

Coach's Corner:  
week of 9/16/07

# HOWARD COUNTY STRIDERS



## Weekly Workout: vVO2 5k Race Simulation

### **Setup:**

- 1 x 1600m @ vVO2
- 6 x 400m @ vVO2
- 2 x 400m @ faster than vVO2
- 1 x 200m acceleration

\*This is a hard workout, so if you need to modify, begin by removing 400m intervals from the set of 6 @ vVO2

### **Rest:**

Active rest for the same amount of time as the last interval.

### **Pace:**

As mentioned in previous workouts, vVO2 is your mile pace for either a two mile race or as far as you can run in 10 minutes. If you are a disciple of Jack Daniels, than you already know what this is. A way to find this pace is shown below:

1) Go to this link:

<http://www.coacheseducation.com/endur/jack-daniels-nov-00.htm>

2) Using TABLE 1 find a recent race performance at any distance then slide to the left or right of the table to find the equivalent 2-Mile race:

Ex: 21:32 5k = ~13:25 2 mile

3) Your vVO2 is you mile pace while running at your VO2 Max pace. Since a two mile race roughly represents VO2 Max pace, all you have to do is divide the two mile time by 2 ( $13:25 / 2 = \sim 6:42/\text{mile}$ ), then divide the mile time again by 4 ( $\sim 6:42 / 4 = \sim 1:40.5$  per 400m).

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

Oh this workout is a bear! But it is a great workout for two reasons, which have been mentioned before:

- 1) It is increasing your body's ability to process oxygen (VO2 Max)
- 2) It breaks down the 5k to it's parts

Anyway, my athlete's keep asking me about Accelerade, the new sports drink out on the market that claims better endurance during activities due to the addition of protein to their sports drink. My views on this drink after looking at their research:

- 1) It's expensive, like \$2.50 plus per bottle.
- 2) It has a lot of research behind it, which on the best end of things is decently done and on the bad end, terrible experiments
- 3) My biology teacher view: It has protein in it, therefore if you take it within 30 minutes of activity it will promote faster and better muscle recovery. However, I'm not convinced it works fast enough to promote more endurance during an activity.
- 4) My recommendation: After an activity, it probably is the most beneficial drink on the market (because of the protein). During an activity, I'm hypothesizing that it will not be any more beneficial than water. However, if you drank it before and during your best race ever, then by all means keep on drinking it. Yet, you could probably get the same benefits by mixing Gatorade with a cold glass of chocolate milk. Not tasty, but cheaper. (But someone probably would like it, and they probably like Yoo-Hoo's)