



Macro - the big chunks of time or the "Periods"		
Lydiard training system	Jack Daniels training system	The desired outcome of this period
Base 1	Foundation and Injury Prevention (FI)	This period prepares your body for running the greater volumes (length of time or number of kilometers) in the early quality phase. It is also the time do technical running exercises so any weaknesses in your running form which may lead to injuries as you start to amp up the volume. For instance, if you know your stabilising muscles are weak this is the period to hit the gym and do eccentric weights including calf stabilisers, quad stabilisers, hamstring stabilisers and pevic/glut stabilisers and to start a core strengthening programme.
Base 2	Early Quality (EQ)	The early quality phase involves a lot of long slow running which will build your endurance. The fitness you will develop during base training will enable you to cope with the demands of harder quality sessions which come in the transition and final quality phases. This period of training can be as short as 6 weeks or last a year. I think of this phase as the "bread and butter" phase.
Speed 1	Transition Quality (TQ)	This is the hardest phase of all. Apart from the huge benefits you'll enjoy in terms of improving your running economy (being able to run faster for longer for less energy expenditure) you will develop the mental grit and determination to run despite the build up of lactic acid. Most people find the training done in the transition quality feels much harder than racing. With a good TQ phase under your belt you'll develop a sense of inner confidence that you'll be able to race to your potential without any problems.
Speed 2	Final Quality (FQ)	The final quality phase puts the icing on the cake. It's the period of training where you cash in on all the hard training you've over the last three periods and in particular the TQ phase. This period is also called the "season". During the final quality phase the primary quality session you do from week to week should mirror the pace of running you'll be doing in your races. It's also the time to train your strengths and avoid your weaknesses altogether - you want to go into races without any nagging doubts about your running ability at this point.

NOTE: The Speed periods of the Lydiard system incorporates a lot of hill bounding, track intervals and repetitions aimed to bring middle distance athletes into peak for a single race. These plans don't bring you into peak condition for a single race but into a season. Also the intervals tend to be longer than for a middle distance runner.

The other key difference to the Lydiard system in these plans is that they are multi-tiered (see the theory notes) which incorporates high intensity sessions during the base training period on top of the long slow runs. And there are longer aerobic sessions incorporated into the speed phase.

### Meso Plan

The guts of a training plan is really the scheduling of the meso cycles. I work in 3 to 4 week meso cycles broken up into weeks. 1 week, 10 day, 2 week and 3 week cycles are all very common.

I prefer Jack Daniel's approach to increasing volume or intensity through week repetitions. In a two or three week meso cycle, week one establishes the volume or intensity. This week is then repeated either once (2 week cycle) or twice (three week cycle). The first week will feel very tough. The second slightly easier. The third week your body should have adapted to the stress of the week's load which will make it feel totally manageable and repeatable, if not easy. The 3 week meso cycle is followed by an easy week roughly equal to 60% of the volume you've just been running. The recovery week is important. It allows your body to totally recover so that it's ready to take the next step up to a harder first week and so on.

An alternative method to the repetition of a 7 day plan is "progressive overloading". In a progressive overload week 2 is slightly greater than week 1 and week 3 slightly greater than week 2. The meso cycle is again followed by a recovery week. I used to do this but abandoned it because I tend to develop overuse injuries from progressive overloading programmes. These plans don't use the progressive overload approach for that reason. The benefit of the progressive overload is that you can build up your volume quite quickly. The risk is injury. If you know your body recovers very quickly you may like to create a progressive overload plan by taking the first week of three meso cycles and performing them consecutively and then having a rest week. You could work quickly through the beginner and intermediate plans this way.

My body takes quite a bit of time to adapt to high volumes of running. Using the establish and repeat approach to planning a meso cycle I have got up to peak weeks of 220km, 16hours of running, without any problem. I used to get start getting shin splints around the 160km weekly mark using the progressive overload method - the increases in volume from week to week was just too great for my body to recover before the next step up in volume. So although it takes much longer to get to high volumes using Jack Daniel's method, it will in all likelihood enable you to run consistently higher volumes of training in the long run.

