**Lehigh Valley Training schedule – September 11, 2016: David Reynolds**

**Easy Runs (E): 8:50 – 10:05**

**Marathon Pace (MP): 8:20**

**Threshold Pace (T): 7:42**

**Track Workouts:** 200 @ :49

400 @ 1:38

800 @ 3:16

1200 @ 5:18

1600 @ 7:04

**Easy Runs:** Easy running (conversational pace) should make up 55-65% of your total weekly mileage. The easy pace listed for you has a range for a reason. You run faster alone and that is okay. You run slower when you are talking. That is also okay. You have days when you feel good and days when you don’t. On days that you don’t, don’t stop running, slow down. The pace is really not that important on some of the days.

**Marathon Pace (MP):** Your marathon pace runs are based on one of two things: 1) if your VDot number (all paces are based on Jack Daniels VDot formula) has your marathon pace at faster than a Boston Qualifying (BQ) pace, we used that pace. If it had your pace at or slower than a BQ pace, your MP is based on your Boston Marathon qualifying time. **If this pace is too hard, you need to let us know!**

**Threshold Pace:** Your threshold pace is a pace you can hold for approximately 60 minutes. This is an educated based on your previous races and conversion charts. It should feel hard and should feel like approximately your 10k pace.

**Interval Paces:** These paces should feel like almost all out running. Remember, we’re doing a lot of them….so, if the first few feel doable or even easy…. just wait, the last few won’t. If you use the Jack Daniels VDot calculator, your 800 meter and shorter intervals are based on your repetition pace and your intervals longer than 800 meters are based on your interval pace.

**Warm-ups, cool-downs and recovery between intervals:** This should be the easiest running you do (especially the cool down). I like to think of it as the calm before and after the storm. However, it is not meant to be a walk. If you want to walk 20-40 yards after an interval and then start a recovery jog, that is okay – **DO NOT WALK THE ENTIRE RECOVERY!**