



## March 2008

<p><b><u>Lactic Threshold/Repetition Combo Workout:</u></b></p> <p>3200m/2 mile @ Lactic Threshold Pace          Rest: 1 min          4x400m @ Rep Pace          Rest: 2-3 minutes</p>	<p><b><u>vVO<sub>2</sub>/Speed Workout:</u></b></p> <p>800m @ vVO<sub>2</sub>          Rest: Equal to interval time          Volume: 5% Weekly Mileage          4-6x 200m @ 95%          Rest: 2 min jog</p> <p>*Rest between 800m and 1<sup>st</sup> 200m is equal time to last 800m interval</p>
<p><b><u>Free From Workout:</u></b></p> <p>“Attack the Hills”</p> <p>Find a hilly course that is about 15% your weekly mileage (7.5 miles if you are running 50 miles a week). Every time you reach any type of uphill, move up to the front 2/3 of your feet and push up the hill. Then rest on downhills and flats.</p>	<p><b><u>Critical Zone Workout:</u></b>          1600m Accelerations</p> <p><u>PACE:</u> Complicated so take note:          1<sup>st</sup> Lap/400m: 5k Race Pace          2<sup>nd</sup> Lap/400m: vVO<sub>2</sub> Pace          3<sup>rd</sup> Lap/400m: vVO<sub>2</sub> Pace          4<sup>th</sup> Lap/400m: 5 secs faster than vVO<sub>2</sub> Pace          *this is a continuous 1600m with the pace increasing every lap, rest is between 1600m</p> <p><u>REST:</u> 3-5 minutes</p> <p><u>Volume:</u> 1x every 10 miles you run during the week, for example 5 for 50 miles a week</p>
<p><b><u>Workout Notes:</u></b></p> <p>The reality of the situation is that you really probably have only time for one workout a week but you need to train to improve aerobic system, anaerobic systems, VO<sub>2</sub> capabilities, lactic threshold, strength, and speed. The worst thing is you need to work on each one of these aspects at least once week. How you maintain that is to create combination workouts that work on multiple aspects of your training. Each of the above is rooted within at least two training realms. You should move smoothing from one aspect to the other, using the rest from the previous one. For example:</p> <p>3200m @ LT, Rest 1 min, 400m @ Rep Pace, Rest 2 mins, 400m @ Rep Pace, Rest . . .</p> <p>Enjoy, and remember, after every workout plan to ingest at least 20g of protein within the next hour. This can include protein shakes, myoplex, chocolate milk, cottage cheese, tuna, steak, nuts, etc. I've also notice that the Road Runner Sports Store in Columbia is carrying multiple running supplements. I looked at each one, and there is one with a significant amount more of protein, that would be the one I would suggest if you want to follow that route.</p>	