

MHRRC Track Workouts 2011



Wayne McDaniel
run426n2@aol.com

Where?
When?
Why?
How?



Conni Grace
gra176@aol.com

Home phone
227-6308



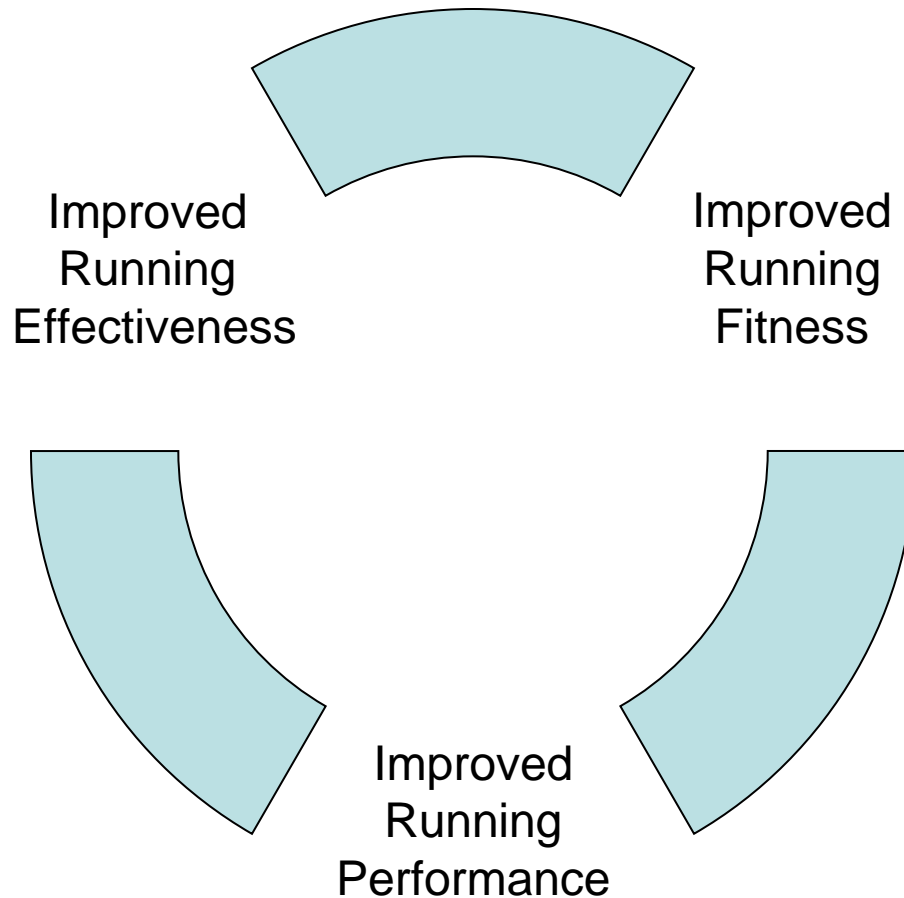
The Where and When

- Unionvale Middle School Track on East Noxon Road (between Route 82 and Route 55 in LaGrangeville)
- Tuesday nights (21 consecutive weeks)
- Beginning April 12, 2011
- Ending Aug 30, 2011
- Be there in time to get in a warm-up jog (5 – 10 minutes)
- Be ready to meet for Group Stretching by 6:15 PM





The Why



The never ending circle that translates to improved Race results!





Basics on the “How”

Effective Training

- Improving your Running Effectiveness

Improves your Running Fitness

Improves your Running Performance

Improves your Running Effectiveness

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Improves your Running Performance

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- For Effective training use the 80-20 rule

- Effective Training Guidelines

- 80% easy miles

Mix up the easy miles terrain and distance

- 20% “UpTempo” miles

Mix up the “UpTempo” speed and distance





Basics on the “How”

What are “UpTempo” miles?

