



April 2008

Lactic Threshold Workout:

1600m/Miles @ Lactic Threshold Pace
Rest: 1 min
Amount: 8% Weekly Mileage

vVO₂ Workout:

600m @ vVO₂
Rest: Equal to interval time
Volume: 8% Weekly Mileage

Free From Workout:

Farklek

Returning to the true origins of the workout, every so often during a longer run surge to a comfortably fast pace for as long as it feels good. Then back off for a bit and repeat. Do not time and allow yourself to run as long as you feel good.

Repetition Workout:

200m-400m-200m Pyramid

Pace: Determine your race pace per mile for whatever distance you typically run. Divide by four to find 400m pace, divide that by two to find 200m pace.

Rest: jog distance equal to rep just run

Volume: 8% Weekly Mileage
Each pyramid 800m

Workout Notes:

As the temperatures increase during the month you are probably going to feel more motivated to go out there and run workouts. However, keep a couple things in mind, such as hydration and electrolyte ingestion. People get into bad habits during the winter months and they forget their hydration needs, especially when it begins to warm up. Also, as the temperatures increase you become more susceptible to cramping in your major muscle groups. My typically adage for this is a banana a day, two if it is above 80 degrees. Water and sports drinks should be drank at a 1 to 1 ratio in terms of amounts. Your urine should be clear and a vague yellow, a reference chart is provided below to give you an idea of where you should be at. And dri-fit clothing only works if it is the bottom layer. Spend the first 80 degree day on a moderate length long run rather than running a workout. At my practices the first 80 degree day usually sees about 10% of my athletes show signs of maladjustment to the weather in various forms from stomach sickness to muscle cramping to general dizziness due to improper hydration.