

Workout de Jour

1.5-mile warm up

8(400/2:00jog)

0.5-mile cool down

A warm day for late November. I am alone running on a local greenway adjacent to an upscale neighborhood up against a local high school. There is no one else running, walking their dog, or even strolling the greenway. Just me warming up before my workout for this week.

That I am running solo neither disappoints nor surprises me. Easing into the opening warm up phase before the workout itself, I reflect inwardly that I was thrice named the student most likely to be happy on a deserted desert island. And while I was a good teammate on my team sports I played in high school and in college, my teammates couldn't relate to my personality, treating me as an outsider accordingly. Their attitudes towards me didn't phase me because I loved playing the sport for playing itself.

I cannot recall the last time I shared a workout with another runner, friend or foe. Decades ago, I had a training partner with whom I'd push the pace or I'd be pulled to the pace. Either way we trained fast on those workouts. There is a warm rush silently running stride for stride in a workout during each repeat. No excuses, no quitting. Only running to your day's best knowing your training partner is giving his day's best.

This day, as most days, I am responsible for pushing and pulling myself forward. The key to success this day is not my running the first repeat fast. The key is how fast I can run the second repeat when I am fatigued from the first repeat effort. Then, the challenge is can I maintain or exceed my effort in the second repeat. Today was a narrow escape.

Today's 400's were at my current 5km pace, either a titch under or just a titch over. The recovery jog distance was consistent as well. While I slowly went from fatigued to tired to done, I left at least one or two more on the path. I exceeded my moderate expectations for the day, making the day's run not bad. Easing into my cool down back to the car, I gave off no verbal cues showing satisfaction or otherwise. I day well spent and an inner happiness well earned.