

## Training for the 3200/1600 Double

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## 3200m

- Even though 3200 is the longest standard event on the track in High School, it can still be considered a middle distance.
- Athletes who run this event need good endurance, some speed, and can mentally focus for the duration of the event
- Good Cross Country runners typically make good 3200m runners

## 1600m

- True Middle Distance Event.
- Requires great amounts of contribution from both the aerobic and anaerobic systems.
- Need to be smart racers, because the 1600m can often be a very tactical race
- Many good cross country runners will make good “milers”.

## Aerobic & Anaerobic Contribution

Event	Duration	Aerobic %	KCAL used	Anaerobic Glycolytic %	KCAL used	Anaerobic Alactic %	KCAL used	Total KCAL
800 Meters	2 min	50%	45	44%	40	6%	5	90
1600 Meters	4 min	70%	100	28%	42	2%	3	145
3200 Meters	10 min	87%	249	13%	36	<1%	1	286
5000 Meters	15 min	92%	372	8%	32	<1%	1	405
10,000 Meters	30 min	95%	700	5%	30	<1%	1	730

## Race Specific Energies and Event Profiling

Event	%VO2 Max
800m	120-136%
1500/1600	110-112%
3000/3200	100-102%
5000m	97-100%
10000m	92%

## Preparing for the 3200/1600

- General Preparation (As Long as you have)
  - Load – Highest amount of volume-Aerobic Efficiency
- Preparation (4-8 weeks)
  - Load – Intensity introduces. Aerobic Power and Race Paces
- Competition (4 weeks)
  - Load – Intensity emphasized. Anaerobic finishing touches
- Transition (2 weeks)
  - Load – Low Volume, Low Intensity – Active Rest

### Important Training Regimes

- Long Runs – Single long run during the week that will account for up to 20% of weekly total
- Tempo Runs – 20-30 minutes run at submaximal, but hard pace. Will be about the pace a person can run for one hour.
- Long Intervals – Intervals lasting 2-6 minutes with relatively short rest b/reps. Run these slower than 3200m pace, but the total volume of the session will be high.

### Important Training Regimes cont.

- Intensive Intervals or Lactate Tolerance – Interval session run at paces at or faster than race pace (3200 pace down to 800m pace). Run with equal or greater rest than the interval itself.
- Speed Work – Short intervals run at 800m pace or faster. (“52 second rule” example)

### Pre Season (General Prep)

- Focus on Aerobic Efficiency
  - Long Continuous runs
  - Tempo Runs
  - Hill Workouts
  - Fartleks
  - Begin to introduce Race Paces as season gets close
  - Aerobic Efficiency takes a long time to develop, but a long time to loose

### Early Season (Prep Phase)

- Focus on Aerobic Power (VO2 max)
  - Aerobic Power is critical to racing 3200m
  - This is the adaptation of making the heart strong and powerful
  - Aerobic Power will be developed by running slightly above, at, and slightly below 3200m pace for times ranging from 2-6 minutes
  - Continue to do aerobic runs to maintain the aerobic efficiency fitness level that has been developed

### Middle to Late Season (Comp Phase)

- Focus is continue to work Aerobic Power (VO2 Max) as well as the anaerobic system.
- 3200m still has a significant anaerobic contribution to the race (13%).
- Working and racing at 1600m and 800m paces will help with developing the anaerobic side. Even running a leg on the 4 x 400m relay is a great “speed” workout for a distance runner.
- Intensity of the “hard” sessions should remain high and total volume should begin to lower.

### Training Parameters

- Interval Training
- 10k Pace Workouts (probably not greatly applicable to High School)
  - Focuses on Aerobic Strength and Efficiency
  - Total Volume of a session 8k up to 15k
  - Recovery between intervals 1/4 time
    - Examples of workouts: 10-12 x 1000m, 45 sec. b/reps  
25 x 400m on a 2 minute cycle  
8x400, 2x800, 1x1600, 2x800, 8x400, ¼ jog of int. just run

### Training Parameters

- Interval Training
- 5k Pace Workouts
  - Focuses on Aerobic Strength and Power
- Total Volume of a session 3 to 6 miles
- Recovery between intervals 1/2 time
  - Examples of workouts: 4 x Mile, 3 min. b/rebs
    - 5 x 1200m, 2-3 min. b/rebs
    - 8 x 800m, 90 sec. b/rebs
    - 16 x 400m, 45-60 sec. b/rebs

### Training Parameters cont.

- Interval Training
- 3k or 3200m Pace Workouts
  - Focuses primarily on Aerobic Power
- Total Volume of a session 2 to 4 miles (older athletes further)
- Recovery between intervals is equal rest
  - Examples of workouts: 6 x 800m, 3 min. b/rebs
    - 10 x 600m, 2 min. b/rebs
    - 4 x 5 x 200m, 30 sec. b/rebs,
    - 3 min. b/rebs

