

# 4-Minute 1600m Training Plan (One Month)

Ekadyu Physical Training Program

## Overview

**Goal:** Train to complete 1600m in 4 minutes.

**Focus Areas:** Speed, endurance, strength, flexibility, and recovery.

**Duration:** 4 Weeks

## Weekly Training Breakdown

Day	Workout Focus	Details
Monday	Speed Intervals	8 × 400m (at <b>60 sec pace</b> ) with <b>90 sec rest</b> between reps
Tuesday	Endurance Run & Strength	8km at moderate pace + <b>Bodyweight strength</b> (squats, lunges, core)
Wednesday	Interval Repeats	6 × 800m repeats ( <b>2:05-2:10 pace</b> ) with <b>2 min rest</b>
Thursday	Recovery Day	Light jogging (5km) + <b>Yoga &amp; Stretching</b>
Friday	Speed Drills & Strength	6 × 300m sprints at <b>mile pace</b> + <b>Weighted squats, deadlifts, calf raises</b>
Saturday	Long Run	12-15km at <b>easy-moderate pace</b>
Sunday	Active Recovery	<b>Swimming, cycling, or light jogging (6km max)</b>

## Weekly Progressions

**Week 1:** Establish endurance, maintain form, introduce speed drills.

**Week 2:** Reduce recovery time, add more speed work, introduce resistance training.

**Week 3:** Peak phase with intense speed training, refine race strategy.

**Week 4:** Taper week, simulate race conditions, maintain sharpness.

Exercise	Sets × Reps	Purpose
Squats	4 × 8-12	Leg power
Deadlifts	3 × 6-8	Hip & hamstring strength
Calf Raises	3 × 15	Lower leg endurance
Box Jumps	4 × 10	Explosive power
Lunges	3 × 12 (each leg)	Stride strength
Chest Touch Overhand Grip	3 × 10	Upper body control, core balance
Core Work (Plank, Russian Twists)	3 × 30 sec	Core stability

## Strength Training (3x a Week)

### Nutrition Guidelines (Vegetarian)

- **Protein Sources:** Lentils, chickpeas, paneer, nuts.
- **Carbohydrates:** Whole grains, oats, sweet potatoes, fruits.
- **Healthy Fats:** Nuts, seeds, olive oil.
- **Hydration:** At least **3-4 liters** of water daily.
- **Recovery Foods:** Coconut water, almonds, bananas.

### Mental Training & Race-Day Strategy

- **Visualize Success:** Picture yourself hitting the **4-minute mark**.
- **Controlled Start:** Don't go **too fast** in the first 400m.
- **Strong Mid-Race Pace:** Stay relaxed, breathe deeply.
- **Final Kick:** Push hard in the last **200m**.

For more guidance, visit: [www.ekadyu.org](http://www.ekadyu.org)