

Tempo 200's

Run a 200 in 10Km pace; followed by a 200 slower.

25 laps, which equates to a full 10km.

Call it a tempo run.

Break it up into sets of 8(200/200) with a full lap slog between sets.

The last set adds a ninth lap.

Break up the laps any way you want.

No one's watching.

Pace depends on tempo pace.

Tempo pace is the running pace you can run for one hour.

It's arithmetic.

Six miles in one hour equals 10:00 per mile pace.

Run each lap at 1:00/1:30.

Ten miles in one hour equals 6:00 per mile pace.

Run each lap at :30/1:00.

7.5 miles in one hour equals 8:00 per mile pace.

Run each lap at :45/1:15.

Better yet, choose your own pace.

Argue with yourself over whether you can complete the workout.

The goal is to get in a tempo run when you're bored with your fast running routes.

On the track, you can break up the tempo into segments of your choosing.

You're still running at pace.

And, it's not complicated.

No one else's permission required.

You won't be exhausted for the next day's easy run.

Remember, the next day is an easy run.

Your body learns to handle turnover through consistent pacing.

You teach your mind to relax and be patient.

It's all you.

Little children are at play when they run.

Running is play.

And it's serious business.

Ever notice our intense facial expressions when we're at serious play?

Don't overthink the room.

Adjust on the fly.

Too fast or too slow, you'll know.

No one's looking.