

HOWARD COUNTY STRIDERS

Coach's Corner:
week of 6/3/07

Weekly Workout: 800m Intervals

Intervals:

The total mileage of your intervals should not exceed 8% of your weekly mileage. (Ex: 40 miles a week, therefore 3.2 miles of intervals). However do not exceed 6 miles/10 km of intervals in one session, even if 8% of your mileage says to do more.

Pace:

5k RACE PACE (See chart)

or

VO₂ MAX

Rest:

1 min to 90 seconds. Jogging or easy running is optimal between intervals for a couple reasons. First, it cleans your blood stream of all the bad stuff that makes your legs sore and tired (lactic acid). Additionally it keeps you closer to your training zone when you begin your interval, thus more time running at the optimal pace, therefore a more effective workout. Finally it keeps the legs loose and warm between intervals.

Workout Suggestions/points:

During the next phase of our training we are going to dive into the training world of Jack Daniels (the coach not the whiskey producer). If you do not currently own or have not read his book, [Daniel's Running Formula](#), then I am going to highly suggest you do. Jack Daniels took a very scientific approach to researching and implementing endurance training, with much of the focus placed on a level called VO2 Max.

Anyway, it is important to note a couple things for this phase:

Intervals are . . . workouts where your main goal is to keep your body at its maximum oxygen capacity (VO2 MAX) up to five minutes. Because you want your body at that level for the max amount of time, one keeps the rest short in order not to allow the body to recover fully. Therefore intervals are paced runs with short rest in between. If you feel that the pace is not fast enough then adjust distance to longer intervals or rest time shorter, but do not increase the pace. There is a time and place for speed training, but intervals are not that time.