



2010 TUESDAY EVENING INTERVAL TRAINING GROUP

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IMPORTANT INFORMATION

Introduction: This is a training group affiliated with the Big Sky Wind Drinkers. There is no fee or membership required to participate. However, you are encouraged to join Bobcat Track and Field Association for \$20/year as a gesture of goodwill in exchange for use of the track facility. Workouts are provided by Zombro Physical Therapy. These training sessions have the potential to improve your running economy, leg turnover, and performance significantly. Please recruit your friends and join us! We always run no matter what the weather does!

Medical: It is expected that you have appropriate medical clearance to participate in these workouts and assume full responsibility for your health and safety.

Objectives of Sessions: The major purpose of these sessions is to provide a group training environment in which runners of all ages and abilities can gain the benefits of interval training. This type of training can be extremely beneficial to a runner's performance, and it is much more enjoyable to conduct this training in a group setting. The goal of the organizers and all the participants is to foster a team spirit where everyone feels welcome and can work at their own level.

Helpful Tips: Make sure every session begins with a proper warmup that includes some jogging, drills, and striding. Also be sure to cool down adequately with some easy jogging, walking, and stretching. Because our emphasis is on being able to sustain good power output over distance, be sure to make your stride/form as smooth as possible, try to pace evenly, and avoid "racing" the workouts. Frequent, consistent, moderate training yields the best results. All sessions are effort-based, i.e. they are designed for you to run them at your own personal level. If you are unsure of how the workout should optimally be run for your maximum benefit, consult with the Workout Ambassador.

Modifications: Even though the workouts are written somewhat specifically, anyone can modify them to best fit their needs. Two simple suggestions are to decrease the prescribed number of reps to a more appealing number and/or to increase the time or distance of the recovery interval. Try to keep your effort close to what is prescribed so you attain the appropriate training benefit.

Terms: In order to simplify terminology, most of the workouts (with a few "fun" exceptions") will fit this standard format: Number (#) of **Repetitions** X Given **Distance(s)** @ Suggested **Pace/Effort** W/Certain amount of **Recovery** expressed in either distance or time. When we talk about effort we are being intentionally general but perceived effort (0-100%) tends to correlate well with heart rate. For most runners, the repetitions will be performed between 80-95% of maximum heart rate. The lower end of this broad range tends to stimulate lactate threshold and the upper end has a greater effect on maximal oxygen uptake. Recovery heart rates should go below 70-75% of maximum before beginning the next repetition (thus recovery duration may need to be adjusted). If you have any questions, the Workout Ambassador of the day can help simplify this aspect of training for you.

Location: Meet at the track and field facility at Montana State University, on the south side of Kagy Blvd. Please park on the north side of the track and enter through the main entrance gates. No dogs or baby joggers allowed in the facility. Management requires that we warmup and cooldown in lanes 4-8, but run the workouts in lane 1 and 2. Proper etiquette is to stay in lanes 1-2 and faster runners will simply go around runners being passed in lengthy or busy workouts. We are guests of Bobcat Track and Field so it is much appreciated if all participants respect the facility.

Dates: Every Tuesday from April 6th 2010 through October 19th, 2010. Again, we should mention that the workouts happen in rain, sleet, wind, snow, or shine, etc. We don't cancel or postpone. Dress appropriately and expect the early season conditions to be variable.

Time: Warmups can be on your own, but a group drill series will be conducted from 6:00-6:15. The running portion of the workout begins promptly at 6:15 p.m. In the spring, we have to wait until after 6:00 p.m. to get on the track as the MSU Bobcats are conducting training until that time.

Workout Ambassadors: Our goal is for every workout to have a Workout Ambassador. This individual will be a runner familiar with the training system and the workout of the evening. They will be present to greet runners, answer questions about the session, and offer advice and encouragement during the workout. Everyone is welcome to be an Ambassador and we thank you all for leading the workouts. This will not be a factor after mid-May.



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WORKOUTS

The workout descriptions for this season are a bit lengthy. This is because our goal is to provide everyone with a good explanation of the rationale of each session so they feel comfortable with the workout and can truly get the most benefit from each workout. The sessions are organized so that we perform each workout in order over a 6-week period, then repeat this cycle throughout the year. This gives everyone an excellent opportunity to compare workouts and measure progress. The workouts used this year are some of our favorites, with “favorite tweaks” applied by each person who contributed them.

#1.) THE JZ CLASSIC: (8-12 x 400m @ 5k goal-pace with 200m recoveries) This workout has been a staple in virtually every coach’s repertoire. The basic premise in this session is to run at 5k goal race pace (or just slightly faster) for each rep. This is the first workout of the year so it is an excellent idea to be a little conservative with pace and volume. Avoid running so hard that you have to walk a lot in the recovery. Instead try to run the reps in a controlled fashion so you can jog very slowly during the rest interval and still recover.

#2.) THE PEACOCK PACED PYRAMID: (1 x 2-4-6-8-10-12-10-8-6-4-2 @ 10k pace w/ 200m recoveries) This workout asks you to run 10k goal-pace for an ascending and descending “pyramid”, where you try to keep the pace the same for every rep even though the reps vary in distance, and the recovery is the same distance/time throughout. The workout should look like this: 200-400-600-800-1000-1200-1000-800-600-400-200, all with 200-meter rest “jogs” (very, very easily) between each rep. This is a “rhythm” workout where you focus on running quick but relaxed and adapt to frequent pace changes. This is an outstanding stimulus to improve lactate threshold.

#3): RHYTHM-BUILDING BY DAVID NIX: (4-6 x 300run/100walk-jog + 100 run/300 walk-jog, with the running portions being done at mile pace) This is a nice workout to get your legs rolling without being too anaerobic. Try to use a strong, efficient stride and avoid straining.

#4) THE STRAIGHT-UP MILE REPEAT BY CHAD COLEY: (3-5 x 1 mile @ 5k-10k pace with 400m walk/jog recovery) This session is pure bread and butter. It builds strength, endurance, and pace knowledge like no other. When you can run your miles at even pace, and run all your reps in nearly the same time, you are really making progress.

#5) THE “CHIPMUNK” BY MATT EDWARDS: This workout is a watered-down version of several workouts popularized by the track and cross-country programs at both the University of Oregon and the University of Michigan. The Michigan version is known as “The Wolverine”, and thus, our version is called “The Chipmunk”. Run 1.5 miles at tempo pace (10-20 seconds per mile slower than 10k race pace) on the road/trail loop which makes a square around the stadium. Get to the track and jog 200 meters recovery, then run 400 meters at mile race pace, jog 400 meters recovery, then head back onto the tempo loop for another rep. Do 2-4 reps, depending on your goals.

#6) FLYING 200’S BY MATT “SMILEY” PARKS: (6-12 x 200 @ mile-to-5k pace with 200m recovery jogs) This workout challenges you to run quickly but not all-out and to trot the recovery in a “floating” manner.

These sessions are brought to you by Zombro Physical Therapy, Inc. on behalf of the Big Sky Wind Drinkers. The goal of these workouts is to promote fitness and fellowship with an emphasis on performance enhancement for people of all ages. For more information please contact John Zombro via email at john@zombrophysicaltherapy.com.