

HOWARD COUNTY STRIDERS

Coach's Corner:
week of 5/6/07

Weekly Workout: Race Simulations

How to:

5K'ers

Warm-up
One Mile @ your 5k first mile target pace
1 minute rest
6 x 400m @ race pace (30-60 second jog rest in between)
2 x 400m @ hard pace (90 second rest in between)
Cool Down

10K'ers

Warm-up
One Mile @ your 5k first mile target pace
1 minute rest
8 x 800m @ race pace (60 second jog rest in between)
2 x 800m @ hard pace (120 second rest in between)
Cool Down

Workout Suggestions/points:

Essentially this is an interval workout hidden in a mental racing exercise. The goal of this workout is to mentally and physically take your body through the race before you race, without putting too much stress on the body. Basically the workout begins by pacing you for your first mile. From there, it gives you time to get into the rhythm of race pace, while providing enough rest to allow you to do it during a workout session. The final part is to simulate the pick-up that should occur in pacing in the final section of the race.

I like to use this workout during the racing season with my athletes because it gives them a sense of how the race should be run, and it gives them an opportunity to practice what their pacing should feel. I found that if the kids do it enough times, their first miles become more consistent and they are mentally ready to attack the final portion of the race because they have already done it before. The best part is that the athletes report at the end that they feel great, and have no lingering feeling of tiredness 15 minutes after completion, thus allowing one to use this workout relatively close to their target race.