

## **A2 Running Training**

### **1**

I use symbols to indicate the pace on the interval workouts. The higher A-pacings I use on the track. The slower Z-pacings I use on the road. For on the track I (mostly) use A1, A2, A3... The higher the number the higher the pace. The A stands for 'anaerobic', meaning that your musclecells produce lactate and so after an amount of time running an interval in an A-pace you'll probably experience some trouble trying to continue the pace. When you run A3-pace the trouble starts pretty soon (after about one minute), but running A1-pace for about two to three minutes is no big deal.

(I like to make an argument out of that: the no big deal argument)

On the road the intervals are longer and slower than on the track. I then use symbols like Z1, Z2 and Z3. Again the higher the number the faster the pace. The Z stands for 'zone'. Where the A-pacings are more like pitches, the Z-pacings are zones, meaning they have a bandwidth.

As a rule of training: the faster the pace, the shorter the interval must be. Or vice-versa: the slower the pace the longer the interval can be.

### **2)**

I use a special training to determine how fast A1, A2 etc for a particular athlete is. That special training consists of two series of short intervals (300 meter) with also a short break (100 meter). The idea is that during the interval a certain amount of lactate is produced which is taken care of (wordt afgebroken) during the break. The break is active and short, so the amount of lactate produced cannot be but very limited. A good training pace on this training is to be used as your A2-pace.

My experience is that all athletes start out too fast on this training and as a consequence will get into trouble later on in the series of nx300. So here I will use my 'no big deal' argument. Start out with a pace of which you're positive that it is no big deal. When you feel later on in the series you can increase the pace a little you may do so.

So now more fully explained:

### 3)

Run as a training two series of 5 or 6x300 (**intro schedule**) or two series of 8x300 (**race schedules**) with a 100 meter break. The break mustn't exceed 40 to 45 seconds (important). When the feeling stays good throughout this workout you can use the pace you're running as your A2 pace. The break between the two series can be about 5 minutes.

You need a watch to time the 300's.

A few points

- 1 - do this workout alone (agency in pacing yourself and not following somebody else is important)
- 2 - use the first series to find the right pace (start out relatively easy, so you may increase the pace a little on the later 300's of the first series). That way the right pace will suggest itself to you.
- 3 - run the second series in the pace that suggested itself to you after the first series, so you 'try it out'.
- 4 - (don't break up the pattern): There are two patterns to attend to during this workout: the running pattern of the 300's and the back and forth pattern of the 300 interval and the 100 break.
- 5 - take time only after each 300, so don't check your pace at an intermediate point (so you can focus on amount of effort you put into it).

The idea is that this workout functions as a kind of filter. It blocks the paces that are too fast. In that case you will encounter some difficulty in finishing the workout. Probably you find it difficult to keep the break inside of 40-45 seconds or you have to use extra force to keep the pace on the 300's. Again, (a feeling of) constancy with respect to the pattern(s) is important.

How to derive the other A-paces (an example):

**4)**

As an example I take an athlete who did the testtraining 300's in about 72 seconds.

So that is **24** seconds per 100 meter..So that person's A2 in that case will be **24** (the number meaning: the number of seconds per 100 meter).

The gap between the A's is about 1½ to 2 (seconds per 100 meter). So in this example when I take the gap to be two seconds

[A1: 26](#)

[A2: \*\*24\*\*](#)

[A3: 22](#)

[A4: 20](#)

So for the athlete in this example: running 200-intervals in A4 would be running them in 40 seconds.

Continuing the example for the Z-pacings:

**5)**

I also use other symbols for the slower pacings. These are the zones Z1, Z2 and Z3.

(So continuing the above example:)

Start with the A1-pace: 26 seconds per 100 is about 14 km/h.

Take as the width of the zones 10 percent of the A1 pace (km/h): that makes the width 1.4

Substract repeatedly 1.4 from the A1 pace (in km/h) and so derive respectively the Z3-zone, the Z2-zone and the Z1-zone:

Z3: 12.6 - 14 (km/h)

Z2: 11.2 - 12.6

Z1: 9.8 - 11.2

For the **intro schedule** I only use Z1 and Z2, and take steps of 15 percent: so for an athlete doing the intro schedule:

Z2: 11.9 - 14 (km/h)

Z1: 9.8 - 11.9

(Of course you can adjust the numbers a little for convenience)