

Guideline #4 – Beware of running too fast on your long & recovery runs

Early in the base-building weeks, many athletes test their fitness during their long runs.

Running your early season long runs too fast slows the recovery down between sessions. It also takes the snap out of the runner's leg for the quality sessions later in the week when the runner is supposed to run fast.

The purpose of the early season long runs is to slowly and progressively build the aerobic engine to provide a foundation for race-specific work over the last eight weeks for the program.

Recovery runs are exactly what they say: recovery. These should be performed at a very comfortable pace, and should leave the runner feeling better than they did before the workout. The purpose of the recovery run is to allow the athlete to recover from the last hard training session and prepare them for the next.

~ Brad Spokes, BScPT, CSCS, CAFCI