kilometer fartlek run.
• Day 3 – 2 x 2400 meter repeats @ 5K pace. Recover between each repeat with 3 minutes of passive recovery.
• Day 4 – Run 8 kilometers @ easy pace.
• Day 5 – 8 x 200 meter repeats @ 400 meter pace. Recover between each repeat with 1 minute of passive recovery.
• Day 6 – 5K to 7K fartlek run or rest.
• Day 7 – 3 x 800/400 compound sets. Run 800 meters @ current pace then another 400 meters @ 800 meter pace. Take no recovery between the distances. Recover between each set with 4 minutes of passive recovery.
• Day 8 – Run 7 kilometers @ easy pace.
• Day 9 – Run 4 x 400 meter repeats @ current mile pace. Recover between each repeat with 2 minutes of passive recovery. Then run 4 x 200 meter repeats @ 800 meter pace. Recover between each repeat with 1 minute of passive recovery. Then run 4 x 100 meter repeats @ sprint pace. Recover between each repeat with 30 seconds of passive recovery.
• Day 10 – 8 kilometer fartlek run.
• Day 11 - Run for 18 minutes alternating between 1 minute @ mile pace and 2 minutes @ easy pace. Then run 8 x 100 meter strides.
• Day 12 – 5K to 8K fartlek run or rest.
• Day 13 – Run 10 x 100 meter repeats up a steep hill. Run @ current pace. Recover by running down the hill @ easy pace.
• Day 14 – Run 8 kilometers @ easy pace.
Late Season Phase

- Day 1 – 5 x 400 meter repeats @ current pace. Recover between each repeat with 1 minute of passive recovery. Then run 5 x 400 meter repeats @ goal pace. Recover between each repeat with 1 minute of passive recovery.
- Day 2 – 8 kilometer fartlek run.
- Day 3 – 2 x 2400 meter repeats @ 5K pace. Recover between each repeat with 2 minutes of passive recovery.
- Day 4 – Run 8 kilometers @ easy pace.
- Day 5 – 10 x 200 meter repeats @ 400 meter pace. Recover between each repeat with 1 minute of passive recovery.
- Day 6 – 5K to 8K fartlek run or rest.
- Day 7 – 3 x 800/400 compound sets. Run 800 meters @ goal pace then another 400 meters @ 800 meter pace. Take no recovery between the distances. Recover between each set with 4 minutes of passive recovery.
- Day 8 – Run 10 kilometers @ easy pace.
- Day 9 – Run 4 x 400 meter repeats @ current pace. Recover between each repeat with 1 minute of passive recovery. Then run 4 x 200 meter repeats @ 800 meter pace. Recover between each repeat with 30 seconds of passive recovery. Then run 4 x 100 meter repeats @ sprint pace. Recover between each repeat with 15 seconds of passive recovery.
- Day 10 – 10 kilometer fartlek run.
- Day 11 - Run for 21 minutes alternating between 1 minute @ mile pace and 2 minutes @ easy pace. Then run 8 x 100 meter strides.
- Day 12 – 5K to 10K fartlek run or rest.
- Day 13 – Run 10 x 100 meter repeats up a steep hill. Run @ goal pace. Recover by running down the hill @ easy pace.
- Day 14 – Run 12 kilometers @ easy pace.