

# HOWARD COUNTY **STRIDERS**



Coach's Corner:  
week of 6/17/07

Weekly Workout:  
400m 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 twelve 400m reps. Though if you are early in your training or are running Damien's this weekend you can shift down to about 5% of your weekly mileage

*Pace:*

Rep Pace – See Chart

*Rest:*

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

***Workout Suggestions/points:***

Whenever you see the word repetition or speed work, you can naturally assuming that you are working on running economy. Running economy is the ability to run a faster rate more efficiently. The goal of speed work and reps are to develop this economy so that your body is more efficient, in that it is more comfortable at a faster speed. My best season of outdoor track in college for the 1500m was after an indoor season of racing 300m and 500m races. By the time I ran my first 1500m in Outdoors, the pace felt so smooth and comfortable. In addition to repetition training, you should also take time to race at distances shorter than your goal race. So for 5k runners find some mile and two mile races, marathoners find a half marathon or ten miler. These races at a faster pace will allow you to run in a more efficient manner come your goal race day.