

Workout of the Month – The “L” Word

Ready to improve your pacing on the bike, the swim and the run? One of the best ways to improve your speed is doing long interval workouts mixed with HIT or high intensity training. Long interval training or doing the “L Word” get you tons of aerobic improvement and burns tons of calories. You can do L Word workouts indoors on any piece of cardiovascular equipment – rower, Wave, elliptical, treadmill or outdoors.

THE L^o Word

Activity*	Description	Number of Repeats	Zones (Z)	Duration (min)	Running Distance (miles)
Warm-Up	Slowing increase effort from Zone 1 to Zone 2		Z2	5-10	.5-1
Main Set	5 minutes at 85 percent of maximum heart rate 2 minutes recovery walk	Group B. 5-7 times	Z4.5	35-50	~4-7
		Group A. 6-10 times		40-70	~5-8
Cool Down	Cool down with active recovery down to Zone 1		Z1	5-10	.5-1
			Summary:	50-80 minutes	5-10miles
			Heart Zones Training POINTS:	172-320 POINTS	

- Modification: Modify your workouts by first decreasing or increasing the intensity by 5-10 percent or next by changing the duration of the workout by 10-20 percent in time.

- The letter “L” stands for long as in “long intervals” which is what you do on this run – long intervals.