**ANAEROBIC TRAINING FOR MIDDLE DISTANCE RUNNERS**

Emphasis is on creating a high-lactate state with repeated bouts of fast running . . . separated with an incomplete recovery period.

**A) INTERVAL TRAINING**

**6 Examples of Interval Workouts (For a 2:00 HS 800m runner)**

**1) Increasing speed/decreasing recovery reps**

5x (4x200m) @ 33-32-31-30-29 w/50-45-40-35-30 sec interval by set (no additional recovery between sets!!)

**2) Russian intervals**

5x (3x300m @ 48 w/jog 100m at 30-sec) Jog 800m between sets

**3) Tempo intervals**

2x 1000m @ 2:55 (70-pace) w/60-sec Int --4:00-- 4x500m @ 1:21+ (65-pace) w/60-sec Int -- 4:00-- 2x 1000m @ 2:55 w/60-sec Int

**4) Pick-up reps**

8x 400m @ 70 w/90-sec Int and #s 2,5,8 @ 63

**5) Neg-split reps**

2x (300m-500-400 w/neg-split last 100m)

@ :32+14 (=:46 300m) . . . 66+14 (=1:20 500m) . . . 48+14 (=62 400m)

2-min btw reps/jog 1200 btw sets

**6) Sit 'n Kick Reps**

5x (400m @ 64 . . . rest 30-sec . . . 200m @ 28) jog 1200m btw sets

**B) SURGING TRAINING**

**2 Examples of surging workouts (For a 2:20 HS 800m runner)**

**1) Oregon surges**

2x (600-1000-600) surging 200s @ 37-47-37-etc. Jog 600m between sets.

**2) Cone surges** (place cones at 133m intervals around the track)

5-4-3 laps striding to one cone and surging to the next. Jog 800 btw sets.