

## Workout de Jour – segments

One of most favorite workouts. I've found a running path that has several different segments naturally flowing from running the path's full length. The workout can be as short as five miles and as long as 10 miles, depending on the segment numbers that come with the day's run. Today, the total distance covered was 6.5 miles, just enough effort before the Sunday race upcoming.

There is no warmup. The first two segments are the .75-mile slightly up along the small river, from the trailhead to the historic house, with a 30-second rest after crossing under the trailhead arch before running back to the trailhead. The goal is to run a solid opening segment followed by a slightly quicker segment on the return. Then a slog on the bridge over the small river.

The third segment is run on a slight decline towards the trail arch at the opposite end, now run with the goal of maintaining the same pace run in the second segment. Once past the arch, a half-mile jaunt leads to the base of a 0.4-mile up a winding path in the small copse of woods. Push this uphill because when the hill is crested, there is another 30-second rest followed by effortlessly running down the hill quicker in time than the run up. Not really hard.

That up and down segment is followed by the same half-mile jaunt to the arch before the now slight incline back to the trailhead, this segment being the most challenging of the workout. This segment is a hard dig to maintain the same pace down or even slightly faster. If the day's weather is hot, this segment can be less than ideal.

One more slog on the bridge over the small river gets into the final segments, again slightly up along the small river, from the trailhead to the historic house, with a 30-second rest after crossing under the trailhead arch before running back to the trailhead. The goal is to run a solid opening segment faster than the second one going down and the final segment being faster than that. The finish is a slog on the bridge over the small river to the trailhead. Or, repeat the rest of the workout. Your call.

A disguised fartlek with long segments, rest appropriate to the goal, all wrapped into a positive running experience. No one else knows what I'm doing or why, but when I run this workout, the feeling is a joyous one in accomplishment. The post-run latte tastes great after this workout.