2016 Summer Speedwork Workout Explanations

We are excited to run fast with you on the track this summer! The following schedule of workouts were designed by Big River Personal Coach, Jim Helton, who is also the lead timer on Wednesdays at Maplewood Richmond Heights High School. The workouts each serve a specific purpose and are explained below. Remember, the paces are prescribed for a reason. The idea is not to be running 100% during these workouts. The culminating goal of these workouts is a fast 5k! Questions? Email jim@bigriverrunning.com.

Your group leaders will share your target paces at the track before the workout begins. The recovery between each interval is noted in parenthesis.

May 24-25 (Week 1)
Group 1-3: 3-5 x 1200m @ A/T*(60 sec jog recovery)
Group 4-5: 3-5 x 800m @ A/T*(60 sec walk recovery)

We are going to start with a stamina-building workout intended to increase lactate threshold. Raising lactate threshold enables one to race faster/further before fatigue sets in. **This is a workout you can "add" to your training program (in addition to the Tuesday/Wednesday night track workouts).** They are called cruise-intervals (popularized by running coach Jack Daniels). Benefits are similar to tempo runs. Don't turn your threshold-pace workouts into competitive efforts; *threshold-pace should feel "comfortably hard" (10K pace + 15-20 seconds).

May 31/June 1 (Week 2)
Group 1-3: 4-5 x 1000m @ 10K pace (400m jog recovery)
Group 4-5: 4-6 x 800m @ 10K pace (400m jog recovery)

This is based off of 10K race pace. Doing the repeats a little slower than 5K pace will be a good way to introduce your body to the speedwork without risking injury from going too fast. It shouldn't be too hard, but give you a chance for leg turnover.

June 7-8 (Week 3)
Group 1-3: 12-14 x 200m @ 1m pace (200m jog recovery)
Group 4-5: 8-12 x 200m @ 1m pace (200m jog recovery)

This week we will pick up the pace in preparation for next week's time trial. We will only be running a half-lap at a time, but the pace is quicker (1 mile race pace).

June 14-15 (Week 4)
All groups: Strides + 1 mile Time Trial

Strides are accelerations of 15-20 seconds. We will break into groups and run one mile all out. This will give you a chance to see how far you've come within your training so far! ***Can't make it to the time trial? Test yourself at the [Macklind Mile](#) on June 25!***

June 21-22 (Week 5)
Group 1-3: 3 x 1000m @ 10K pace (400m jog) + 2 x 800m @ 5K pace (400m jog)
Group 4-5: 2 x 1000m @ 10K pace (400m jog) + 2 x 800m @ 5K pace (400m jog)

This workout puts together the 10K strength work, plus race specific 5K pace. Goal: not to go out too fast, but finish strong.

June 28-29 (Week 6)
Group 1-3: 7-8 x 600m 5K pace (200m jog)
Group 4-5: 6-7 x 600m @ 5K pace (200m jog)

This workout is about learning pace for the 5K. The short jog rest keeps us honest!

July 5-6: (Week 7)
Group 1-3: 3 x 1200m @ 5K pace (400m jog) + 2 x 400m @ 1m pace (400m jog)
Group 4-5: 2-3 x 1200m @ 5K pace (400m jog) + 2x 400m @ 1m pace (400m jog)

Continuing with your 5K pace, then finishing strong at mile race pace for one lap.

July 12-13 (Week 8)
Group 1-3: Ladder - 1200m @ 5K pace (400m jog) + 800m @ 3K pace (400m jog) + 600m @ 1m pace (400m jog) + 400m @ 800m pace (400m jog) + 200m @ 400m pace
Group 4-5: Ladder - 800m @ 3K pace (400m jog) + 600m @ 1m pace (400m jog) + 400m @ 800m pace (400m jog) + 200m @ 400m pace

The classic ladder workout; as each interval decreases in length, you increase the speed. This mimics our progression of going out at pace, then finishing strong.

July 19-20 (Week 9)
Group 1-3: 5 x 400m @ 5K pace (400m jog) + 5 x 400m @ 1m pace (400m jog)
Group 4-5: 4 x 400m @ 5K pace (400m jog) + 4 x 400m @ 1m pace (400m jog)

This is the last track workout before the 5K road race. The first set will be at 5K pace, the second at mile pace. These shorter repeats leave you fresh next week's race.

July 29 (Week 10)
Need for Speed 5K
Forest Park, Upper Muny Lot, 7 pm
This is the BIG DAY - a chance for everyone to run a fast 5k!