

# HOWARD COUNTY STRIDERS

Coach's Corner:  
week of 6/10/07

## Weekly Workout: Fartlek Intervals

### *Intervals:*

Without counting a warm-up distance or cool-down distance, your total workout distance should be 8% of your weekly mileage. Therefore if you are running 40 miles this week, your total fartlek distance will be around 3.25 miles. You are going to do 4 minutes pick-ups, followed by a one minute jog recovery, which can be incredibly slow if you choose it to be.

### *Pace:*

5k RACE PACE (See chart)

or

VO<sub>2</sub> MAX

### **Rest:**

1 min of jog recovery between the 4 minute surges

### ***Workout Suggestions/points:***

This is a variation on a typical interval workout, but by switching from distance intervals to time intervals, it allows you to leave the track. The same principals as noted in the previous week's workouts hold true here in terms of pacing and rest. The key will be careful monitoring of pace, and not allowing yourself to get too fast on the pick-ups. For course of example, let's assume you are running 50 miles this week, then you would aim for a 4 mile fartlek distance which would look like this:

Warm-up  
4 mins on – 1 min off, 4 mins on – 1 min off . . . 4 mins on (4 miles total)  
Cool-down