



Coach-Athlete Q&A

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

Previous response from Coach:

Your total for the 5 mile maf-test was: 44:10.09.....that IS better. It's actually a very good improvement (3 minutes.....or a 6.3% improvement.....180seconds {3min} divided by 2820 seconds {47minutes}= .063829. We'll take a 6% improvement in 9-weeks any day!.....sd

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QUESTION:

I was just wondering what this all means.... what do you usually see improvement wise and how does this all translate into race results? Probably a tough question to answer but Im just trying to get a gage on my ability right now. These times seem SOOOO slow to me. I would think that I should easily be able to hold 8 min pace or under especailly when I will need to be racing soon.

thanks!

LB

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COACHES ANSWER:

Hey LB.....the maf-assessment is simply a measure of AEROBIC efficiencynot speed, not strength, not alot of other things. But **aerobic efficiency** is key because it gives me a relative comparison of not only the "what you're running aerobically at".....but also the linear, and equally important question, of "at what metabolic (fuel) cost".

There are a few things that we find that all great endurance athletes possess.

- 1-efficient movement (which we train in speed-work and neuro-drill sessions)
- 2-good power to weight ratio (which we improve in the weight room and by decreasing the body-fat we carry)
- 3-the ability to remove lactic-acid quickly (which we address by pushing the lactate-threshold back in interval and 'threshold' sessions)
- 4-and finally.....a metabolism that provides us w/ maximal forward movement (in water, on bike, and running).....at the LEAST possible FUEL (blood-sugar/fat combination) COST.

The maf-test is a "fair" indicator of #'s 1 & 2 as it just gives us a glimpses of these. Your races and intensity sessions will tell us alot about your progress @ #3.

But the maf-assessment test is **EXCELLENT** at giving us insight into the often-overlooked #4.....metabolic efficiency.

Sonni