

## Workout de Jour

New community park

New long oval bike path one mile once around

4(400/400)

2(800/400)

1 mile

warmup and cooldown as chosen

Pick a sunny winter's morning, no wind, and a newly-opened park. Ya gotta get a run outside in winter, sometime. This midmorning is as good a day to accomplish that feat as any other winter's day. Yes, the air is cold. That's not changing for a few more weeks. But you have the winter running gear, might as well wear all that.

The new park adjoins a new neighborhood, replete with single-family homes, attached homes, and a few in a style you've not yet seen. By the sounds of construction on the far side of the subdivision, you know there are more homes to come. The warmup run from the new park around the neighborhood's edge and back to the new park is devoid of movement and the roadways new and smooth under running shoes.

A pause at the new park's parking lot, looking in one direction where the turn to the lower part of the path begins, going past the parking lot to the far turn on the other side, which then snakes up to the higher part of the path. Arbitrarily picking a road sign adjoining the path as the start point, the first 400m ends just after the downhill, followed by a slow jog to the next 400m starting point alongside the parking lot, the third beginning just a bit past the first starting point, and the final 400m start comes in the middle of the snaking part of the path.

The two 800m repeats are run from the bottom of the downhill to the snaking path and then in reverse from the snaking path end to the bottom of the downhill. The mile is run once around the entire path plus a bit further, the full length of the loop being 0.93 miles.

The splits run on this midwinter day were to be at threshold pace, which in late January equates to simply getting it done. No one is looking. The effort is done solo. But it's a new park and its existence aided in accomplishing the task. Onwards.