

## Workout de Jour – 2's and 1's

I have a kilometer-long keyhole running path, shaded in the late afternoon from Spring through Fall and is always spared harsh western winds by the tree line. It's shaped similar to a balloon on a string, the balloon portion being at the far end from the trailhead parking lot with a very tight turn.

Just so happens there is a manhole cover at precisely the 0.20-mile point from the trailhead. Just so happens that from the manhole cover, around the balloon, and back to the manhole cover is 0.20 miles. And, the distance remaining from the manhole to the trailhead is – you guessed correctly – 0.20 of a mile. I also know the location of the one-tenth of a mile before and after the manhole cover, but I'm not giving that information away for free.

When you happen on a deep overcast air-saturated morning, with time to get in a six-mile workout before the heavy spring thunderstorm arrives with its friends, lightening and wind, do it. Two loops of the small park path gets you two kilometers or 1.2 miles as a warm up of the legs and lungs.

Pause before the next six loops, drink water, gulp the thick air, and get after it. Find your running rhythm in your first tenth of a mile, holding form and pace to the manhole cover. Ease into your jog upon crossing the cover, glancing at your split for the One-fifth of a mile effort, the initial attempt of twelve. Accelerate slightly going into the next segment, regaining the rhythm you used in the first segment. Hold form to the completion of this segment. Jog to the trailhead. Turn around. Do two more on the next loop of the park. And, again. Followed by another loop and two more segments. Pause.

You've now run 3 miles. Look at your overall time and decipher from that split your per mile pace at the workout's halfway point. Drink water. Gulp now overly-saturated air. Push into the next loop, followed by the penultimate loop with segments, before finishing the final loop with a flurry of now well-earned running form, light on your feet, swift afoot, carrying the workout fatigue to the conclusion. Two final loops of the small park path in recovery gets you to six miles for the morning. And then, with just 100 meters to the car in the trailhead parking lot, lightening leads thunder, thunder leads rain, rain leads torrential downpour. Sprint to car. The run is done. or didn't you know that.