

Coach Mike
1/25/23

Current Strategy for Indoor Track

Dylan has also asked me to provide some overarching strategy for the season broken down into chunks. The current “chunk” I see you in is Indoor Track, which runs through 2/25, 1 more month!

My current strategy with workouts for this chunk is to put a focus on aerobic fitness or endurance. I have not forgotten speed though, because it is required for the fast 200m track. So very roughly $\frac{3}{4}$ of your workouts are working on aerobic fitness and the other $\frac{1}{4}$ is focused on speed. Note that this could be split in the same workout, with both aerobic work and speed on the same day. So then what you should be working on during this chunk of the season is slowly progressing your training. There are two great ways to do this: mileage and intensity. I recommend to please only do one at a time.

To progress mileage, slowly add a few miles to your mpw each week. For example, go from 50 to 55mpw over 4 weeks, 50, 52, 54, 55. It is important to do this slowly or else you risk getting hurt. Reach out to me if you have any doubts.

To progress intensity, basically you are trying to run faster at the same effort. My favorite way to prescribe workouts is by effort for many reasons. So if you are trying to progress intensity for a tempo which I say is 75% effort, what you want to do is try to run just a little faster than you did for that effort previously, say 6:30 pace to 6:27 pace. Then hopefully next time you workout your body has adjusted and now 6:27 pace feels like 75% effort. It is important to note here not to push too hard, focus on staying close to the prescribed effort, if you went from 6:30 pace to 6:00 pace, then you change the stimulus of the workout and that can cause problems.

Big important note, you do not have to progress all the time to get better. Consistency is the real key to success, I am just recommending slow progression right now to help your fitness along.