

HOWARD COUNTY STRIDERS

Coach's Corner:
week of 8/26/07

Weekly Workout: Tempo Run + Speed Pick-ups

Setup:

First, start with a tempo run at about 8% of your weekly mileage (ex: 50 miles x 8% = 4 miles). Once you complete your tempo run, keep jogging lightly for 3-5 minutes, or about the time it takes to gather yourself. Then accelerate to a little more than a comfortably fast pace for about 30 seconds. Then unwind jogging for about a minute, gather yourself, and repeat. Complete about 4-5 of these pickups.

Pace:

Use the provided pacing table on this web site. Find your relative group, then find the "Mile" in the "Cruise" pace column. This will be your goal every mile during the tempo run.

Workout Suggestions/points:

Since your time is generally limited during the week to do running and workouts, sometimes it's necessary for you to work on two aspects of training during the same workout. Since many of you are racing at distances that do not require much overall, top end speed, you can work on this aspect at the end of other workouts and long runs. Keep in mind the first 6-7 seconds and last 6-7 seconds are going to be an energy system that you use for high end speed, so it is necessary for you to fine tune it at least once a week. You can also throw some sprints on the end of long runs to get the same effect. This same idea of combination workouts can be used for combining other aspects of training, especially if your mileage allows for you to complete higher volume track workouts.