

Workout De Jour – 400s, up, down, and flat

4(400 uphill/:30 rest)

4(400 downhill/:45 rest)

4(400 flat/1:15 rest)

The third consecutive week running this session and the third time is a charm. Perfect day with clean air, warmer temperature, no wind, birds singing, and deer watching. Today is a test, of sorts.

In last week's session, a downhill segment was run five seconds faster than you'd run down the hill segment before this, and, the final uphill segment was a breakthrough in a quicker time. running this session this week offers new possibilities in time, space, and the final frontier. And, you do it.

The slowest uphill segment is 10 seconds faster than the previous uphill averages. You feel the lungs searching for quality air and maintaining their cool. Your legs are in a gear you hadn't seen for a very long time. with searing lungs and churning legs, you get up the hill in great form with fastest times a result.

The downhills are even more self-amazing, each one being quicker than the last, with the overall average also resulting in a 10-second improvement from the previous weeks' sessions. One is so much faster than the others because you chase another runner well ahead of you down the hill. Running is chasing, after all.

During your slow three-quarter mile long jog to the flat 400's, the giddiness flows inside you, passers by on the running path seeing only a solemn face. Hit the mark in these final segments and you've had a good running day – no – a grand running day. You hit your marks, sucking in more air in between but maintaining your best relaxed stride, your best focus, and your best effort.

You enjoy the day for what it brought you because by next week you will have forgotten the ease of today's effort. You are not an elite runner much less a good runner. You are a runner. You enjoy running fast when you can. You are a veteran runner who knows that the feeling of fast is the same regardless of age or pace. In your running, you answer to no one for your efforts. Your consistent approach brings you joy. The deer, not so much.