Distance Workouts
Monday April 17, 2017

Since Coach Flatow will be running the Boston Marathon on Monday, here are your workouts…if you have any questions, please talk to Coach John.

These are intended to be hard workouts. These are hard not simply because Coach is running a marathon and wants you to suffer with him ☺…we are at the end of a season, have no dual meets this week, so this is a good day to have a solid effort!

1600/3200m Runners: Speed-Endurance Intervals

The physiological goal of this workout is to stimulate your body's ability to deliver oxygen to working muscles and process lactic acid. Mentally, we are trying to make you psychologically tougher in response to fatigue. Overall, help you to run faster!

After warming up, I'd like you to run 5 intervals of either 1000m (most of you, varsity runners and aspiring varsity runners) or 800m (for those of you still developing as runners). You can pick which group you are in, but try to find partners. The recovery between each interval is 3 minutes and I'd like you to jog one lap during that 3-minute recovery; you can adjust your 3 minute recovery a bit so you can group up and start with your training partners (you should cover a lap in less than 3 minutes but I want you moving not standing around stewing in your own lactic acid!). Target paces are below. Then warm down and get together for core (or join the sprint group for core).

Your current 1600 race pace	5x1000: 1000m pace	5x800: 800m pace
4:45	3:10-3:25	You should be running 1000s!
5:00	3:25-3:35	You should be running 1000s!
5:30	3:40-3:55	2:55-3:05
6:00	3:55-4:15	3:05-3:20
6:30	4:15-4:35	3:20-3:35
7:00	Run 800s	3:35-3:50

800m Runners: Pick Up Reps

What I'd like the 800m specialists to do is run a little faster. You can either join Coach John and the sprinter workout for the day, or run pick up reps. Talk to Coach John about which is best for you. If you are going to run pick up reps, here is your workout.

8x400, with a 90 second recovery between intervals.

Pace for 1, 3, 4, 6, and 7 is x, where x = your current 800m race pace + 10sec
Pace for 2, 5 and 8 is y, where y is your current 800m race pace + 3

So for example, if you are a 2:00 800m runner, $x = (60 + 10) = 70$ and $y = (60 + 3) = 63$

See you on Tuesday!