



## Strides

The term, **Strides**, means different things to different coaches and athletes. Here is how we use it:

- 1) Strides are very short runs at a specific range, or race pace.
- 2) Most of our strides are 60 meters to 150 meters, with occasional 180-200 meter strides.
- 3) Strides should **NOT** be difficult mentally or physically – the athlete should be able to do strides 2-3 days per week, usually at the end of a workout. Athletes can talk and have fun during stride sessions. We also incorporate strides into our warm-ups.
- 4) Strides can be assigned at different paces, usually: 800m race pace, 1500m race pace, 3K race pace, and 5K race pace.
  - a. Usually, the strides at 800m race pace are much shorter in distance – such as 60-80 meters. If you were to assign 200m strides at 800m race pace... that sounds more like a speed session to me. That would violate point #3 above.
  - b. 5K race pace strides can stretch out to 200 meters. We usually cap it around 150-180 meters. Again, point #3 is most important to us when doing strides.
  - c. We may do 1500m pace strides for about 80-120 meters.
- 5) The total volume of your strides should be about 300 meters to 900 meters. We would rarely do 1000 total meters in strides – that sounds more like a workout. Examples for us:
  - a. 70m x 5 @ 800 meter race pace. Walk back for recovery.
  - b. 110m x 6 @ 1500m race pace. Walk back for full recovery.
  - c. 150m x 5 @ 3000m race pace. Walk back for full recovery.
  - d. 180m x 5 @ 5000m race pace. Walk back for recovery.

We would assign **ONE** of the above stride sessions in a day, 2-4 times per week, depending on the time of year. We may assign 200-300 meter repeats at the end of a workout – these are not strides.