



F*&\$ the Warm-up I have a Goal Pace!

Who needs a warm-up on an easy day right?

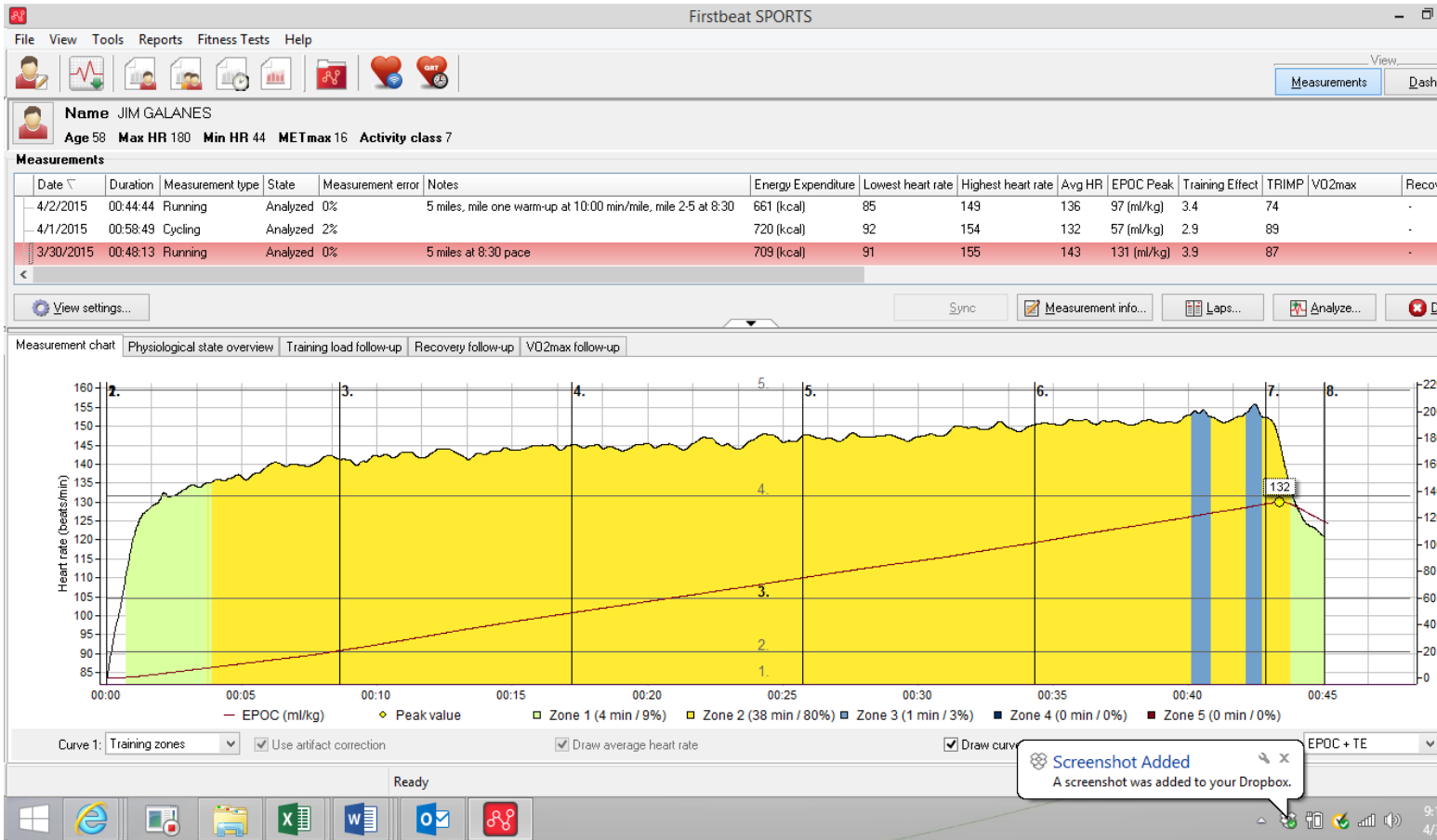
Whenever I go out for a run whether easy or hard - I want to know my pace. Current pace, average pace, pace for the first mile, pace for the last mile - you name it I want to see it. Even on an easy day, I surely have a goal pace in mind as I head out the door. Obviously, this fixation (addiction) comes with lots of potential training dangers.

Let's focus on one for today - the need for a warm-up even on easy days. What happens when an athlete jumps out the door, turns on the GPS and launches right into goal pace? The results are not pretty.

