

Thursday, Sept. 10, 2009
Tempo Run



Option 1 (veteran runners):

WU 1 mi build from ez to moderate pace.

4 mi fartlek run. Play with your pace – 1 min fast, 2 min moderate, 2 min fast, 1 min slow, etc.

CD 1 mi ez jog, end with walk.

Static stretch

Option 2 (non-distance watch wearers):

WU 10 min jog build from ez to moderate pace.

40 min jog. Play with your pace throughout jog – 1 min fast, 2 min moderate, 2 min fast, 1 min slow, etc.

CD 10 min ez jog, end with walk.

Static stretch