

# Coach Al's Weekly Workout

June 28,2020

This week you are doing some speed endurance repeats at either 400m or 600m.

This is best done at a track but can be done on a road or trail course as well. If on a road/trail course, a measured loop is best but can be done out and back by time. ( just figure out your 200m or 400m goal split for your 5K per mile pace and use that to figure the correct time split to use which should be 5% faster)

Do your choice of 6-8-10-12 or up to 16 repeats depending on your ability and fitness level and also available time frame.

Do stretches and then a 15-20 minute warmup run at training pace to start.

After choosing to do either a 200m or 400m distance to run at speed pace about 5% faster than you 5k mile pace, you stride for 100m or run a training pace for 100m, then sprint for 100m.

If you are doing the 200m repeats, that brings you to 400m total for each repeat. If you are doing 400m repeats, that brings you to 600m total for each repeat.

-Take a 2:30 recovery between each for the 400m sequence.

-Take a 3-3:30 recovery between each for the 600m sequence.

Feel free to adjust your recovery time if needed, but try to keep it consistent throughout for the best training effect.

Finish with a 10-15 minute cool down run and stretches/core

Lastly, I have received very little feedback and truly would appreciate some on this workout and others I have sent over the last month of so. Your input helps me determine how I can best help CMS runners be successful!

Have a good week!