



# OREGON TRACK CLUB ELITE



## 800M – ALTITUDE [BASIC PHASE] – ALTITUDE CAMP - FLAGSTAFF

<b>25<sup>th</sup> March</b>	45min + gym	6x1km (2min rec) 3:10, 3:07, 3:04 ..... 3.02	45min + gym	4m + 6x200 5:20 – 5:07	Easy day	3x4x300 (1'/5' rec) 44-45s > 41s	Longer run 75min trail
<b>1<sup>st</sup> April</b>	Shorter run +gym 4x100 4x80 4x60 [2/5 @96%]	4x5min +400 [3'rec] 56-57"	Gym	25min Pace 2.5 @5:1/20 2.5@5:05	Easy day	4x2x400 [60" 400jog 3-4'rec] 61s, 59s, 58s, 55-54s	Longer run 75min trail
<b>8<sup>th</sup> April</b>	45min + gym	2'1"x5 [60-75" rec]	45min + gym	20x200 90" rec fartlek controlled 33" > 29"	Easy day	1km-800-600-400-200 [4,3,2,1 rec] 2.42, 2.00, 88, 55.4, 26.7	Longer run 75min trail
<b>15<sup>th</sup> April</b>	30-45min + gym	4x200 4x3' 90"rec 4x200	Travel	Easy jogging	Warm up routine	<b>RACE Kansas 1M</b>	