



From Da' Coach by Coach Will

UP AND RUNNING!!!!

Is Spring just around the corner? One day it feels like it and the next day we get blasted by a cold wind. Did the ground hog get it right or wrong? It doesn't really matter, but just in case you have been on a reduced running schedule since last fall there are some things you need to consider before you are "UP and RUNNING".

Unless you have been going to the gym or doing some running during the off-season you have lost some of your aerobic base. How much depends on how active you have been. After 2 weeks of no activity you lose 50% of your aerobic capacity and to perform well in races you need to have a solid base because ALL speed is built off of a solid aerobic base. You can't go to the track and do speed work and expect to become faster if you don't have the endurance to maintain that speed.

Most springtime injuries come from runners trying to return to the same intensity or volume of workouts that they did the previous fall without allowing time for the proper build-up. Below is a chart to show you how much time you need to spend in base building before trying to return to speedwork or faster pace running.

See you at the races...
Coach Will

Category	Time Off From Running Days/Weeks	Time at adjusted load/intensity Days/Weeks	Adjustment made
I	Up to 5 days	Up to 5 days	Easy run @ 100% of previous load
	Example: 5 d	5 d	5d Endurance Running (E)@ 70-75% MHR
II	6- 28d	6- 28d	First half (E)(70-75% MHR) @ 50% of previous load (PL)
	Example: 6d	3d @ 50% 3d @75%	Second half (E)(70-75% MHR) @75% of previous load (PL)
III	4 - 8 wks	4-8 wks	1/3 (E) @ 33% (PL) 1/3 (E) @ 50% (PL) 1/3 (E) @ 75% (PL) w/added strides
IV	8 wks or more	8 wks or more	Divide total time off by 4 (No.) wks (E) @ 33% (PL) (No.) wks (E) @ 50% (PL) (No.) wks (E) @ 70% (PL) (No.) wks (E) @ 85% (PL)