- **Fast**

- Tempo / Lactate-Threshold pace runs
- Improves endurance and ability to eliminate Lactic Acid from the muscles
- The speed and pace you can “Race” for about an hour
- Least “Dangerous”

- **Faster**

- Interval / VO2-Max pace runs
- Improves your ability to get oxygen to the legs (via the lungs)
- The speed and pace you can “Race” for about 15-20 minutes
- More “Dangerous”

- **Fastest**

- Repetition / Power-Interval runs
- Improves your running “economy” at a faster pace
- The speed and pace you can “Race” for about 4-6 minutes
- Most “Dangerous”





Basics on the “How”

“Interval” Training

- Training in each of the 3 zones (Fast, Faster, Fastest) helps you:
 - Run faster at the same effort (economy)
 - Run longer at the same effort (endurance)
- Shorter repeated “Intervals” of running in your Racing zone
 - Warm up
 - Run the “UpTempo” pace (slightly faster)
 - Rest
 - Repeat the “UpTempo” pace
 - Cool down
 - Evaluate

Time spent in those “UpTempo” zones contribute to the “20%”

Warmup, Recovery, Cooldown time contributes to the “80%”





Basics on the “How”



What's a vdot?

- A point of reference, number system (30 - 85)
- Tells you how fast, “Fast”, “Faster” and “Fastest” is!
 - vdot 85 - World Class Caliber runner
 - vdot 30 - someone Racing a 5K in 30:40
- Derive your starting point vdot from a recent Race Performance
- Your vdot will go up as your fitness and running performance improves





Basics on the “How”

Find you vdot – learn your pace and effort

Most Recent Race Times				Fast "Threshold" Training Target 800M-3miles 3-20min	Faster "Interval" Training Target 400M-1400M 1-5min	Fastest "Repetition" Training Target 100M-400M 15sec-2min
5K	10K	Half	vdot	400 Meter Pace	400 Meter Pace	400 Meter Pace
12:37	0:26:19	0:57:50	85	66	61	55
.
.
18:40	0:38:42	1:25:40	54	95	88	82
18:58	0:39:20	1:27:04	53	97	90	84
19:17	0:39:59	1:28:31	52	98	91	85
19:36	0:40:39	1:30:02	51	1:40	92	86
19:57	0:41:21	1:31:35	50	1:42	93	87
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30:40	1:03:46	2:21:04	30	2:34	2:22	2:16



Basics on the “How”

