

HOWARD COUNTY STRIDERS

Coach's Corner:
week of 7/22/07

Weekly Workout: Lydiard 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 13 x 400m reps. Though if you are early in your training you can shift down to about 5 % of your weekly mileage

Pace:

Whatever feels fast to you!

Rest:

As long as it takes till you feel you can run the next repeat just as fast.

Workout Suggestions/points:

Arthur Lydiard is generally considered to be one of the coach greats in endurance running, though not without a fair amount of controversy. His methods were a bit unorthodox for the events he was coaching and thus he has drawn a lot of criticism over the years. However, there was a point in his book, [Running with Lydiard](#), in which he tells of story of him overseeing the workout of one the exceptional New Zealand athletes he was coaching at the time. A man walks up and asks him how fast his athlete was running the 400m reps, to which he replied, as fast as feels. Then the man asked him how many he was doing, to which he replied, till he gets tired.

While I believe that structure and times are needed for optimal performances, it is also very relieving at times just to allow yourself or your athletes a day like mentioned above where your pace, rest, and volume are all determined by how your body is feeling on that particular day.