



## Dashing Whippets Central Park Steady State Runs

Purpose: Aerobic conditioning – improve your body’s efficiency at converting oxygen+fuel into energy. It helps you maintain your goal race pace in everything from the 5K to the marathon.

Steady State Run = 1M easy, then middle portion at steady state pace, then finish with 1M easy.

Steady State Pace = half marathon pace + 10-20 sec/mile. If you aren’t sure of your pace, estimate it here: <http://bit.ly/syGLaJ>

**Our steady state runs start with 1M easy to get ourselves to 71<sup>st</sup> & East Drive. Then follow the course below to end the easy part of the run (regardless of distance) at 72<sup>nd</sup> St.**

**Total Miles**

**Course: Warm up 1M to 71<sup>st</sup> & East Drive, then...**

- 5** 3M @ steady state pace: up East Drive, *cross left on 102<sup>nd</sup> Street*, to West Drive & 90<sup>th</sup>. Then 1M easy to 72<sup>nd</sup> & West Drive.
- 6** 4M @ steady state pace: up East Drive, *over Harlem Hill*, down to 83<sup>rd</sup> & West Drive. Then 0.75M easy to 72<sup>nd</sup> St & West Drive.
- 7** 5M @ steady state pace: up East Drive, *over Harlem Hill*, down to 64<sup>th</sup> & West Drive. Then 1M easy (around bottom of park) to 72<sup>nd</sup> & East Drive.
- 8** 6M @ steady state pace: one full loop (*over Harlem Hill*) and back to 71<sup>st</sup>/East Drive. Then 1.25M easy (opposite direction: around bottom of park) to 72<sup>nd</sup> & West Drive.
- 9** 7M @ steady state pace: one full loop (*over Harlem Hill*) and continue up to 90<sup>th</sup> & East Drive. Then 1M easy (opposite direction: back downhill) to 72<sup>nd</sup> & East Drive.
- 10+** Do 8+M @ steady state pace. Finish with 1M easy. You can figure this one out.