

HOWARD COUNTY STRIDERS

Coach's Corner:
week of 4/23/07

Weekly Workout: Lactic Threshold Fartlek

Fartlek Set-up:

Choose a day on which you were going to do a moderately fast workout. We are going to use that distance as your fartlek distance. Let's reserve the first mile and last mile as your warm-up and cool-down. In between you are going to run 5 min surges with 1 min jogs. You are simply going to get in as many 5 min surges with rest as you can before you need to cool down.

The breakdown: 1 mile warm-up, 5 min surge, 1 min jog rest, 5 min surge, 1 min jog rest . . . 5 min surge, 1 mile cool down.

Pace:

Optimal: You own a heart rate monitor, therefore keep your surge pace at 175-187 beats per minute, with young'ens sticking more towards 187 and the veterans sticking closer to 175 beats per minutes

Mile Time: Find your base group on the pace tables, scroll down to 1600m, and look at the cruise pace. Then simply exchange the five minutes surges for 1 mile surges, time yourself per mile, and keep the 1 minute jog rest in between

By Feel: Your surges should feel comfortable fast, probably close to the speed when you end a long run fast and strong. If you are struggling to keep pace and form, then slow down slightly, if your jog and surge paces blend together, then speed up.

Rest:

1 min jog rest

Workout Suggestions/points:

This is just another way you can incorporate the benefits of Lactic Threshold training into your training program without having to do tempo runs. I'm going to reference key points from earlier workouts, that you need to be mindful of your pacing, and not to push the pace beyond the zone in which this workout is designed. It is important to note, that this is not a normal fartlek which typically mirrors a repetition workout in pace (faster than race pace) and rest (typically one minute more than the previous surge). A good variation on the workout is run it without a watch if think you can leave it at home. If your legs are feeling a bit stale, then simply surge at a comfortably fast pace for an extended time and just glide during your rest phase.