

Tips from Coach Mike Reif
Coach of the Genesee Valley Harriers

How much should you run in a workout?

All running should begin with an easy build-up in mileage over a several week period of time. Once you have run for 20 miles or more a week for 2-3 weeks you may begin adding some higher intensity runs and longer runs. Your overall mileage buildup should not exceed 10% per week. Another way to build mileage would be to add the total number of days you ran in the last two weeks and add that much mileage after the two weeks. Say you ran for 8 days in the last two weeks. You could add 8 miles to your weekly total. When adding higher intensity days the following general rules would also apply utilizing the training intensity definitions of Dr. Jack Daniels.

Easy/Long runs (E or L): 1.5 to 2 minutes slower than 5K race pace - conversational
Threshold (T): 24 seconds per mile slower than your 3-5 K race pace
Intervals (I): 3 - 5K race pace
Repetitions (R): 24 seconds faster than Interval pace or about mile race pace

The recommended total mileage (quantity) of a given intensity workout bout should be as follows:

<u>Total Mileage/Wk.</u>	<u>Long (L/E)</u>	<u>Threshold (T)</u>	<u>Interval (I)</u>	<u>Repetition (R)</u>
Up to:	25%	10%	8%	6%

- Examples -

20 miles/wk	5 miles	2 miles	1.6 miles	1.2 miles
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Workout examples: steady @ E; 2 x 1mile @ T; 5 x 800 @ I; 4 x 400 @ R, 2 x 200 @ R

30 miles/wk	7.5 miles	3 miles	2.4 miles	1.8 miles
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Workout example: steady 3 x 1mile @ T, 4 x 1000 @ I, 6 x 400 @ R, 4 x 200 @ R

40 miles/wk	10 miles	4 miles	3.2 miles	2.4 miles
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Workout example: steady 4 x 1mile @ T, 4-5 x 1200 @ I, 8 x 400 @ R, 4 x 200 @ R

50 miles/wk	12.5 miles	5 miles	4.0 miles	3.6 miles
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Workout example: steady 2 x 2mile @ T, 4 x 1600 @ I, 12 x 400 @ R, 1 x 1mile @ T, 4 x 200 @ R

Recovery time between 30sec.- 2min., same as interval, full recovery each.

A warm-up and cool down of 1-2 miles before and after a higher intensity run is strongly recommended. A few strides (4-6) x 50-100 meters (@ R) following a Long run or Threshold run followed by stretching is also beneficial.