### Meso Cycle Codes

Rest	R	Total rest from running. A time for your body to totally recover from the stress of running. A nice mental break. You can take a step back and review all you've accomplished and use that to motivate your next training plan.
Easy	E	60% of the volume of the preceding hard week
Moderate	M	I put a moderate week in to beginner and intermediate programmes as a means creating gentler 2 or 3 week meso cycles.
Hard	H_increase and H	The H_increase week establishes the training volume which will be repeated during the following 1 or 2 hard weeks
Very Hard	VH	OK, so sometimes at the end of base training I add in a progressive overload week as the peak week. It's normally only added if I want to achieve a big peak week but don't have the time available for a long build up. The VH week will only be 2-5% higher than the preceding hard week.
Taper	T	Tapering is the least understood and most anxiety provoking concept in running. It needn't be. The aim of the taper is to freshen you up for a race. You don't stop training altogether during a taper. Doing so would result in you losing some of the fitness you've work so hard to build up. During a taper period you do the same training at the same intensity as you have been doing all along but you do a far smaller volume of training, between 40 and 60% of the preceding hard week. The quality sessions during a taper will still feel tough to complete.

### Priority of Session Codes

P1	Primary One	The P1 is the primary workout focus of the period or week. This work out shouldn't be dropped but could be changed to a different day if something comes up on the scheduled day or you're feeling sick.
P2	Primary Two	The P2 is the second focus workout for the period or week. Again it shouldn't be dropped but if you have to choose between P2 or P1 then P2 gets the flick.
M	Maintenance	Maintenance of a physiological system. If a P1 or P2 workout needs to be moved then you can drop a maintenance workout to make time for the workout. Just be wary of loading intense running as consecutive sessions. You need to rest between hard sessions to prevent overuse injuries ruining your training or comprising the quality of your intense sessions because you're too tired.

### Quality Session Codes

_Q1	First Quality session of the week (higher intensity)	A quality session is a high intensity run (B, C or D sessions) which improves your economy and efficiency. The first quality session is the most important session in week. If this session is also a primary workout it absolutely needs to be completed at the cost of all other running, unless you're injured.  You want to organise your other running around this session so that you run it properly, ie you don't want to set out on this workout slightly tired as you won't be able to complete the session at the desired intensity.
_Q2	Second Quality session of the week	The second quality session of the week is your next most important intensity workout. Again this workout should be given priority if you drop sessions.
_Q3	Third Quality session of the week	The third quality session is nearly always a workout which is maintaining a physiological system. It is ok to drop this to make time for a P1/P2, Q1/Q2 session or to freshen up so that the Q1/Q2 sessions can be completed and the desired intensity.

