

# HOWARD COUNTY STRIDERS

Coach's Corner:  
week of 4/15/07

Weekly Workout:  
1000m Repetitions  
@ Critical Velocity Pace

***Repetitions:***

Your total distance at the end of the workout should be 10% of your weekly mileage. For example, if you are running 50 miles this week, then you would need 5 miles of repetitions, which would come out to being 8 x 1000m (8000m = ~5 miles). If you are running 25 miles this week, then you would need 2.5 miles of repetitions, which would come out to being 4 x 1000m (4000m = ~2.5 miles).

Conversion: ~.62 miles = 1000m (1km)

***Pace:***

There are various ways to set your pace:

- a) 89-91% of your VO2 MAX (if you happen to know it)
- b) Pace Table – find your base group, scroll down to 1000m and then find the time that would be exactly between your race pace and cruise pace.

Ex: Group 2: 1000m Race Pace = 3:10, 1000m Cruise Pace = 3:30, therefore, Critical Velocity Pace would be 3:20.

Group 27: 1000m Race Pace = 8:20, 1000m Cruise Pace = 8:40, therefore, Critical Velocity Pace would be 8:30

***Rest:***

1 min rest. Your preference on walking, standing, jogging, etc.

***Workout Suggestions/points:***

I'm sure that if Runners' World has already not jumped on the Critical Velocity Bandwagon, then they will very much do so soon. Critical velocity (CV) is used to increase one's VO2 Max and prolong the time it takes your body to produce lactic acid. Thus in essence, it allows your body to run faster for a longer period of time. When optimally done CV intervals can perform the purpose of an aerobic/VO2 rep workout and a tempo/cruise interval workout into one. In terms of pacing, it has been noted that your 10k pace or the pace you can keep for forty-five minutes are equitable means of measurement, but the ones listed above are more accurate means of landing within the appropriate zone. It is typically done in repetitions of 1000m-5000m, where for every 1000m ran, 1 minute of rest is added. A caution with this workout is, if run too slow, then it becomes strictly a lactic threshold workout, and if run too fast it becomes strictly an aerobic workout which can be detrimental to the recovery of your legs. It should also be noted that your body should not be overly taxed by this workout, much like a tempo run or cruise interval session.