

July 12-18

"Overall, it was another solid week of training. I had a terrible workout on Saturday, and I realized that I'm terrible at working out on my own. I was able to get through it, though, and I felt pretty good on my long run on Sunday. So, not all is lost."

Monday
Off

Tuesday
AM - 5 miles & Strides: 6x150
PM - 10 miles

Wednesday
AM - 3-mile shakeout
Warm-up: 2 miles (to Harvard Hill)
4 Harvards (0:53)
2-mile run to track
Interval Run: 8x300 (0:40)
Cool-down: 2 miles

Thursday
10 miles

Friday
AM - 5 miles & Strides: 5x150
PM - 8 miles

Saturday
Warm-up: 2.5 miles
Interval Run: 200 (0:26), 1,000 (2:27), 400 (0:58), 6x200 (0:29)
Cool-down: 2.5 miles

Sunday
14 miles

Total Weekly Mileage
75 miles

July 5-11

"I had a bit of a scare at the beginning of the week. It turned out that I had strained a muscle in my lower back during the race in Rome when I was pushed off the track into the long jump pit, and sitting on a plane for 10 hours made it really stiff. I took a couple days off, and when I started running again it cramped up on me. I was able to get treatment on it twice a day now that I'm back at school, and it hasn't bothered me since. Later in the week, I was pretty tired from the workouts, but it's nice to be back training in Ann Arbor after several weeks of pure racing. I'm also encouraged about how well the workouts are going, and I think I'm going to be able to get a couple of good, hard weeks in before I need to head to Athens."

Monday
Off

Tuesday
5 miles

Wednesday
5 miles

Thursday
Warm-up: 2 miles (to Harvard Hill)
4 Harvards (0:53)
2-mile run to track
Interval Run: 800 (1:58), 200 (0:26), 300 (0:40), 200, (0:26), 800 (1:57), 400 (0:58), 400 (0:54), 300 (0:41)
Cool-down: 2 miles

Friday
AM - 4 miles
PM - 11 miles

Saturday
14 miles

Sunday
AM - 1.5-mile shakeout
Warm-up: 2.5 miles
Tempo run: 3 miles (14:10)
Interval run: 4x300 (0:42), 3x300 (0:42)
Cool-down: 2 miles

Total Weekly Mileage
62 miles

June 28-July 4

"It was a long week waiting in the hotel; watching foreign TV isn't all that fun. It was hot and sweaty, but it certainly ended up being worth it. The meet was awesome to be at, and I was really lucky to be in it. It's nice to finally have the burden off my shoulders. I am really happy with how everything went, and I'm happy to be home."

Monday
14 miles

Tuesday
7 miles

Wednesday
Warm-up: 2 miles
Interval Run: 4x200
Cool-down: 2 miles

Thursday
Off

Friday (Race Day)
AM: 2-mile shakeout

Warm-up: 2.5 miles
1,500-meter Run (9th place/3:32.68)
Cool-down: m miles

Saturday
8 miles

Sunday
Off

Total Weekly Mileage
35 miles

June 21-27

"The race on Sunday went out very slow because of the wind. We were only 1:58 at the 800m mark, but I felt good and started moving up towards the front. Because of the slow pace, the field really bunched up at the bell, and unfortunately I was tripped and hit the ground. With a bit of hesitation, I got back into the race to finish it, and I was surprised to find that I was actually able to catch some of the runners. I finished a very disappointing sixth, but I am ready to put it behind me and get ready for the big races scheduled for the next week"

Monday
8 miles

Tuesday
Warm-up: 2.5 miles
Interval Run: 800, 3x200, 3x400
Cool-down: 2.5 miles

Wednesday
8 miles

Thursday
2 miles

Friday
Warm-up: 2 miles
Interval Run: 4x200
Cool-down: 2 miles

Saturday
4 miles

Sunday (Race Day)
AM - 1-mile shakeout
Warm-Up: 2 miles
1,500-meter Run (6th place/3:38.71)
Cool-down: 2 miles

Total Weekly Mileage
42 miles

June 14-20

"The week was really long out in Oregon. The traveling life isn't all as glamorous as it's made out to be; it was pretty boring. We just hung out in the hotel, did a lot of training and got ready for the race. It was really hot out there, and I definitely suffered from that. I got pretty sick after the race on Saturday and had a really bad headache for a few days afterward. I didn't get my time, so now I have to fly off to Europe."

