



Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

Q Q: Sonni, I have a question about the run
>portion in a sprint race. For my run bike run workout yesterday, I went over
>to the triangle course and ran the run course twice and the bike course once.
>I know I was supposed to be in the MAF zone but I ran quite a bit in the AT
>zone. My question, which I think I have asked before but can't remember the
>answer is this...I feel great and strong when running in the AT zone, I just
>don't know at what point to push it into the LT and beyond zone. I know this
>is a personal, go with how you feel question, but to race to my full
>potential, I feel I have to push it more. I just don't want to run out of gas
>to soon and just have to hold on to finish. You thoughts on this.
>TD

A: Hey TD.....what you're experiencing is a VERY GOOD thing. Your former A.T. limit is no longer your current anaerobic threshold.....you've pushed it back!! And that's great.

It means two things, that you're faster (pace) at a given hr (cv output).....AND that you're not 'pooling' lactic acid in the muscles at the same 'upper end' of your A.T.....you get a few more hr bpm before the same 'acid-pooling' begins.

This isn't because you're not producing as much lactic Acid.....it's because you're dissipating (or 'clearing') it out of the muscles much more efficiently. That's a very good thing. By virtue of you being able to even get your hr up also means that, muscularly, you're pretty well recovered.

It's when 'recovery' and 'efficiency'.....'sync-up' and meet that great races happen. Get ready.

You're absolutely right.....you will have to push it more.....and you'll physiologically be able to, for you're on the threshold of taking your game to the next level. Now, is the threat still there of "running out of gas"? Yep. But you're in a better position, now than ever, to put it to the test and see exactly where that red line lies.
Congrats, your timing and taper are right on schedule!

Sonni