

# HOWARD COUNTY STRIDERS

Coach's Corner:  
week of 7/16/07

## Weekly Workout: VO2 Max 800m Reps

### **Reps:**

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 workout mileage will be 3.2 miles or about six 400m reps. Though if you are early in your training you can shift down to about 5 % of your weekly mileage

### **Pace:**

- 1) Calculate what you think you would be able to run a 2 mile race in.
- 2) Divide it in half, and your average mile time would be your vVO2.
- 3) Take half that time, to figure out the same pace for an 800m or half-mile. This time will be your pace.

EX: 12:00 – 2 mile → 6:00 – mile → 3:00 800m reps

### **Rest:**

As long as it takes till you feel you can run the next repeat at the same pace.

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

For those not familiar with the Jack Daniel's running formula, VO2 Max, is the max amount of oxygen your body can process during a physical activity. There are two ways you can figure out your VO2 Max:

- 1) You find a lab with a treadmill with a lot of electronic equipment, hook up all the sensors and breathing mask.
- 2) Run a two mile time trial, that pace is run at about your VO2 max capabilities.

By running repeats or intervals at this VO2 Max pace, you are causing your body to adapt to the stresses that you are putting it under. Therefore, over time (about 8-12 weeks for optimal) your body will begin to adapt to processing more oxygen from its blood. Why is this important to raise this VO2 max? Well the more oxygen you can process, the more ATP you can use, therefore more energy, and prolong the onset of hydrogen ions building up in your muscles.