

# HOWARD COUNTY STRIDERS

Coach's Corner:  
week of 7/29/07

## Weekly Workout: Jack Daniels' 400m Intervals

### **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 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 going to learn how 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 of the table to find your VDOT number:

Ex: 21:32 5k = ~ VDOT 46

3) Take your VDOT number and find it on TABLE 2. Then slide to the right till you find the 400m Interval Pace.

Ex: VDOT 46 = 1:40 400m

### **Rest:**

1 minute to the length of time it took you to run the last 400m.

Ex: VDOT 46 = 1:40 400m = 1:00-1:40 rest

### **Workout Suggestions/points:**

If Arthur Lydiard was at one end of the training theory spectrum, Jack Daniels would be at the far other end of the spectrum. Lydiard did most of his research loosely scientifically, mostly on himself or by trial and error; whereas Daniels' research was done in a rigid scientific manner. Lydiard would be more laissez faire compared to Daniels' who would be highly structured.

In the end, for your own training purposes which ever works better for your personally, is the one you should follow. Neither is better than the other. If you want to truly compare them it's a great idea to read both Running with Lydiard and Jack Daniels' Running Formula, and then see which one falls more in line with what you believe.