



>Q: Sonni,

- >Tonight I'm scheduled to do track session "Q". At what
- >pace/HR level am I supposed to do the 300 m intervals?
- >Are they supposed to be faster or slower than the 6
- >100 m strides at the end?

>SB

A: hey SB.....as with ALL the SPEED-oriented track sessions.....your HR isn't the concern because the interval 'shuts-down' before real-lactic acid accumulates for any extended period. So, knowing that.....PACE is your focus. Now, your pace in these should be pretty fast.....but NOT a struggle or sprint. ALSO, your recovery between each interval.....since the goal has nothing to do with HR (but leg-speed and turn-over).....can be for as long as you like. Yep, FULL recovery.....if that means 3 minutes, fine. If it's 5 minutes, fine.

But this full recovery is the key in getting the intensity out of the session that you want.

Too, because what we're addressing are "NEURO-MUSCULAR" limitations.....if you fatigue severely 3/4 of the way through the session.....you're done. Running the remaining one's.....just slower.....does little to address true-speed and furthers how tired you'll be in the following days.

10-4?

Sonni