



# OREGON TRACK CLUB ELITE

## 800M – PRE-COMPETITIVE

<b>22<sup>nd</sup> April</b>	Gym + strides / recovery run	4x1km (2min rec) 3:00 to 2:45 500-300-200-58s/54 /26-25s	Gym / recovery running	4m pace progressive + 1m 100-100	Recovery running	7x600 2'rec [2x300 55"rec] 92-89 / 41-38	Longer run
<b>29<sup>th</sup> April</b>	Gym + 150s / recovery run	3x4x200 30"rec 4'set [29s to 26s]	Gym / recovery running	Pace 20min [low end/ high end] 6x100	Recovery running	3x1m 2x800 [3x5' 2x2' fartlek]	Longer run
<b>6<sup>th</sup> May</b>	150-120-100-80-60 / recovery run	<b>1km 800 600</b> [6-8'rec] 2x200 4'rec 2:28.6, 1.55.0, 82.9, 25s	Gym / recovery running	3x100 – 3m– 3x100 5:22, 5:22, 5:10	Recovery running	5x800 + 3x500 [300-200] 2:20, 19, 16, 19, 21 [42-26s]	60min
<b>13<sup>th</sup> May</b>	40-50m + light gym	10x200 alt 29-28/26-24	Rest	Activation 100-150-100	<b>OXY 1500 3:36.07</b>	Long run 80min	40min max

