

Thursday, Sept. 17, 2009
Tempo Run



Option 1 (veteran runners):

WU 1 mi build from ez to moderate pace.

4 mi hilly run. Find a course that has at least 4
decent climbs (~1/2 mi to a mile in length).

CD 1 mi ez jog, end with walk.

Static stretch

Option 2 (non-distance watch wearers):

WU 10 min jog build from ez to moderate pace.

40 min hilly jog. Find a course that has at least 3
inclines (running up lasts 2-4 min).

CD 10 min ez jog, end with walk.

Static stretch