Track Tips and Etiquette

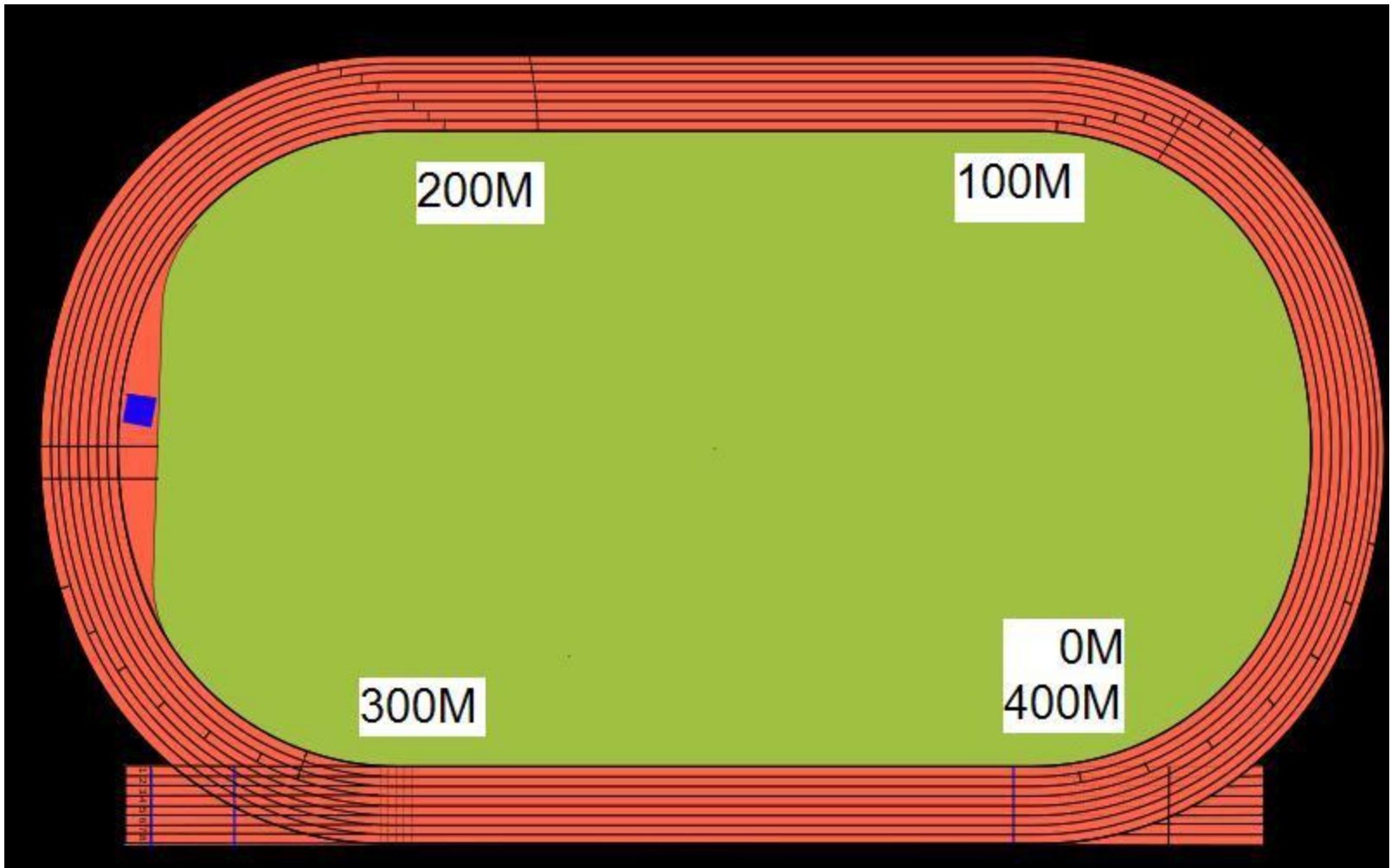
- **The weather will get Hot!**
 - Be hydrated before you arrive (we have a Porta-a-Potty)
 - Bring sufficient fluids for before, during and after your run
- **Group Stretching**
 - 8 foot section of rope for leg stretches
 - Towel to lie upon during stretching
- **Rules of the Track**
 - During your UpTempo Running stay to the inside lanes
 - Faster runners pass on the right and should not need to be beyond the 3rd Lane
 - Do NOT feel guilty about your UpTempo being slower than others
 - Be conscious of Runners behind you when finishing your Interval
 - We encourage you running with your fellow **vdots**
 - Please, try to keep your group no more than 2 abreast
 - Alternate who leads the pack for each interval
 - Use the outside lanes for your jog recovery laps (lane 4 and out)





Basics on the “How”

Track Tips and Etiquette





Basics on the “How”

Training Tips

- **Patience**
 - Don’t do too much too soon
- **Discipline**
 - Easy days are easy days (80/20 rule)
 - Save “it” for your “UpTempo” days and “Races”
- **Variation**
 - Mix up your easy days
 - Mix up your “UpTempo” days
 - Mix up your weekly mileage
Example: 75%,85%,95%,100%,75%,90%,100%,75%,100%
30mi,34mi,36mi,40mi,30mi,36mi,40mi,30mi,40mi
- **Log it**
- **Evaluate**
 - Are you over training?
 - Is your body trying to tell you something?
 - Is your vdot accurate?
- **HAVE FUN!**