Physiological system Code	Session Type Code	Running Intensity Code	Type of running	Simple Description	Subjective Explanation	Objective Explanation	Physiological Adaptations	Mental development
[From Peter Coe's training system]	[From Jack Rubio's training System]	[From Jack Daniels' Training System (with a few of my own additions)]						
<b>A =Aerobic Conditioning</b>	<b>2</b>	<b>AR</b>	Active Recovery	Short and slow runs maintaining a high leg cadence (the number of steps you take per minute); ideally in the vicinity of 180 steps per minute). This can be very slow. The point of the AR session is to help your body recover from a hard session by increasing blood flow through your muscles. Resist the impulse to run too fast during this session even if you feel good.  This is all about recovery not stress.	Easy conversation pace.  <b>Breath:</b> 4 steps per breath in and 4 steps per breath out.	<b>Heart rate:</b> 64-70% of your maximum heart rate.  <b>VDOT speed:</b> slow end of Easy pace  VDOT Points/Minute: 0.1	<ul style="list-style-type: none"> <li>• Improve oxidative capacity of heart and running muscles</li> <li>• Improve joint and tendon strength</li> <li>• Increase capacity to store carbohydrate</li> <li>• Increase number of mitochondria</li> <li>• Improve O2 delivery and CO2 removal through capillarisation</li> </ul>	Going out for an AR run instead of taking the day off is really good for getting into the habit of running consistently.
	<b>1</b>	<b>E</b>	Easy Running	Longer runs are done at an easy pace. Most of the running you do will be at this pace. Again keep the cadence up.	Again, you should feel as though you could keep up a conversation, although you might have a couple of heavy breaths in between sentences.  <b>Breath:</b> 3 steps per breath in and 3 steps per breath out.	<b>Heart rate:</b> 74%-80% of maximum heart rate.  <b>VDOT speed:</b> Easy pace  VDOT Points/Minute: 0.23	<ul style="list-style-type: none"> <li>• Improve oxidative capacity of heart and running muscles</li> <li>• Improve joint and tendon strength</li> <li>• Increase capacity to store carbohydrate</li> <li>• Increase number of mitochondria</li> <li>• Improve O2 delivery and CO2 removal through capillarisation</li> </ul>	Easy runs should be enjoyable. You'll feel like running is great fun and an enjoyable part of your daily routine.
	<b>2</b>	<b>M</b>	Marathon Pace	A marathon pace run is, as the name suggests, a session run at the pace you'd be able to maintain for a marathon. For elite runners this is quite fast. For beginner and intermediate runners the marathon pace run may be slower than the E paced run.	The marathon pace run is a difficult one to judge as you don't want to go too slow but at the same time you don't want to turn this run into a tempo session. Once you've keyed into the pace you'll feel as though you are cruising along strongly.  <b>Breath:</b> 3 steps per breath in and 3 steps per breath out. Faster runners may switch to a 2 steps per breath in and 2 steps per breath out rhythm.	<b>Heart rate:</b> 80%-90% of maximum heart rate.  <b>VDOT speed:</b> Marathon pace  VDOT Points/Minute: 0.3	<ul style="list-style-type: none"> <li>• Improve oxidative capacity of heart and running muscles</li> <li>• Improve joint and tendon strength</li> <li>• Increase capacity to store carbohydrate</li> <li>• Increase number of mitochondria</li> <li>• Improve O2 delivery and CO2 removal through capillarisation</li> </ul>	A marathon pace run will give you the confidence that you know you can judge pace well.
	<b>2</b>	<b>SBT</b>	Sub Tempo	A sub tempo run is a comfortably fast run. Many people say they feel as though they are in the zone during the sub tempo run; it's a fast cruising but not taxing run.	The sub tempo run will be on the cusp of a 3 and 2 step per breath rhythm. The important thing is that you shouldn't feel as though you are running into oxygen debt. When I run a sub tempo run I inevitably begin fantasizing about races, I visualize myself running fast and strong from the beginning to the end of big races.  <b>Breath:</b> 3 steps per breath in and 3 steps per breath out, although you may have to step up to 2 steps per breath in and 2 steps per breath out.	<b>Heart rate:</b> 80%-90% of maximum heart rate.  <b>VDOT speed:</b> Fast end of Marathon pace  VDOT Points/Minute: 0.35	<ul style="list-style-type: none"> <li>• Improve oxidative capacity of heart and running muscles</li> <li>• Improve joint and tendon strength</li> <li>• Increase capacity to store carbohydrate</li> <li>• Increase number of mitochondria</li> <li>• Improve O2 delivery and CO2 removal through capillarisation</li> </ul>	The sub tempo run is a great confidence booster as you'll feel strong but won't be in oxygen debt.  It's a great time to mentally preview races and visualize yourself running confidently and with conviction from start to finish.

