



PE – Middle Distance 600m/800m/1500m

If you watch the videos below you will pick up some ideas to practice and focus on in warm ups or steady runs. They have valuable tips which will support your goal of running faster.

https://www.youtube.com/watch?v=gWfzevJs_b4 – Speed drills.

<https://www.youtube.com/watch?v=fQS4YYb5TBg> – Cadence drills.

<https://www.youtube.com/watch?v=UkyBr47DdY0> – Tips for good running form.

These are tough distances to race as you are expected to keep a high speed for a considerable time. The sessions are not easy but if done well, you can really improve your speed endurance and make serious improvements in your personal bests. One thing that you won't be able to replicate is race awareness and this comes with practice but also watching other races/elite athletics discussing tactics to develop your knowledge and understanding.

Remember that your efforts should be faster than the pace that you want to run your race. For shorter efforts the speed should be higher but often the reduced recovery time will not let your legs fully recover for the next rep. Remember that you should warm up properly before the sessions begin.

1. 5 x 200 metres with 10 seconds recovery.
2. 4 x 400 metres with 2 minutes recovery.
3. 200 metres, 400 metres, 600 metres, 400 metres, 200 metres. 2 minutes recovery between each distance.
4. 4 x 1km. Recovery time is the same time as it took to run the previous 1km.
5. 6 x 200m with 30 seconds recovery. Complete 2 sets of this. Following the first set take 3 minutes recovery.

Along with these sessions you could add a continuous hills session or a steady run to help improve stamina. You will find those sessions in the 3 – 5km distance information.