

## 2011 Jenny Spangler Running Programs Tuesday and Wednesday Track

We have 26 weeks together so build slowly. One key to running success is training consistency which means staying healthy so.....please be patient! Workouts are NOT races so run at your own pace. Since track workouts are practice don't be afraid to test yourself and experiment a little.

### **I. Training Based on Effort**

I am a firm believer in doing most of your training based on EFFORT instead of being a slave to the stopwatch. Most of us have very busy lives and one day an 8 minute mile may seem easy and the next day it seems very very hard. Being too dependent on our watches can lead to frustration and injury. At the same time, you may be at a point in your training where you are ready to run at a faster pace. But if you have a certain pace locked in your head you may actually be holding yourself back from running faster. I am not saying that the stopwatch is "bad", but there is a time and place for it.

Each track night I will give you your workout based on "effort". It may take a few weeks for you to understand this concept and get to know your body well enough so that you feel comfortable with it but here is the basic rule:

HARD Effort (100%):	Sprinting – you are going as fast as you can – you have no gears left
5K Effort (80%):	One gear left
10K Effort (60%):	Two gears left

### **II. Logistics**

- A. Bring your own refreshments (water, electrolytes, etc.)
- B. If you would like to bring your children that is totally fine with me but I do ask that they stay either on the inside of the track the entire workout or the outside – there can be NO running back and forth across the track – it is too dangerous and disruptive for everyone.
- C. If you are running EASY, please run in the outer lanes of the track. The first three lanes are for fast running only.
- D. It is considered proper "track etiquette" to say "track" or "coming up behind you" when you are getting ready to pass someone.
- E. Please be warmed up, stretched and ready to go at 6pm. If you arrive late, please run at least 2 laps around the track before you start the workout.
- F. At 6pm I will talk briefly about the workout and other miscellaneous items and then we will do some strides to get the heart rate up and work on form before we actually start the workout.
- G. Please run easy at least 2 laps after the workout and stretch if you can.
- H. The workout will be held in any weather EXCEPT if it is thundering and lightening. I will wait approximately 15 minutes and if the storm has not passed I will cancel the workout.
- I. There will be weeks that we will be unable to use the track due to school events. We will still have a workout!! Please meet at the track and we will run to an alternate location for the workout.