

Workout de Jour

1.5-mile warm up

2(1.5-mile/0.5-mile jog)

1.5-mile cool down

Midday run in early December along another local greenway, this one adjacent to the river meandering around our big town, a whole bunch of little ones. There is no one else running the greenway. The weather is too damned cold for most people to be out and about. Bright, clear sky, sunning beaming, and the air temperature just above 20 degrees, accompanied by a breeze just strong enough to add to the challenge for this week's work out.

Quality running in this late fall preview of winter is a dicey choice. Laps on the track into a brisk breeze coming off the Plains would be less than ideal. Short intensive bursts along a known running route fails for also not aa good choice. I think my legs want to turnover, so I'll scratch that itch. With a road race less than two weeks out, this tempo/threshold effort fills the need for strength speed.

I know this eyehole loop and run it as I would wear a comfortable sweater. I am shielded from the wind while running above the river below, the path protected on each side by a never ending woods of small trees and bramble. Today's route takes me out to the retired regional airport before I turn around. One repeat out and one back.

Today's goal is to run at my current race pace. Any race pace. Sorta. I picked this past weekend's race pace. That was a five-mile race. The pace is not very fast. The race course was hilly, both ways. It was hard. But that pace made sense for today's conditions. Too bad I couldn't hold that pace. Epitaphs flew out of me as I forced myself through the first repeat. It was awful. The second repeat was a bit faster, but not much better.

Upon further reflection, the purpose of this workout is not the actual result. The purpose is pushing through the effort, teaching my mind and my body along for the ride to manage the pressure of pushing the pace, holding the pace, feeling comfortable with the pace. There will be other runs in which I can call upon that trained pace. Those will be fun days.