Something interesting happened

It's Sunday Feb 21, 2016 and something interesting happened with my running today. Yesterday I ran a 20 miler in preparation for a 50K in a few weeks. It was a good run and today when I went out to run I felt somewhat stiff and tired. I decided to try something I had never tried the day after a long run. I set my GPS to beep every 0.25miles. I walked the first 0.25, when the GPS beeped I ran until it beeped again. I kept doing this alternating running and walking every 0.25 miles. In the beginning I didn't have energy and incentive to walk or run very fast. I thought I would just cover 3 miles. As the workout went on I felt better and better. By 3 miles I was feeling really good so I kept going. In the beginning I was walking at a pace near 15:40/mi and running at 11:32/mi. By the 4th mile I was walking near 13:30/mi and running near 9:00/mi so I went on for a total of 5 miles. As I write this 4 hours later I still feel pretty good. I am not too stiff. I wonder how I will feel tomorrow. Maybe I found a good workout for the day after a long run.

It's now Monday Feb 22, 2016. I ran only 2 miles today on a slightly hilly road course. I am usually stiff 2 days after a long run but I wasn't stiff at all just a little tired. Average pace 8:27/mi. I am going to try yesterday's workout again after my next long run.