Monday
Off

Tuesday
6 miles

Wednesday
AM - 2 miles
PM - Warm-up: 2.5 miles
Interval Run: 5x200
Cool-down: 2.5 miles

Thursday
6 miles

Friday
4 miles & Strides: 3x100

Saturday (Race Day)
AM - 1-mile shakeout
Warm-up: 2 miles
Mile run (2nd place/3:53.51)

Sunday
10 miles

Total Weekly Mileage
42 miles

June 7-13

"The week went a little like last week -- I didn't feel that great all week, and it was really just up and down. I felt good the day of the race; it usually takes me a little while to recover and it was a shortened week, going from Saturday to Friday. It will be nice to have that extra day to prepare for next Saturday's race at Prefontaine. There wasn't any pressure on me for the 800 meter on Saturday. I would have like to run something a little faster, but it went pretty well. It gives me some hope that I'm still a 800/1500-meter guy and not a distance runner."

Monday
6 miles

Tuesday
AM - Warm-up: 2.5 miles; Interval Run: 3x600, 400; Cool-down: 2.5 miles
PM - 2 miles

Wednesday
AM - 2 miles
PM - 2 miles

Thursday
4 miles & Strides: 3x100

Friday (Race Day)
AM - 2-mile shakeout
Warm-up: 3 miles
800-meter 'B' Run (1st place/1:47.38)
Cool-down: 3 miles

Saturday
9.5 miles

Sunday
Warm-up: 2.5 miles
Interval Run: 150, 400, 2x300, 3x200, 60
Cool-down: 4 miles

Total Weekly Mileage
45 miles

May 31-June 6

"The week was a little up and down. I was feeling really tired after the 1,200-meter time trial the previous Friday, and I didn't really feel better until my day off on Tuesday. My shakeout on Friday felt terrible, but I think it was because I was a little stiff from all the travel the day before. The day of the race went well; my warm-up was perfect, and I felt really loose. I got a little carried away with following the leaders and went out way too fast. I can take a lot of pride in myself with the overall performance and hitting a PR with it going out so fast. There are a number of positive things I can take from the race. There are a few things I need to improve, but I know the fitness is there, and that's the most important thing. It was really disappointing to come so close to hitting the standard, but I know I'll have another opportunity."

Monday
AM - 1 mile
PM - 4x400 (w/ 200m recovery), 4x400 (w/ 200m recovery)

Tuesday
Off

Wednesday
AM - 8x200 (at race pace w/ 200m recovery)
PM - Bike: 30 min.

Thursday
AM - 4 miles (in Ann Arbor)
PM - 2 miles (in Oregon)

Friday
AM - 3 miles

PM - 4 miles & Strides: 4x100

Saturday (Race Day)

AM - 1 mile shakeout

Warm-up: 2 miles

1,500-meter run (3rd place/3:36.24)

Cool-down: 2 miles

Sunday

10 miles

Total Weekly Mileage

50 miles

May 24-30

"My two workouts went really well. The week was a little bit up and down; on my off-days, I felt terrible, but the time trial at the end of the week went really well. So, I know I'm ready to start racing, and hopefully I'll jump into my best form in my first couple of races. My legs are a little tired, so I just need to make sure that I get them rested up for our trip out to Oregon. As long as I can do that, I should be just fine."

Monday

AM - 6 miles

PM - 3 miles & Strides: 4x100

Tuesday

AM - 2 miles

PM - Warm-up: 2.5 miles, Interval Run: 3x400, 600, 5x300, Cool-down: 2.5 miles

Wednesday

Off

Thursday

AM - 6 miles

PM - 4 miles & Strides: 3x150

Friday

AM - 1 mile

PM - Warm-up: 2.5 miles, Interval Run: 200, 1,200 (time trial), 300, 400, 600, Cool-down: 2.5 miles

Saturday

11 miles

Sunday

AM - 6 miles

PM - Warm-up: 3 miles, Strides: 4x150, Cool-down: 1 mile

Total Weekly Mileage

65 miles

May 17-23

"The workouts went fairly well this week. I didn't feel the greatest, but I felt pretty solid. It's just a matter of getting through each day. I only have two more weeks until my first race. I've been maintaining strides every other day to keep my leg speed going.

Monday

AM - 6 miles

PM - Warm-up: 3 miles, Strides: 4x100, Cooldown: 3 miles

Tuesday

8 Harvards (0:55), 6x400 (0:62), 2x400 (0:60)

Wednesday

Off

Thursday

AM - 6 miles

PM - Warm-up: 3 miles, Strides: 4x100, Cooldown: 3 miles

Friday

Warm-up: 2 miles

Tempo Run: 3 miles (4:45/mile)

Cooldown: 3 miles

Interval Run: 200 (0:28), 300 (0:42), 400 (0:56), 600 (1:26), 400 (0:57), 300 (0:42)

Saturday

14 miles

Sunday

AM - 2 miles

PM - Warm-up: 4 miles, Strides: 4x100, 2x300

Total Weekly Mileage

70 miles

May 10-16

"This week, my workouts finally came together, and I felt good for both of them. I'm finally starting to adapt to all the training that I've been doing. My leg speed is starting to improve, and I'm feeling a lot stronger in my workouts. The 1k-400 workout on Thursday went really well. Later on in the week, I was able to maintain my pace around six minutes, whereas recently I've been having to take my recovery days between workouts slowly. Now I'm able to go at a pretty steady pace and feel good through most of them, so it's all starting to come together. It was pretty scary hearing about Nate possibly breaking his ankle on Friday, because I didn't want to lose a training partner."