### Training Parameters cont.

- Interval Training
- Mile or 1600m Pace Workouts
  - Focuses on Aerobic Power and Buffering Capacity as well as knowing 1600m Pace
- Total Volume of a session 2400m – 4800m
- Recovery between intervals is twice time just run
  - Examples of workouts: 10 x 400m, 2.5 min. b/rebs
    - 12 x 300m, 2 min. b/rebs
    - 5 x 3 x 200m, 60 sec. b/rebs,
    - 5 min. b/rebs
    - 4 x 800m, 5 min. b/rebs

### Training Parameters

- Interval Training
- 800m Pace Workouts
  - Focuses on Buffering Capacity and Lactate Tolerance
- Total Volume of a session 800m to 3200m (usually in sets)
- Recovery between reps is short, near complete between sets
  - Examples of workouts: 2 x 400/200/200, 3 min, 1 min. b/rebs, 8-10 min. b/sets
    - 4 x 3 x 200m, 30 sec. b/rebs, 8 min. b/sets
    - 600/200, 45-60 sec b/rebs, followed by 150's with 3-4 min. b/rebs

### Peaking for 1600/3200

- Total Volume can be reduced up to 30%
- Intensity of workout should remain high
- Lean to the side of conservative in regards to recovery between workouts and races
- Anaerobic Peak can last 2-3 weeks
- Aerobic Peak can last up to 4 weeks, or more

### Example of Multi Tier Training Cycle Pre Season

Mon	Aerobic Run plus circuits
Tues	(5k) 8x800m, 90 sec. b/rebs
Wed	Aerobic Run plus circuits
Thurs	(Tempo) 30 Minute Tempo Run
Fri	Aerobic Run plus circuits
Sat	Long Run
Sun	Aerobic Run or REST
Mon	Aerobic Run plus circuits
Tues	Hill Repeats, 8 x 300m
Wed	Aerobic Run plus circuits
Thurs	(Tempo) 20 Minute Tempo Run
Fri	Aerobic Run plus circuits
Sat	(1600) 8-10 x 400m, 2 min. b/rebs
Sun	REST or Long Run

### Example of Multi Tier Training Cycle Early Season

Mon	Aerobic Run plus circuits
Tues	(5k) 8x800m, 90 sec. b/ reps
Wed	Aerobic Run plus circuits
Thurs	(1600) 10x300m, 2 min. b/ reps
Fri	Aerobic Run plus circuits
Sat	20 Minute Tempo Run
Sun	REST
Mon	Aerobic Run plus circuits
Tues	(3200) 3 x Mile, 5 min. b/ reps
Wed	Aerobic Run plus circuits
Thurs	(800) 3 x 500, 5 x 300, 5 min. b/ reps, 8 min. b/ sets
Fri	Aerobic Run
Sat	Track Meet - 1600/800 Double
Sun	Long Run

### Example of Multi Tier Training Cycle Late Season

Mon	Aerobic Run plus circuits
Tues	(3200m) 4 x 1200m, 4 min. b/ reps
Wed	Recovery Run plus circuits
Thurs	20 Minute Tempo Run
Fri	Recovery Run
Sat	1600m Race
Sun	Long Run (shorter than earlier in season)
Mon	Recovery Run plus circuits
Tues	(800) 2 x 400/200/200/200, 3 min./90 sec. b/ reps, 8 min. b/ sets
Wed	Recovery Run plus circuits
Thurs	4 x 800, 3 min. b/ reps, then do 5 x 200m, 3min b/ reps
Fri	Recovery Run
Sat	3200m Race
Sun	REST

### Race Tactics for 1600m/3200m

- Set up a race plan to fit both the athletes' fitness level and the training system you have set up
- Work on surges in practice, especially in later portion of Prep Phase and during Comp Phase
- Race and train at 800m and/or 1600m paces regularly to help with closing speed for 3200m runners
- Race and train at 400m and/or 800m paces to help closing speed for 1600m runners

### Circuits for distance runner

- Body weight movements
  - Examples: push-ups, crunches, pull-ups, body weights squats, leg lifts, etc.
- Short bursts of running, running drills, or plyos can be mixed in
  - Example: Strides, Sprint Drills, step-ups, bounding, lunges, etc.
- Can be used as a primary or a secondary workout depending on the work load

### Record Keeping

- Keep good records of practices and races
  - Workout results
  - Weekly Mileage
  - Race Splits
- Can be useful when training or racing begin to not go as well. Can refer back to "happier" times

### Recovery Intervals: General Principles #1

- 2/3 of recovery takes place within the first 1/3 of time required for full recovery
- Anaerobic training
  - Intensity 90-100% of maximum velocity
  - recovery requires more time between reps and sets than recovery between aerobic stimuli
- Aerobic Training
  - interval between each aerobic stimulus is normally between 1 & 2 times the running time of each rep