

FLEET FEET *Racing* **BUFFALO**

Super Session

I believe this is one of the most important workouts on the schedule. It is a very sound workout for teaching your body to run marathon goal pace when you are tired.

It should be carried out on a track, or using a device like the Garmin speed distance monitor.

First warm-up with 2 miles of easy running, then:

Run 400 M at current 10K pace, followed by 400M at 5K pace, followed immediately by 2400 M at Marathon Goal Pace. Rest 5 minutes and repeat the entire set (A group only, B group will only complete one set).

If you are unsure of your 5 and 10K paces, use you marathon goal pace minus 45 seconds for 5K pace and MGP minus 30 seconds for 10 pace/