Monday

AM - 4 miles (perimeter of U-M Golf Course)

PM - 8 Harvards (0:55), 3x600 (1:29, 1:30, 1:29), 3x400 (0:60, 0:59, 0:58)

Tuesday

8 miles

Wednesday

AM - 4 miles (perimeter of U-M Golf Course)

PM - 6 miles & Strides: 5x100

Thursday

Interval Run: 1000 (2:37), 2x400 (0:60), 1000 (2:37), 2x400 (0:60), 1000 (2:37), 2x400 (0:60), 1000 (2:37)
(2.5 minute recovery between 1000 and 400 & 1.5 minute recovery between 400 intervals)

Friday

AM - 9 miles (6:00/mile)
PM - 4 miles & Strides: 3x100 (in Lafayette, Ind.)

Saturday

Run on river trails in Lafayette, Ind.
Warm-up: 5 miles
Tempo Run: 5 miles (5:30/mile)
Cool-down: 5 miles

Sunday

Run on river trails in Lafayette, Ind.
10 miles (6:00/mile)

Total Weekly Mileage
80 miles

May 3-9

"The week of training went pretty well. I really enjoyed the 16 quarters; we're still just working on gradually increasing the speed on the track but sticking with the strength stuff. The pacemaking on Friday wasn't as easy as I thought it would be, probably because I ran 16 miles on Wednesday and my legs were still a little sluggish. I've just got to make sure I'm patient enough; I've got 10 more weeks of the long stuff. So, hopefully once I start tapering down and cut my long runs from 16 miles down to 12, I'll start feeling the spring in my legs again. Right now, it's still just the grind."

Monday

AM - 4 miles (perimeter of U-M Golf Course)
PM - 16x400 (0:66 w/ every fourth 400m at 0:61)

Tuesday

Off

Wednesday

AM - 8 miles (First 4 miles: 6:30/mile; second 4 miles: 5:20/mile)
PM - Warmup: 3 miles, Interval Run: 6x150 (0:24), Cooldown: 3 miles

Thursday

AM - 2 miles
PM - 6 miles & 6x100

Friday (Race Day: Len Paddock Invitational)

AM - 2 miles
1200m time trial (2:56) during 1500-meter run
Interval Run: 3x600 (1:30)

Saturday
16 miles (Hilly Trails @ 6:00/mile)

Sunday
4 miles (Road)

Total Weekly Mileage
70 miles

April 26-May 2

"The week was a bit up and down with final exams finishing up. I was feeling pretty tired, and it was a really tough workout on Tuesday. So, I was just trying to recover from that for the race on Saturday, which went really well. I've got to be happy to break 1:50.00, but I also thought that I possibly could have run a little faster. Considering that I haven't worn spikes yet this season, it was encouraging. Plus, I felt really good for my 16-miler on Sunday. The most important thing to me at the moment is maintaining my strength work, so everything went well."

Monday
AM - 4 miles (perimeter of U-M Golf Course)
PM - 6 miles

Tuesday
Michigan

Wednesday
AM - 4 miles (perimeter of U-M Golf Course)
PM - 8 miles (Road)

Thursday
Off

Friday
AM - 2 miles
PM - 6 miles & Interval Run: 6x100

Saturday (Race Day: Jesse Owens Classic)
Warmup: 3 miles
800-meter run (3rd place/1:49:23)
Cooldown: 3 miles

Sunday
16 miles (Road)

Total Weekly Mileage
73 miles

April 19-25

"Right now it's just a matter of getting through the grind. I'm not noticing any major progression, because I haven't had any real opportunities to eat up the benefits yet. It was just another week of tough workouts; I can notch off another week of hard training and high mileage. Each week, I'm working harder and harder, but I know it's all worth it. I feel like

I'm getting really fit, and I think it will show when I start getting into a little more speed in a few weeks."

