

HOWARD COUNTY STRIDERS

Coach's Corner:
week of 8/19/07

Weekly Workout: vVO2 800m Repeats

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 6-7 x 800m intervals. Though if you are early in your training you can shift down to about 5 % of your weekly mileage

Pace:

For this week we are again going to use the Jack Daniels' VDOT tables in order to determine the appropriate pace.

1) Go to this link:

<http://www.coacheducation.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) You vVO2 is your 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 2 ($\sim 6:42 / 2 = 3:21$ per 800m).

Rest:

Same amount of time it took to run the repetition.

Workout Suggestions/points:

As mentioned in earlier workouts, your VO2 Max is simply the amount of oxygen your body can process during maximum activity. Your body however can never process all the oxygen entering your body, and the left over oxygen represents your aVO2 difference. If you can improve the amount of oxygen being processed, and reduce the aVO2 difference, you will be able to run faster for a longer period of time.

By running at your current VO2 max pace you are specifically working at this level of oxygen consumption, thus causing your body to adapt. Therefore, no matter what distance you are training for, it is necessary to develop this ability to process oxygen.