

Workout de Jour

4(4:30/1:00 rest)

Bonus – sprinting alternate telephone poles

This one goes under the category of saving a workout. The original workout was to be a lactate threshold pace set of 4 x 5:00 with a 30-second jog. Not with my testosterone being well below the bottom of the normal range. What I put down on paper, in pencil, does not become a realized result. Perhaps when the therapy is actually ordered and time passes I may be able to accomplish a run at the planned pace for the predetermined distance. Or not.

Running these repeats at whatever pace I could muster was made more pleasant at the new local park where the “lower” part of the paved path is a slightly undulating straightish shot from the east end of the park to the west end. Maybe someday the park path can be expanded further west into the vacant land running alongside the railroad tracks. That extension would be nice.

The good news is that each segment was slightly faster than the one previous, though none of the segment results were anywhere close to what I could run before my body decided to go on vacation without me, leaving me with a mess to clean up alone. In the shadows of the day, I could see what looked to me to be a skeleton running with a rickety version of a runner. It was not a good look.

The total mileage for the day wasn't to be much. I warmed up, slowly, accelerated through the segments, sorta, and cooled down, almost. On the cool down, I realized I'd been running alongside very tall telephone poles just off the path. They seemed to be placed systematically distant to each other. What the hell, I thought. I need the sprint work, so why not. I raced between two poles before jogging to the third pole from which I launched into another sprint. Those sprints sure did make the cool down more interesting.

Hopefully, in the heat of mid-south summer, the path will be of benefit in running at dawn. I'm still learning the logical markers on the mile-long path. In a couple of months, maybe I won't be exhausted just getting out of the car to start the run. I'd enjoy being a normal runner, again. And, perhaps the City will fix the water issues so that the restrooms and the water fountains are usable. A boy can hope.