



## December 2007

<p><b><u>Lactic Threshold Workout:</u></b> 1600m/Mile Cruise Intervals</p> <p><u>PACE:</u> Cruise Pace (use Pacing Table)</p> <p><u>REST:</u> 1 min in between</p> <p><u>VOLUME:</u> 8% weekly mileage (see Percent of Mileage Table)</p>	<p><b><u>vVO<sub>2</sub> Workout:</u></b> 800m Intervals</p> <p><u>PACE:</u> vVO<sub>2</sub> (Use VO<sub>2</sub> Table)</p> <p><u>REST:</u> Same time as Interval</p> <p><u>VOLUME:</u> 8% weekly mileage (see Percent of Mileage Table)</p>
<p><b><u>Repetition Workout:</u></b> 400m Repetitions</p> <p><u>PACE:</u> Rep Pace (see Pacing Table)</p> <p><u>REST:</u> 3-5 minutes</p> <p><u>VOLUME:</u> 5% weekly mileage</p>	<p><b><u>Free Form Workout:</u></b> Fartlek on Columbia Paths</p> <p><u>PACE:</u> Comfortable &amp; Fluid Speed for 2 minute intervals</p> <p><u>REST:</u> 3 min jog</p> <p><u>Volume:</u> As many as you can and still feel the comfortable and fluid speed</p>

### **Workout Notes:**

We are going to try out a new format for the coach's corner to help you plan in advance for the month. Each month we will provide you with four workouts which you can fit into your personal training program. Feel free to use them whenever, to repeat them, or adjust them to your needs.

The purpose of the four separate workouts is to successfully "frame" your race. By "framing" we are referring to conducting workouts at paces faster and slower than your goal race pace. For example, if you are running 5k's on a regular basis, you would frame your workout with vVO<sub>2</sub> pace workouts (faster than 5k race pace) and Lactic Threshold workouts (slower than 5k race pace). Intervals at race pace would added to workout at the goal pace.

Lactic Threshold workouts will be used to increase the time it takes your body to begin producing the H<sup>+</sup> ions at such a rate that you body can not flush them from your system, thus leading to fatigue.

vVO<sub>2</sub> workouts will be used to increase your ability to process oxygen into your blood. The higher your vVO<sub>2</sub> the more oxygen you can actively use during races.

Repetition workouts will be used to increase both your aerobic capacity and your ability to run a fluid pace during your races. At times workouts may begin work on your anaerobic abilities.

Free From Workouts will be used to break away from the repetitive nature of the track and to release you from your watches and heart rate monitors.