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Coach's Notes:

Other Races

[MyoMed Ragnar Relay Del Sol – 2/27-28/09](#)

Group Run Options: *Please click or "control-click" on hyperlinks for directions and other information. Read your weekly email updates and monthly newsletter to keep up with any time, day or location changes.*

<http://members.cox.net/rsnichol/index.htm> for latest schedule of long runs and more information.

<http://www.rxrunning.com/> for same day updates for workouts and workout location changes or cancellations.

<http://coachdeanhebert.wordpress.com/> for answers to your most common questions, topics and discussions on running-related issues as well as up-to-date research findings and training implications.

Speedplay goes like this: After warming up a mile then start alternating the respective interval paces in sequence, each for 1:00; fast-5k-10k-easy(recovery). Repeat until the last mile of the run where you can ease it in as a warm-down. Run the specified hard-easy sequence for the distance specified. These workouts are a key quality workout.

Speed-Strength track workouts go like this: after warming up, run a 400 @ 5k pace. Rest. Then, run the next group of 400s @ 5k pace but instead of a regular rest between them you will do the following exercises: 5-20 push-ups, 10-20 crunches (similar to sit-ups), 5-20 modified squats AND 5-20 squat thrusts. Then launch into the next 400 (or 600) without any rest. The exercises ARE your rest break! At the end of that set, take a rest then do one 400 FAST to wrap things up. Warm down. Fun!

Goal runs are critical to race day performance. Warm up a mile and warm down a mile, the middle miles (however many remain) are run at your marathon goal pace. Do not vary more than + or – 10 seconds per mile. Play a game of how many miles you can do on pace. You teach your body what to expect on race day.

Long runs are meant to build up your endurance – time and miles under your belt. They are about 1:00 per mile slower than goal pace. But, the pace is actually less important than completion of the workout. The worst thing to do is run these faster than you should.

Hill workouts are not passive. These are specific paces for the inclines prescribed. Running passive hills on trails for instance does not substitute unless it is race specific – see your workout prescription for any exceptions.

Tempo runs are not easy runs. These are key quality workouts for any races over 10K. Marathoners should run these at 15K race pace. Half-marathoners should run them at 10K pace. This pace should last 20-25:00.



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Aqua-Running workouts: What is in this schedule is a guide. See the Aqua Running handout for more details and variations. The goal is to be out there about 40:00 and go hard intervals. If you want to substitute an interval aqua-run workout for your easy mile day – GREAT. If you want to add day of aqua workouts – GREAT! These do not take anything away from other workouts in our experience and are the best cross-training you can possibly do. We have even been able to follow hard workout days or precede aqua workouts with hard workout days successfully. If your body can only handle 4 days or even only 3 days a week of running, we will replace them with aqua-running interval workouts... they may get boring or tedious but they work!