



Tempo Run:

10 minute warm-up: this should really be a warm UP. Your heart rate should rise gradually after it's initial jump until you reach your target TEMPO heart rate. Try to stretch this period of heart rate increase to a full 10 minutes!

30-40 minute CORE TEMPO period: 30-40 minutes at a continuous high heart rate, above your LT. Ultimately you should experiment and find the highest heart rate you can hold for 30-40 minutes, but no more than that. That becomes your target TEMPO HR.

10 minute warm-down: this should really be a warm DOWN. Your HR should fall gradually after you finish your tempo section. This will assist your body in removing lactic acid and help prevent soreness, even cramping afterward. DO NOT just walk off your warm DOWN, keep running, then jogging, finishing the last minute with a brisk walk.

Long Run (using negative heart rate splits):

Divide your total distance by 4. Don't include your warm-up mileage (about a mile) in this number. Run each quarter like this:

1st qtr: run 5-10 beats below your LT. It will seem slow, but this is the secret to your fastest pace on long runs – negative heart rate splits, and eventually negative pace splits.

2nd qtr: run 0-5 beats below your LT

3rd qtr: run at your LT or up to 5 beats over

4th qtr: run 5 or more beats over your LT, speeding up as you go!

If you've practiced this when you race this way you'll end up with even pace splits or maybe negative pace splits as well. This technique must be practiced because the HR ranges vary by individual depending on your body's ability to buffer lactic acid and your ability to run at paces which equate to the heart rates. The Silver Comet Trail, Columns Dr., a track or a treadmill (heaven forbid) are the best places to train this technique.