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<b>B=Anaerobic Conditioning</b>	<b>3</b>	<b>SS</b>	Tempo Steady State	<p>A moderately intense session which is just on the cusp of your lactic threshold – crossing which would lead you in to oxygen debt.</p> <p>Your primary focus should be running with high cadence and good form. As you get more tired doing this session really focusing on cadence will enable you to maintain the pace even though you start to feel tired and your legs weak.</p> <p>A single bout of steady state running should last no more than 20mins for beginner and intermediate runners and 30mins for advanced and elite runners.</p>	<p>Comfortably hard.</p> <p>You certainly shouldn't feel as though you can talk not least of all because you need to concentrate to maintain the pace.</p> <p><b>Breath:</b> 2 steps per breath in and 2 steps per breath out rhythm.</p>	<p><b>Heart rate:</b> 88%-97% of maximum heart rate.</p> <p><b>VDOT speed:</b> Slow end of Threshold pace</p> <p>VDOT Points/Minute: 0.76</p>	<ul style="list-style-type: none"> <li>• Increase ability of fast twitch muscle fibres to use glycolytic and oxidative enzymes – isocapnic blood buffering</li> <li>• Increase stroke volume (the volume of blood pumped per heart beat)</li> <li>• Increase capillary density and blood volume</li> </ul>	<ul style="list-style-type: none"> <li>• Increase willingness to run with high lactic acid discomfort.</li> <li>• Develop pace judgment for races from 5km to 21km.</li> <li>• If you have trouble motivating yourself to do these at the desired intensity, try entering one of the week night 5km or 10km race series to keep you honest.</li> </ul>
	<b>3</b>	<b>T</b>	Tempo	<p>Slightly faster than a steady state session. A tempo session should be no longer than 15mins in a single workout.</p> <p>Since these are slightly shorter in duration, I often include sets of Tempo Pace sessions in the plans so that the total time spent running at lactic threshold is greater than in a single Steady State session.</p>	<p>Comfortably hard.</p> <p>You shouldn't feel as though you can talk.</p> <p><b>Breath:</b> 2 steps per breath in and 2 steps per breath out rhythm.</p>	<p><b>Heart rate:</b> 90%-97% of maximum heart rate.</p> <p><b>VDOT speed:</b> Threshold pace</p> <p>VDOT Points/Minute: 0.86</p>	<ul style="list-style-type: none"> <li>• Increase ability of fast twitch muscle fibres to use glycolytic and oxidative enzymes – isocapnic blood buffering</li> <li>• Increase stroke volume (the volume of blood pumped per heart beat)</li> <li>• Increase capillary density and blood volume</li> </ul>	<ul style="list-style-type: none"> <li>• Increase willingness to run with high lactic acid discomfort.</li> <li>• Develop pace judgment for races from 5km to 21km.</li> </ul>
	<b>3</b>	<b>TI</b>	Tempo Interval/Cruise Interval	<p>Slightly faster again, you will experience light oxygen debt (if that's such a thing).</p> <p>A cruise interval lasts anywhere from 5 mins to 10mins. In between each workout you have a 1 minute break during which you can rest totally, walk or jog.</p> <p>Cruise intervals are useful for increasing the time spent running at threshold.</p>	<p>Comfortably hard.</p> <p>You shouldn't feel as though you can talk.</p> <p><b>Breath:</b> 2 steps per breath in and 2 steps per breath out rhythm. Your breathing will be getting heavy.</p>	<p><b>Heart rate:</b> 92%-97% of maximum heart rate.</p> <p><b>VDOT speed:</b> Fast end of Threshold pace</p> <p>VDOT Points/Minute: 0.9</p>	<ul style="list-style-type: none"> <li>• Increase ability of fast twitch muscle fibres to use glycolytic and oxidative enzymes – isocapnic blood buffering</li> <li>• Increase stroke volume (the volume of blood pumped per heart beat)</li> <li>• Increase capillary density and blood volume</li> </ul>	<ul style="list-style-type: none"> <li>• Increase willingness to run with high lactic acid discomfort.</li> <li>• Develop pace judgment for races from 5km to 21km.</li> </ul>
	<b>3</b>	<b>P</b>	Progression	<p>A favourite session for Kenyan squads! As the run progresses you run faster and faster. A ran can start as slowly as E or M pace and finish as fast as I pace. Mostly I recommend progressing from Steady State to Cruise Interval pace for progression runs.</p> <p>Doing a progression run is also known as running negative splits. Although it is worth noting Interval and Repetitions can also be done as negative splits as this term just means you run faster at the end of a session than at the beginning.</p>	<p>Feels like a comfortably hard race.</p> <p>You shouldn't feel as though you can talk.</p> <p><b>Breath:</b> 2 steps per breath in and 2 steps per breath out rhythm. Your breathing will be getting heavy.</p>	<p><b>Heart rate:</b> 92%-97% of maximum heart rate.</p> <p><b>VDOT speed:</b> From the slow end of the Threshold pace to the fast end.</p> <p>VDOT Points/Minute: varies</p>	<ul style="list-style-type: none"> <li>• Increase ability of fast twitch muscle fibres to use glycolytic and oxidative enzymes – isocapnic blood buffering</li> <li>• Increase stroke volume (the volume of blood pumped per heart beat)</li> <li>• Increase capillary density and blood volume</li> </ul>	<ul style="list-style-type: none"> <li>• Increase willingness to run with high lactic acid discomfort.</li> <li>• Develop pace judgment for races from 5km to 21km.</li> <li>• Be confident that you can run the second half of a race faster than the first</li> <li>• Build an inner sense of confidence – your running like a Kenyan super star after all. I remember reading somewhere that the top Kenyans view a 10,000m as a progression run made up of a 7,000m tempo run followed by a 3,000m interval!</li> </ul>
	<b>3</b>	<b>F</b>	Fartlek	<p>Fartlek is a Swedish word which translates as "Speed-Play". I've put the fatlek session into anaerobic conditioning simply because most of the fartlek sessions I do are play with the speeds mentioned above. However, a fartlek session could include speeds all the way from active recovery to a repetition.</p> <p>Fartlek sessions are fun to do and, perhaps more importantly, are perfect for simulating tactical races situations. In a tactical race you may frequently need to surge and then recover while still maintaining a high pace. The training effect of a well planned Fartlek session will prepare you well for such races.</p> <p>When you run at a faster speed your heartrate increases. If you think of a speed-play as being heartrate-play instead there are two different ways to do fartlek sessions which use the environment to create the play. These sessions will help you simulate races and allow you to test race strategies before you race:</p> <p><b>Constant pace-variable terrain:</b> map out a course which includes flats, straights, bends, uphill, downhill and even some cross country and terrain running. Your aim is to run an even pace for the entire duration. On the flats your heart rate will be moderate, on the uphill it will shoot up, the downhill it will drop and depending on how physical the cross-country sections are it'll rise again. This is a great run to teach yourself steady pacing and to experience the effects of terrain differences on your energy levels. You can take what you learn from this run when you're planning how you're going to approach a real competition course. I sometimes have a tendency to slow up on the hills too much to conserve energy for downs and flats. While this is important to do in a race to avoid blowing up, I need to get the pace right on the hills. I learn what the optimal pace for a hill is from one of these runs.</p> <p><b>Constant heartrate-variable terrain:</b> You need a heart rate monitor for this one. As above, map out a variable terrain course, it could be the same one. After a warm up start out on a flat section running at your subtempo or steady-state heartrate, when you hit the uphill you'll need to slow down to keep your heart rate the same, when you run the downhill you'll need to accelerate. This is a really good session to do to learn how to judge pace for longer races which require you to plan your energy use wisely.</p>				

