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An improvement in “anti-mugger” speed or maybe it was the rain

Thursday, May 09, 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.

Back in February before my March respiratory illness sidelined me for 2 weeks, I posted a 4:33 half mile which would be a 9:06 mile pace if I could keep it up (which I couldn’t)

Although I want to build endurance, I think benchmarks like this are significant. We often read how interval training is an important part of fitness regardless of the activity.

In April I recorded a 9:09 mile – again only one.

Yesterday, after 2 days on the treadmill at the gym because of constant heavy rain, there was a brief break in the weather and I dashed outside to get a run in before the sky opened up again. What perfect conditions to time a fast mile!

After a half mile easy pace warm-up, I ran as fast as I could. 4:28 at the half and 8:55 at 1 mile. Yea! That’s improvement and the first time under 9:00 this century. I followed this with a 9:50 mile which included my customary 1 min walk to check my pulse, sip some water and wipe my nose.

After an easy cool-down, I reached home just as the rain started again. I have no illusions. I know there isn’t a 27 min 5K in my future. Still, it’s important to have different measures of improvement and I’m OK with gradual progress.

Remember, I’m the one who began running 25 years ago by increasing my run time by 15 SECONDS each WEEK. I’m very patient.

Edit:
Thanks to OWL_20 whose recent "Magic Mile" blog prompted this topic today. I only just remembered which sparker it was. Must remember to make notes to myself.

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BOILHAM

Great to see you are improving. 27 min 5k coming soon.
2956 days ago



WILSONWR

You are doing great! There is nothing shabby about your times at all!
2957 days ago



IONA72

2957 days ago



AUSFAM

You increased by :15 per week?! I would give anything for that--holy cow! Keep up the good work!
2957 days ago



RUNNING_SNAIL

Great blog and great time! I can only dream of a 9:00 min mile. My all time best is around 12:00!!!

And you are right, it is really motivation to improve our times, even by only seconds. So keep up the good work!
2957 days ago



COCK-ROBIN

You're doing great!
2957 days ago



CD13886868

LOL, I had to laugh at the title, too, it's a great one. Holy cow, you whipped that mile! When I dream about running, it's in 10s and 11s. You know, overall, it really was kind of fun to do a mile for time, it made me feel all athletic-y. You rock!
2957 days ago



CELIAMINER

Clever title! Congrats on reaching another personal best...keep it up!
2957 days ago



MKELLY72

Your title made me laugh--I have had the thought more than once while I'm out running--what would I do if I had to outrun an assailant of some kind?? I'd be spent, and I doubt I could maintain any kind of escape kind of pace--My best 5k time to date is 36:something--and I'm so thrilled with that--but of course I'm always totally stoked if I improve it by even one second!
Great job!
Michelle
2957 days ago



DESERTJULZ

Congratulations on a personal best! You continue to inspire me. :D
2958 days ago



DR1939

2958 days ago



LEWILL1982

That's awesome, don't those victories really make you feel great? I long for a 27 minute 5k, one day!
2958 days ago



MISCHAKEO

Great milestone! You are in great shape and are steadily increasing your anti mugger speed!

2958 days ago





NINJALINDA

Anti-mugger pace. I LOVE it! (And I'm jealous of your anti-mugger pace. Look at you, you're making me want to run again!)
2958 days ago




WATERMELLEN

VERY cool!!
2958 days ago



ONEKIDSMOM

This merits a  Love the milestones.
2958 days ago



KELLIEBEAN

That is great! I love reading everyone's running blogs. Really inspires me to keep improving. Slow and steady wins the race!

I'm pondering building up to do 10Ks next year. We'll see how it goes.

Thanks for the constant inspiration!
2958 days ago



DOVESEYES

little by little we can do it.
2958 days ago



CD13482248


Wow I love it, you give me hope I can improve my running speed a 'little'. The human body is an amazing thing if treated well.




2958 days ago



MJREIMERS

No matter what your time, you are  ! I can't thank you enough for all your support on my "new running" venture! Your blogs and comments have really helped me.

You've inspired me to set a 5K and then I plan on trying a 10K this summer to fall!

Thank you  !
2958 days ago

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