



OUT-AND-BACK TEMPOS

As the name suggests this is a tempo run where you run out for half of the prescribed time, turn around, and then run back. The object is to finish the tempo past the point where you started, thus covering more distance in the last half of the run. It forces you to pace yourself during the first half of the run, and to finish strongly. I suggest that the first half is run just slightly faster than marathon goal pace and that the last half is run slightly slower than 10km pace.

You should finish feeling tired, but not feeling like you are falling apart over the last few minutes. Since this is largely a pacing game, you might need to try this session a couple of times before you learn how to hold yourself back. This is an important lesson to learn, as nothing hurts more than reaching the 20 mile mark of a marathon and realizing that you were overly enthusiastic in the early miles.

If you have questions regarding any of the training programs feel free to contact Bruce by email at CoachBruce@royalvictoriamarathon.com.