

Jukka Keskialo

year 1997-1998 (17y)

Coach: Markus Volotinen

easy running 3022km

steady state, tempo, speed and comp. 340km (96times)

TOTAL 3362km

Typical Hard Workouts

-Steady state 4-8km

-3-4x1000m

-5x400m hill

-1000-800-600-400-200m/3`

Lots of circuit traing

long runs 16-20km

400m: 52,32

800m: 1.54,17

1500m: 4.00,23

3000m: 8.43,27

1500m st: 4.14,19

Jukka Keskisalo

year 1998-1999 (18y)

Coach: Markus Volotinen

easy running 4332km

steady state 181km

tempo (3-10k speed) 108,2km

tempo (400-800m speed) 27km

speed 36km

hill 7,6km

TOTAL 4704km

Typical Hard Workouts

-6-10km steady state

-4x1000m/3x2000m

-5x400m hill

4-15x200m

1200-1000-800-600hurdles

long runs 20km

800m: 1.54,02

1500m: 3.54,37

3000m st.: 8.52,15

Jukka Keskisalo

year 1999-2000 (19y)

coach: Markus Volotinen

easy running 5709km

steady state 220km

tempo (3-10k speed) 176,7km

tempo (400-800m speed) 47,4km

speed 31,2km

hill 16,6km

TOTAL 6215km

Typical Hard Workouts

-10km steady state

-5x1000m/3x2000m

-10x400m hill

-1200-1000-800-600m hurdles

long runs 25km

800m: 1.50,53

1500m: 3.51,37

3000m st: 8.52,46

I have been professional athlete since march 2000

Jukka Keskisalo

Year 2001-2002 (21y)

Coach: Tommy Ekblom

easy running 4760km

stedy state 804km

tempo (3-10k speed) 183km

tempo (-1500m speed) 89km

Typical Hard Workouts

-10km steady state

-10-20x400m

-2x10x200m/1'10"

-4-8x1000m/2-5min

-2-3x2000m+ 4x500m

400m: 50,53

800m: 1.52,41

1500m: 3.46,91

3000m st. 8.36,05

Jukka Keskisalo

2002-2003 (22y)

Coach: Tommy Ekblom

easy running 5481km

steady state 1113km

tempo (3-10k) 218km

tempo (-1500m) 112km

speed 31km

hill 21,2km

612 exercises

Typical Hard Workouts

-10-12km steady state

-4-10x1000m

-10-20km medium pace (aerobic treshold)

-2-3x2000m + 4x500m

-10x400m/1´

-8x300m

-8-10x500m hill

-2x10x200m hill

long runs 20-30km

1500m: 3.42,10

3000m: 8.09,0

5000m: 14.18,39 **3000m st.:** 8.17,72