S P R I N G W O R K - O U T S

February 3 - May 26, 2009

These are the same reminders that I give at this time every year. We can make variations off a theme. Most will mainly be training for 5K's while some of you will be mainly training for marathons. Some will be in a peaking season and some will be in a build-up period. As always, adjust the workouts to your needs and capacity at this time. With all interval training, there are five variables: the length of the repetition (time or distance), the number of repetitions, the speed of the repetitions, the length of the rest (time or distance), and the nature of the rest (slower run, jog, walk, stand, etc.). You probably should not increase the difficulty level of too many of these at one time. Many of you are impatient and want results quickly. You want to test yourselves in these workouts. That is not all bad. However, you should be able to recover in twenty-four hours, forty-eight at the longest. If you are totally wiped out the next day, you have done yourself a disservice as you have compromised your training schedule. (Unless, of course, you have done this on purpose to give yourself one of those gut-check type work-outs.) Train to run another day. Gradually make your adaptations. Be patient!! If you compare these workouts with a year ago, you should hopefully see progress, even if it is not exactly the same workout. If you are really serious about a race, especially a 5K or 10K, your last really tough work-out should be about 9-10 days before the race for men and maybe a little closer to the event for women. After that, you should just do maintenance work, rhythm running that can include some faster running, but at a relaxed pace. And, remember to get to the race rested and healthy!!!

If we assume a race or a hard workout on Saturday, this is one way of setting up a week:

Sat	Race or Fartlek or Hills or Hard Workout
Sun	Long
Mon	Recovery [last half can be slightly negative, but not pushed]
Tue	Hard Workout
Wed	Same as Monday
Thu	2-8 mile Up-Tempo [Sustained tempo run @45 sec./mile slower than 5K pace – This can go negative.]
Fri	Same as Monday - If racing Saturday, lighten the intensity.

Feb	3	2-5 x [8 x 200m @sub5K/100m] + 4 x 100m S
		1-2 x [2 x 1200m @5K/2 minutes] + 4 x 600m @3K/200m jog + 4 x 100m S
Feb	10	2-4 x [4 x 600m @sub 5K/200m] + 4 x 100m S
		3-10 x 1000m @3K-5K-10K pace/200m-400m + 4 x 100m S
Feb	17	2-4 x [4 x 300m @sub5K/100m] + 4 x 100m S
		1600m @10-15K + 1-2 x 1200m @5-10K + 1-3 x 800m @3-5K + 2-4 x 400m @mile/=time recovery + 4 x 100m S
Feb	24	2 x [3-8 x 500m @sub 5K/300m] + 4 x 100m S
		2 x [2-6 x 800m @3-5K/400m] + 4 x 100m S
March	3	2-5 x [5 x 400m @5K/100m] + 4 x 100m S
		2 x [2-4 x 1200m @5K/400m] + 4 x 100m S
March	10	2-4 x [4 x 600m @sub 5K/200m] + 4 x 100m S
		3-6 x 1200m @goal 5K-10K pace/200m-400m + 4-6 x 300m/1-3 min + 4 x 100m S
March	17	1-3 x [8 x 250m @sub 5K/150m recovery-total 8 lap time] + 4 x 100m S
		400m+800m+1200m [+1600m+1600m+1200m] +800m+400m/1/2 dist.[down faster] + 4 x 100m S
March	24	2 x [2-4 x (600m @3-5K + 100m jog + 300m @sub 3K)/400m] + 4 x 100m S
		2-5 x 2000m(alternate 400m @5K and 400m @5K + 20 sec)/400m-800m + 4 x 100m S
March	31	2-5 x [5 x 400m @5K/100m] + 4 x 100m S
		2000m @3K-5K/10-20 minutes/1000m @hard/10-20 minutes/1000m faster
April	7	2-5 x 600m BU/200m + 2-5 x 600m(200m fast+200m slow+200m fast)/200m + 2-5 x 600m(blast last 300m)/5 min + 4 x 100m S
		1600m & 1400m @15K/400m+1200m & 1000m @10K/400m+800m & 600m @5K/400m+400m & 200m @MP/200m+4x100m
April	14	2-3 x 300m/2 min – 10 min – 2-4 x [800m FR + 300m hard]/3 min + 4 x 100m S
		2-5 x 2000m @10-15K pace/400m jog to full recovery, depending on your focus + 4 x 100m S
April	21	5-8 x 400m @mile/1 min + 4 x 100m S
		800m @5K + 1-2 x 1200m @10K + 800m @5K + 1-2 x 1200m @10K + 800m @5K + 4 x 100m S
April	28	2-Person Relay (each person does 6-10 x 400m) + 4 x 100m S
		3-6 x 1600m @5-10K/400-800m + 4 x 100m S
May	5	2-4 x [4 x 600m CD/400m] + 4 x 100m S
		3-10 x 1000m @3K-5K-10K pace/200m-400m + 4 x 100m S
May	12	1-3 x [8 x 250m @sub 5K/150m recovery-total 8 lap time] + 4 x 100m S
		1600m @10-15K + 1-2 x 1200m @5-10K + 1-3 x 800m @3-5K + 2-4 x 400m @mile/=time recovery + 4 x 100m S
May	19	2 x [2-4 x (500m @sub 5K + 100m jog + 200m @mile)/400m] + 4 x 100m S
		2-5 x [1200m @5K-10K/400m jog + 400m @sub 5K/400m jog + 400m @sub 5K/400m jog] + 4 x 100m S
May	26	2-5 x [4 x 400m @sub 5K/200m] + 4 x 100m S
		2 x [2-4 x 1200m @5K/400m] + 4 x 100m S

CD	– Cut-Downs (getting faster)
FR	– Fast Relaxed
S	– Striders (paced runs halfway between a sprint and a jog – relaxed upper body – great running form)

"2-5 x [2-4 x 400m @5K/200m jog]/5 min" is read "2 to 5 sets of 2 to 4 repetitions of 400m at 5K pace with a 200m jog interval between repetitions. Take five minutes or at least twice the normal recovery between sets.