

Workout de Jour

1.5-mile warm up

6(.35-mile/2:00 jog)

1.5-mile cool down

The workout was planned for just five repeats, but the legs felt springy, so to speak. So, I added one repeat. I should've added no wind to the workout, with a bit of warmth to go with that order. Oh, and maybe a workout companion. Nevertheless, the workout was completed.

Today's run is on a smaller eyehole loop I always use in the winter, when no heavy rain has fallen and collected. Today, my shield is a light, insulated vest deflecting the wind away from my chest. Because of the wind blowing in the teens, I ran without protection from the north wind. I knew I was in trouble running out along the path with the wind's assistance. The multitudes of leaves blowing by me was another good clue.

Today's goal is to push against my current race pace. I have a race this upcoming weekend and I wanted leg turnover, simulating race effort. Run fast, recover, repeat. Focus was the key to the workout. So, I focused on starting each repeat in a fast clip, holding that focus through the next beep of my watch . . . ooh! Look at that groundhog scurry off the path ahead of me, running for all he's worth.

This path is filled with gentle curves, tight turns, and long straights, trees lining one side of the path, even around the key hole end. Neither the trees nor my chosen direction for the running the repeats offered any respite from the constant, fierce blowing north wind. Did I mention the fiercely cold air accompanying that north wind? Let me mention it.

Run fast for the conditions, turn around, jog, wait for the watch's beep, run another repeat. In the middle of the first repeat, fast became relative. I can only run so fast into a nasty mid-December headwind. The focus changed to my wondering why the damned watch wasn't beeping as quickly as I wanted. Just like last week, I pushed with effort. Alone with my semi-focused thoughts. "Am I done, yet? How 'bout now?" This was not one of those fun running days I cherish. Perhaps another day.