



OREGON TRACK CLUB ELITE

800M – COMPETITIVE – competition USATF Trial

3rd June	Gym + speed	3x5' 2x2' fartlek [3'/2'rec] 4:58, 4:49, 4:43 2:17, 2:13	Easy running + Gym	Easy running/ strides	2x500 -300 8'/10'/12' 49@400 [62mid] - 37" 52@400 [65"] - 38"	Easy jogging	60' [20-20-20] Long Run
10th June	Speed w/Jimmy Normal Monday	1km, 800, 1km, 800 + 3x200 [2'rec] 2:54, 2:22, 2:49, 2:10 [25-26s]	Easy running + Gym	150m [400speed] 400-200 2'/15' [x2] 50.5-24.6 50.5-24.4	Easy	3x100 – 2m tempo– 3x100	Easy Running
17th June	2x600 3x400 300 1.39, 1.38, 63s – 37.6	Rest Physio Treatment	Warm up routine	3:50pm HEAT	8.25pm SEMI	Recovery	3.13pm FINAL