NOTE: Since the training effect you're after is achieved equally by running at the slow end of threshold running as for the fast end you should aim to do everything at the slowest pace that elicits the training effect you're after, that is, you're after minimal investment for maximum return. That way you won't get so tired that you can't do subsequent quality sessions at the correct intensities. The benefit of T, TI and P sessions are primarily mental. By running these slightly faster paces you'll learn to judge pace better and you'll develop grit.

Physiological system Code  [From Peter Coe's training system]	Session Type Code  [From Jack Rubio's training System]	Running Intensity Code  [From Jack Daniels' Training System (with a few of my own additions)]	Type of running	Simple Description	Subjective Explanation	Objective Explanation	Physiological Adaptations	Mental development
C=Aerobic Capacity	4	I	Intervals	<p><b>Intervals stress your VO2 Max and are nothing short of hard.</b></p> <p>An interval is a workout lasting anywhere between 1min (for middle distance track runners) to 5mins (for long distance runners). The recovery time between workouts can be as long as the time you spent running or shorter.</p> <p>It is important that the pace you establish at the beginning of your interval is slower or equal to the pace you finish the interval at; if you have to slow down to complete the time or distance of the interval then you started too fast.</p> <p>It is also crucially important to finish the last interval at the same pace as the first interval. The entire intervals session will teach you how to see the big picture of pace judgment.</p> <p><b>You will gain the benefits of intervals from the last 2 to 3 intervals of the session only if you maintain your pace and running form right to the very end. The principle benefits of intervals being continued powerful recruitment of a large number of muscle fibres, improved blood buffering and mental toughness. You will not get the intended benefit of intervals if you compromise the final ones by running first ones too fast when you're feeling fresh. When intervals are done with discipline, they have the power to transform class runners into excellent athletes.</b></p> <p>It may take you two minutes of running before you're working at your VO2Max, therefore you don't want an interval to be too short. For middle distance runners doing 400m intervals the rest time is very short which is why they can be as short as 1 min.</p> <p><b>WITH HILLS</b> means do them uphill for the interval duration</p> <p><b>INCLUDE HILLS</b> means do the intervals over undulating terrain.</p>	<p>When you start your first interval you'll feel great, pretty soon though lactic acid will build up, your breathing will become laboured and you'll be confronted with an overwhelming urge to stop.</p> <p>The moment you feel you need to stop is called "crunch time". At this point you need to be determined to keep going for the full duration or distance of the interval without slowing down.</p> <p><b>Breath:</b> 2 steps per breath in and 2 steps per breath out. Your breathing will be laboured and may even become 1 step per breath in and 1 step per breath out.</p>	<p><b>Heart rate:</b> 97%-100% of maximum heart rate.</p> <p><b>VDOT speed:</b> Interval paces.</p> <p>VDOT Points/Minute: 0.96</p>	<ul style="list-style-type: none"> <li>• Increase ability of fast and slow twitch muscle fibres to use glycolytic and oxidative enzymes</li> <li>• Increased blood buffering capacity</li> <li>• Continued activation (recruitment) of fast twitch fibres</li> <li>• Stress VO2Max</li> <li>• Ability to maintain running form when fatigued</li> </ul>	<ul style="list-style-type: none"> <li>• Increase willingness to run with high lactic acid discomfort.</li> <li>• Instill in you the attitude that: <b><u>"stopping or slowing down is not an option"</u></b></li> <li>• Pretty quickly intervals teach you how to judge pace and the perils of getting it wrong.</li> <li>• Apart from enabling you to run to your potential in races, intervals will also enable you to judge how much you have left in the tank for a strong and fast finish. In tight races the knowledge that you have the ability to run a devastating last 1 to 2 km will fill you with confidence that you can wear your opposition out by digging deep and sticking it out.</li> <li>• <b>You'll know you can run with determination and conviction until the very end – a race doesn't end until you cross the finish line.</b></li> </ul>