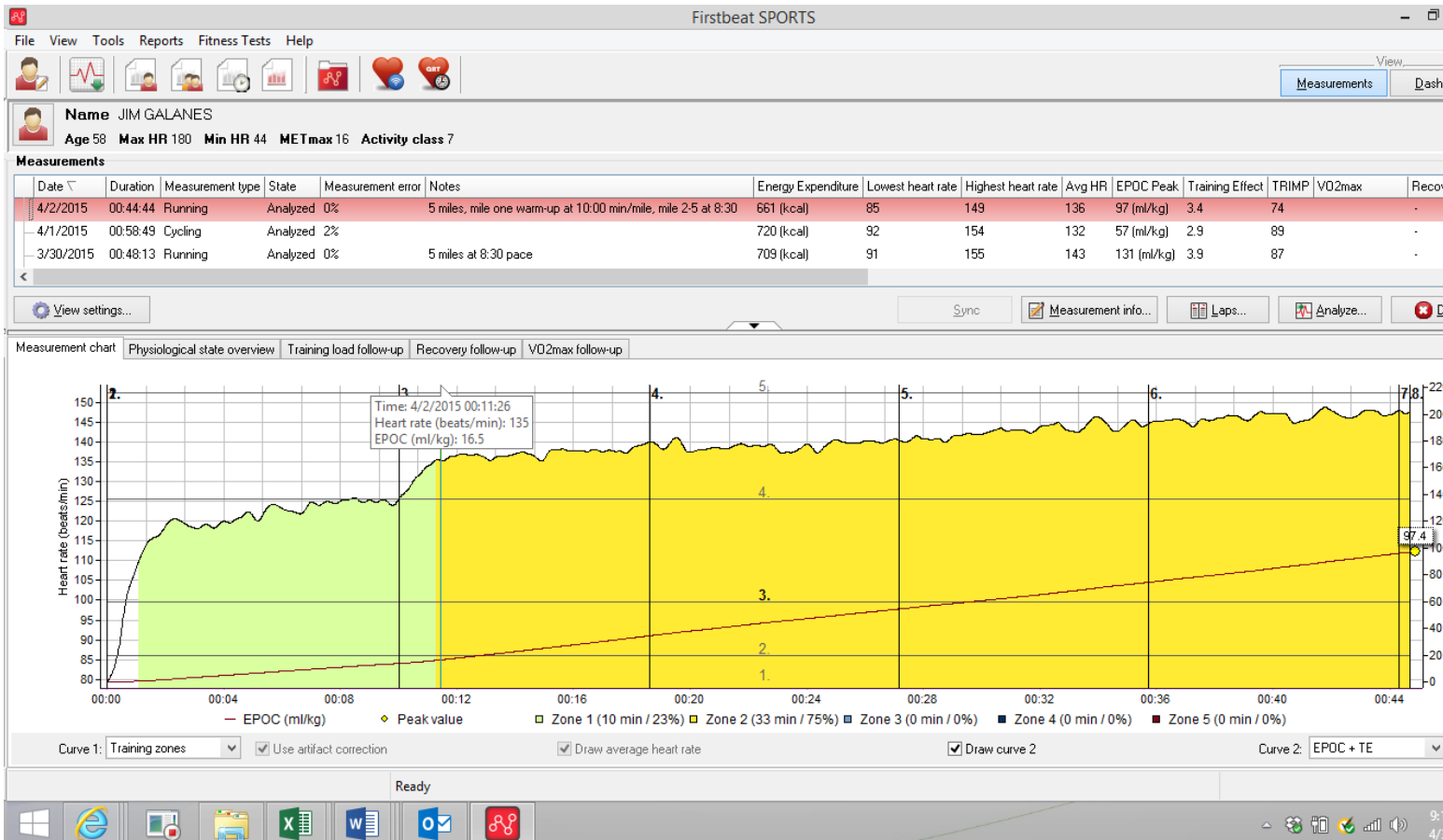
Using the term "athlete" loosely, Jim did a little experiment. He ran the same 5 mile stretch of bike path on two different days. One the first day he started out at his goal pace of 8:30 per mile. His average HR for the day was 143 and his total EPOC workload was 132. Several days later he ran the same route but this time he started out at 10:00 per mile for the first mile and then resumed his 8:30 pace. His average heart rate was 136 and his EPOC workload was 97.

Here are the screen shots from Firstbeat:

Day One



Day Two:



The training session without any warm-up resulted in a small increase in average heart rate - 5%. But the workload was 27% greater! Any benefit to the increased workload? I don't think so. Just another foolish withdrawal from the EPOC bank account.