

**ATTENTION DISTANCE RUNNERS!!!** ...I know it is challenging to get pumped up right now for a hard effort, but if some of you are wavering, or having some doubts/indecision about doing a time trial right now, please consider this:

“The greater the demand placed on an individual within its physiological and psychological limits, the more intensely it adapts and the more efficient it becomes.” - Joe Vigil

“My job in training and preparing you for racing is to get you comfortable being uncomfortable” -Coach Greg

#### 5 INSIGHTS FOR THOSE OF YOU ASKING, “WHY?” A TIME TRIAL RIGHT NOW OR, “WHAT IS THE POINT ANYWAY, IT DOESN'T REALLY COUNT?!”

- 1) It is good to have a goal or something in front of you to help fuel your effort (motivation) while training.
- 2) Even if you do not PR, you can translate a time trial effort into a “shoulda” or “coulda” PR if our season did not get cancelled AND you can feel good about that!
- 3) A time trial is a great test or gauge of your fitness; in most cases (and especially if done in the right frame of mind/executed properly) a time trial can reveal fitness you potentially underestimated and then you can ride on that “free” motivation!
- 4) It's been a while since all of you have experienced “race pain” and at one level, it's easy to settle-into the “comfort zone” and that's not good because you forget what it feels like to feel race pain and maybe even begin to fear it a bit; a time trial is a good way to stay in the “performance zone” or considering the limits of this COVID-19 shut-down, as close as we can get to it... Remember, pain nurtures courage and we all need to stay courageous, stay the course for several more months until we get on the other side of this global pandemic!
- 5) A decent time trail can provide you with some satisfaction and closure for the track season to help mark the end of your current training cycle; never-ending training cycles can lead to mental burnout or a fitness plateau that's hard to bust through to that next level when you don't have an end point in your current training cycle. ...Your body needs varied phases of training/stimulus and a time trial can provide that and symbolic of your final track season race effort, you can feel good about moving on or “re-boot” into the next phase of your training.

We must  
embrace pain  
and burn it  
as fuel for  
our journey

Kenji Miyazawa

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#### 6 DOs AND DO NOTs FOR ATTEMPTING A TIME TRIAL EFFORT:

- 1) **DO NOT:** Attempt a time trial if you are NOT in a good frame of mind; if you approach a time trial effort without conviction and purpose, you'll likely “die-out” at ¾ through when it gets tough...
- 2) **DO:** Make sure you adjust your goal time based on how you've been feeling in workouts and your goal time is realistic and achievable, remember to take-off some time to account for the “juice” or adrenaline rush of a being in a real race environment.
- 3) **DO NOT:** Go out too fast, with the lack of numerous VO2-max workouts this season and most likely, less speed training in your current regiment, your stamina at race pace will be limited; best to run time trails right now at a steady/even pace!
- 4) **DO:** A race simulation workout 1 week prior to your time trial as a “dress rehearsal” or to “knock-off the rust” for your time trial; this helps mentally and physically prepare you for your time trail and validates if your goal is spot-on or too slow/too fast. **Note:** Typically, race simulation workouts are done infrequently, for sharpening and confidence towards championship peak/important races, right now we are using this as a fitness check.
- 5) **DO NOT:** Think this is NOT going to hurt! ...A good time trial; if you stay focused on each rep segment and you finish the workout feeling just fine, then you probably ran too slow and you could have done better; if you finish feeling unable to do any more, than you nailed it; hey, it's supposed to hurt!
- 6) **DO:** Pick a good time of day to run! Your body for sure has not acclimated to recent increase in temperature outside this week, so be sure to run early, before 10:00 AM or after 7:00 PM

**EXAMPLES OF RACE SIMULATION WORKOUTS FOR DISTANCE RUNNERS**  
(text Greg at 707-291-2967 for pacing details if needed)

**800m:**

- a) 100m-300m-300m-100m at goal race pace with :40 standing rest in between
- b) 2 sets of 2 x 400m at goal pace with 1:00 standing recovery in between, then long 14-16 minute recovery, then repeat (good 800m race predictor is taking the avg. of each broken 800m)
- c) 4 x 400m at goal pace with 3:00 super slow walk/jog rest in between (good 800m race predictor is taking avg. 400m time x 2)
- d) 5 x 300m at goal pace with super slow walk/jog rest in between (good 800m race predictor is your average 300m pace)

**1600m:**

- a) 200m-400m-800m-400m-200m at goal race pace with :30 standing rest in between

**3200m:**

- a) 8 x 300m at goal race pace with 100m jog in between
- b) 400m-800m-1600m-800m-400m at goal race pace with :45 standing rest (Boys) or 1:00 standing rest (Girls) in between
- c) 2 x 1800m with first 1600m at goal race pace with last 200m hard, then 4:00 jog rest (Boys) or 4:30 jog rest (Girls)

**5K or 3 miles (only attempt when you are very fit):**

- a) 7 x 800 at goal race pace with :45 standing rest (Boys) and :1:00 standing rest (Girls) in between

**Other Options:**

- a) **Shorten the race distance!** ...Take 7/8 of your race distance and try to hold your goal race pace (800m = 700m, 1600 = 1400m, 3200 = 2800m, 5K = 4.4K); another option is to run  $\frac{3}{4}$  of your distance (800m = 600m, 1600 = 1200m, 3200 = 2400m, 5K = 3.8K) and run the first  $\frac{1}{2}$  of that distance at goal pace, then let it rip for the balance or last  $\frac{1}{4}$  of the distance!
- b) **Progressively reduce the rest!** Start with some of the above workouts, start with modest recovery and progressively squeeze the rest over time; i.e. the 800 a) workout can start with :50 rest and squeeze down to :40 > :30 > :20 rest in between (at that point, you can likely race exactly that 800m time + :01-:02) on different attempts...

**Note:** Keep in mind, some of these Race Simulation workouts might not 100% translate or “predict” a race performance. They are not exact or true predictors and shouldn’t be taken too seriously (a true race simulation workout typically has only ~:15 - :20 rest in between segments or a good indication of your 800m race time could also be an all-out 600m effort \*1.4; a 1:30 600m = 2:06 800m), but they will give you something very, very close to that race experience!

