



## February 2008

<p><b><u>Lactic Threshold Workout:</u></b> Mile Intervals</p> <p><u>PACE:</u> Cruise Pace (use Pacing Table)</p> <p>*either tough it out on the track so you can get lots of instant feedback, or use the Bagel Run course, or use a Heart Rate monitor and keep you beats per minute between 175-187.</p> <p><u>REST:</u> 60-90 Seconds</p> <p><u>VOLUME:</u> 8% weekly mileage (see Percent of Mileage Table)</p>	<p><b><u>vVO<sub>2</sub> Workout:</u></b> 400m - 800m – 400m pyramids</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> Each pyramid is 1 mile, enough pyramids to reach 8% weekly mileage (see Percent of Mileage Table)</p>
<p><b><u>Repetition Workout:</u></b> 400m Reps</p> <p><u>PACE:</u> Rep Pace (see Pacing Table)</p> <p><u>REST:</u> 2-3 mins</p> <p><u>VOLUME:</u> 8-10% weekly mileage</p>	<p><b><u>Free Form Workout:</u></b> Hard &amp; Easy Lake Laps</p> <p><u>PACE:</u> Start with an easy lap around one of Columbia's lakes, then on the next lap push the pace, then relax on the next lap, then push the pace, continue pattern till you reach your desired time or mileage</p> <p><u>REST:</u> 1 easy lap</p> <p><u>Volume:</u> Probably you want to hit a total mileage of about 15-20% you weekly mileage</p>
<p><b><u>Workout Notes:</u></b></p> <p>While many people do not like working out on tracks they provide numerous benefits such as definite distances, level surfaces, ease of pacing, and forgiving surfaces. If you do a workout on the track switch directions every so often to give you outmost stabilization muscles (such as IT bands) a little rest. They also provide you an opportunity to keep water at a reachable place in order to stay properly hydrated.</p> <p style="text-align: center;">Lake Lap Distances: Centennial Lake – 2.4 miles Lake Elkhorn – 1.8 miles Wilde Lake – 1.3 miles</p>	