Monday

Arb Hills (4x -- 3:26 pace)

Interval Run: 300 (0:46), 400 (1:04), 600 (1:34), 800 (2:09), 1,000 (2:42)

Tuesday

Off

Wednesday

AM - 4 miles (perimeter of U-M Golf Course)

PM - 8 miles (6:00/mile) & Strides: 6x150

Thursday

Interval Run: Mile (4:30), 2x400 (0:56), Mile (4:30), 2x600, Mile (4:29)

Friday

8 miles (Road)

Saturday

Warmup: 3 miles

Tempo Run: 4 miles (5:00/mile)

Cool-down: 3 miles

Interval Run: 3x400 (0:56, 0:57, 0:59)

Sunday

15 miles (5:50/mile)

Total Weekly Mileage

77 miles

April 12-18

"Last week was of my biggest ever weeks as far as mileage-wise in workouts; I got up to 81 miles in a week, and then a pretty hard workout in the hot weather on Friday, so that was a bit of a shock to the system, running up the hills at the Nichols Arboretum. Then I ran 16 miles on Saturday, so I'm feeling a little sluggish. It didn't feel great, but you've got to put in the hard yards this time of year so you can reap the benefits later on. It's a matter of edging through to the fast stuff and train like a distance runner."

Monday

AM - 4 miles (perimeter of U-M Golf Course)

PM - 8 miles (6:00/mile) & Strides: 4x150

Tuesday

Warm-up (2.5 miles to Gallup Park)

Tempo run: 4 miles (5:00/mile)

2.5-mile run to track

Interval Run: 6x300

Cool-down (2.5 miles)

13-mile total workout

Wednesday

AM - 4 miles (perimeter of U-M Golf Course)

PM - 8 miles (6:00/mile) & Strides: 4x150

Thursday

Off

Friday

Warm-up (2 miles to Nichols Arboretum)

Arb Hills (4x) at 3:31 pace

2 miles to track

Interval Run: 300-400-600-800-1000

Cool-down (3 miles)

13-mile total workout

Saturday

16 miles (Road)

Sunday

8 miles (Road)

Total Weekly Mileage

81 miles

GLOSSARY OF TRAINING TERMS

Aerobic - an intensity of exercise below the level that produces lactic acid faster than the body can dispose of it. If oxygen needs are continuously met then the exercise can be continued for long periods.

Anaerobic - an intensity of exercise past the point where the body can cope with its production of lactic acid and need for oxygen. The high-intensity exercise level cannot be sustained for long.

Anaerobic Threshold (AT) - the point just below which the body's energy production switches from aerobic to anaerobic.

Arb Hills - 1,000-meter repeats up a long, winding gravel trail with a continuous incline in Ann Arbor's Nichols Arboretum.

Fartlek - a Swedish term meaning 'speed play'; a training technique based on unstructured changes in pace and intensity -- a mixture of slow running, running at a moderate pace and short, fast bursts -- without complete recovery; used to develop strength, endurance, speed, racing tactics and to raise the anaerobic threshold.

Harvard - Harvard Street, a 300-meter uphill residential cul-de-sac down the road from the Nichols Arboretum; significantly shorter than the Arb Hill but significantly steeper.

Interval Run - used to develop speed by running for short distances at a speed significantly higher than normal race pace, with these short runs separated by recovery intervals of easy running or jogging; workout is typically a predetermined distance and run on the track.

Ex1. 6x300 -- Six 300-meter runs with 100m recovery

Ex2. 300-400-600-800-1000 -- 300-meter run with 300m recovery, 400-meter run with 400m recovery, etc.

Ex3. 200 (25.8), 300 (38.7), 600 (1:22.2), 2x400 (0:56, 0:57), 4x200 (0:26) -- Interval run of 200 meters, 300 meters, 600 meters, etc. with times achieved in parentheses.

The Michigan - Warhurst's patented workout; consisting of track intervals of one mile, 400, 800 and 1200 meters with a 1 1/4-mile road loop around the football stadium between each interval.

Negative Splits - running the second half of a race faster than the first half.

Pool Run - using a floatation belt to remain suspended in the water, runner uses the same running motion to move across the diving pool inside U-M's Canham Natatorium; puts less stress on muscles and joints than running on hard surfaces; one 25-meter pool length is roughly equivalent to 400 meters on the track.

Road Run - longer runs on the streets and sidewalks in Ann Arbor; Brannen and Willis have several loops around the city, varying in length and difficulty.

Shakeout Run - a short, easy jog (8-10 minutes) used to loosen the muscles and wake up the legs; typically 3-4 hours before a race or workout.

Strides - short, fast but controlled runs of 50 to 150 meters with full recovery, used both in training and to warm up before a race to build speed and efficiency; used to keep up some speed work with high mileage workouts, keep "snap in the legs."

Ex. 4x150 -- Four 150-meter runs with 350m recovery (1 full mile)

Tempo Run - an aerobic workout at a sustained pace, that trains an individual to run faster before fatigue sets in; used to improve aerobic efficiency and the ability to produce and maintain race-pace speed.