



May 2008

Lactic Threshold Workout:

1000m @ Lactic Threshold Pace
Rest: 1 min
Amount: 8% Weekly Mileage

vVO₂ Workout:

1000m @ vVO₂
Rest: Equal to interval time
Volume: 5-8% Weekly Mileage

Free From Workout:

On & Offs

A variation on a typical fartlek, get a warm-up in, speed up to a comfortably fast pace for 4 mins, then relax for 4 mins. Repeat till you are tired.

Repetition Workout:

1000m @ 1st Mile Race Pace

Pace: Determine your target 1st mile at whatever distance you are training for or 5k if you run multiple distances, then with some math figure out what that pace would be for 100m. (see below)

Rest: 130 beats per minute

Volume: 8% Weekly Mileage

Workout Notes:

The 1000m distance lends itself to being used to meet almost any physiological training demands. This month we will hit on all three areas. Below is a rough pacing guide for the repetition workout:

1st Mile = 1000m Rep Pace

4:30 = 2:48

4:45 = 2:57

5:00 = 3:08

5:30 = 3:26

6:00 = 3:44

6:30 = 4:02

7:00 = 4:21

7:30 = 4:40

8:00 = 5:00

8:30 = 5:26

9:00 = 5:35

9:30 = 5:50

10:00 = 6:15