

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.

UPDATE

It's Sunday March 6, 2016. Two weeks ago I did a 20 mile training run and the next day I did the walk/run workout described above with good results. Yesterday I completed the Green Jewel 50K and today I repeated the walk/run workout with similar results as 2 weeks ago. It will be interesting to find out how I will feel tomorrow.

It's Monday March 7, 2017. Two days ago I completed the Green Jewel 50 K. Yesterday I repeated the walk/run workout described above. Both yesterday and today I did self-massage of both legs and hips. This is the first time I have massaged and did my walk/run workout the day after an ultra. I am usually stiff 2 days after an ultra. Today my legs feel a little tired but I am not stiff. I just had a 3 mile workout on roads and my last mile was in 8:43.