

HOWARD COUNTY **STRIDERS**

Coach's Corner:
week of 9/9/07

Weekly Workout: 200-400-800-200 Ladders

Setup:

200m Run/400m Run/800m Run/200m Run

Rest:

Jog the same distance as you just ran.

Volume:

1 Ladder = 1 mile

Your total mileage should be 8% of your weekly mileage. (Ex: 30 miles x .08 = 2.4 miles, therefore you can choose whether you feel like two ladders or three)

Pace:

We're going to have loose pacing on this one. Relatively it should be faster than your current race pace, but don't get too hung up on times. It should be a comfortably fast pace.

Workout Suggestions/points:

It is still pretty hot outside, so keep taking in fluids during the day before your workout. Ideally you want to keep your intake to be half water and half sports drink. If you don't like Gatorade, there are plenty of new water products, which incorporate electrolytes into the mix without the overbearing taste. Additionally, Potassium is your friend on these hot days, so if the temperature is over 80 have one banana, and if it is over 90 have two bananas during the day. Also, I've noticed that my athletes are starting to get colds. If you notice a sniffle or two, it might not be a bad idea to start taking some zinc tablets to stop it as soon as possible.