

GREGG HARTSUFF GUIDELINES FOR MASTER'S TRAINING

# of Workouts/week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	Other	Other	SS2	Other	SS1	Other	LI
4	Other	SS1	Other	SI	SS2	Other	LI
5	Other	SS1	SI	Other	SS2	SS1	LI
6-7	Other	Speed	SS1	SI	SS2	SS1	LI

INTENSITY MANAGEMENT FOR FALL PEAKING				
W/O PER WEEK	WINTER	SPRING	SUMMER	FALL(main)
1-2	FORGET	ABOUT	BEING	COMPETITIVE
3	SS1-2 SS2-1	SS1-1 SS2-1 AT1-1	SS1-1 SS2-1 LI-1	SS1-1 SS2-1 LI-1
4	SS1-2 SS2-1 AT1-1	SS1-2 SS2-1 AT1-1	SS1/2 - 2 AT1-1 LI-1	SS1/2 - 2 LI-1 SI-1
5	SS1-2 SS2-2 AT1/2-1-2	SS1/2 - 3 AT1-1 LI-1	SS1/2 - 3 AT1-1 LI-1	SS1/2 - 3 LI-1 SI-1
6-7	SS1 - 2-3 SS2 - 2-3 AT1-1 LI/AT2-1	SS1 - 2-3 SS2 - 2 AT1-1 LI-1	SS1/2 - 3-4 AT1-1 AT2-1 LI-1	SS1/2 - 3-4 LI-1 SI-1 Speed-1

PACING GUIDELINES

MORE INTENSE 

	SS1	SS2	AT1	AT2	LI	SI	SPEED
	16-20 SPM	18-22 SPM	22-24 SPM	24-28 SPM	26-30 SPM	28-36 SPM	38+ SPM
Split	2k + :20-26	2k + :18-22	2k + :16-18	2k + :12-16	2k + :5-10	At 2k	2k - :10

2K= 1K + :4-5" on average split

SS1	Steady State 1	40'+
SS2	Steady State 2	30'-40' (Medium Intensity)
AT1	Anaerobic Threshold 1	2x 20'-30'
AT2	Anaerobic Threshold 2	3 or 4X 12'-20'
LI	Long Interval	4 or 5X 3'-10'
SI	Short Interval	1'-1.5 Pieces with equal rest, 15 MINUTES WORK TOTAL
SPEED	Speed	10X 30" with FULL RECOVERY REST