**NOTE: Progression of intervals over the course of a period**

It can be tempting to try to do intervals faster and faster each week. Doing so is likely to lead to injury. There are 4 ways that an intervals session can get harder:

1. Increasing the number of intervals performed.
2. Decreasing the recovery time between intervals.
3. Increasing the length of an interval.
4. Increasing the pace of the interval.

The progression I have worked into all the plans follows these steps.

If you can't do all the intervals as one set then you can break the intervals into multiple sets with a longer recovery period between sets than you have between individual intervals. For example, 6x3min C4I with 3min recovery could be replaced with: 2x(3x3min C4I with 3min recovery) and 6 min recovery between sets.

NOTE: Since the training effect you're after is achieved equally by running at the slow end of interval running as for the fast end you should aim to do everything at the slowest pace that elicits the training effect you're after, that is, you're after minimal investment for maximum return. That way you won't get so tired that you can't do subsequent quality sessions at the correct intensities.

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<b>D=Anaerobic Capacity</b>	<b>5</b>	<b>R</b>	Repetitions	<p>A repetition is faster than an interval but considerably shorter, ranging from 15seconds sprinting to 90seconds hard running.</p> <p>The recovery period between workouts needs to be long enough to enable you to fully recover so that you execute the next repetition with equal mechanical quality and conviction.</p> <p>Generally the rest is equal in time to the time spent sprinting. It can be longer, you just don't want to rest so long that you cool down too much or turn the session into a massive time drain.</p> <p>These are physically hard to do but the rest makes them feel a lot easier to do than intervals.</p> <p>The benefits of repetitions for long distance runners are improved stride mechanics (the grace and power of your running form) and improved muscle fibre recruitment.</p> <p>Also, should a race come down to a final sprint you'll know that you're capable of sprinting.</p> <p><b>WITH HILLS</b> means do them uphill for the repetition duration</p>	<p>When you're sprinting you should feel as though your contact time with the ground is very very short and very very powerful. I really focus on flicking the ground out behind me. I also have a sense that my body has already decided to take the next step before I have even landed to take it.</p> <p>Pumping your arms powerfully will ensure you bring your legs through powerfully and thus have an optimal stride length.</p> <p><b>Breath:</b> Your breathing will definitely reach 1 step 1 breath.</p>	<p><b>Heart rate:</b> 100% of your maximum heart rate.</p> <p><b>VDOT speed:</b> Repetition paces.</p> <p>VDOT Points/Minute: 1.0</p>	<ul style="list-style-type: none"> <li>• Improve functional leg strength, overall speed and running form</li> <li>• Improve running economy</li> <li>• Improved plasma volume</li> <li>• Improve neuromuscular recruitment</li> </ul>	You'll feel confident that you're capable of an impressive finishing surge and when you ask your body to sprint it will no what to do!

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<b>Rest</b>	<b>6</b>	<b>Rest</b>	<b>Rest</b>	Yay! A rest.	Feels like having permission to blob out.	You have permission to blob out.	Total body recovery so that you're capable of performing the next hard session properly.	Relax and recharge.