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An improvement in “anti-mugger” speed. Or maybe it was the cold?

Tuesday, February 05, 2013

My “anti-mugger” pace refers to the burst of speed I could manage over a given distance if I’m ever faced with an emergency requiring it.

I got a very late start yesterday and missed my class at the gym. I waited awhile for the temperature to warm up, but at almost noon it was still 36*.

Since I’ve had a very good month sticking to my improvement plan, I decided on a short, but faster run so I could get back to my warm house quickly.

I chose my familiar, carefully measured ½ mile loop which kept me close to home.

My warmup felt faster than usual, then I turned on my watch. My first loop was 4:33. That’s a 9:06 mile pace! My fastest mile recently has been 9:31.

OK, I thought I better slow down. I don’t want to outrun a mugger only to keel over on my own.

Next mile, definitely slower, but 9:38. Huh? It didn’t feel that fast.

I wasn’t feeling tired at this point, but I wanted to slow down. I wanted my normal cruising speed. Next ½ mile – back to normal – 5:03 (10:06 mile) Fine!

I had to see if maybe I misjudged the distance so I walked the loop twice and counted my steps. Yes, it is exactly a half mile loop. I know how many of my steps qualify since I’ve checked that on a measured track. I like data.

So, either the training is going very well (sound of me knocking wood) or it really was the cold and my body wanted to get that thing over with.

Once home I did 30 minutes of weights.

I’ve been doing speed intervals once a week and a slow distance run on Saturdays.

I sure hope yesterday wasn’t a fluke.

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CD13252816

I had to take a nap after reading this. Wow what a runner you are!



Just kidding. You've got a good routine worked out. Intervals are the gold standard for just about any kind of aerobics. And the weights are icing on the cake (not to be eaten, merely admired)



3051 days ago



LOLATURTLE

Wow, that's awesome! I hope you see your faster paces in more future runs!

3051 days ago



DR1939



3051 days ago



WINDSURFNERD



Speedwork works! Congratulations on surprising yourself! You inspired me to run a little faster too! :)

3051 days ago



WOLFKITTY

Great! :)

3051 days ago



CD13136117

Great run - amazing how much faster your body will go, if that carrot of getting to come back into the warmth is in front of you. Way to go!

3051 days ago



WILSONWR

Some "warm up" pace! That's fantastic if you didn't even feel you were going that much faster!

3051 days ago



BOILHAM

Good. I love to see measureable improvements!



3051 days ago



SLENDERELLA61

Impressive!! Good going!!

3051 days ago



JOYNEW

Wow you are FAST! (I like data too.)



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CELIAMINER

Great numbers!

3051 days ago

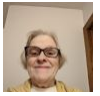


WATERMELLEN

Amazing! The inspiration is great, no matter where it comes from!

3051 days ago





ONEKIDSMOM



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CD7895805

Congratulations! You are really picking up the speed.

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COCK-ROBIN

You're doing well!

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