

Mini-Max For The Track:
Hit the Track For Fast Gains in Fitness
By “DICE”-ing Up Your Workouts
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Workout Resource For This Article: <http://speeddialcoach.com/minimax.pdf>

To go alongside my “Mini-Max Method” e-book that I created, I was inspired to write this workout after hitting the track again for my spring running sessions outside. After coaching track the past 2 seasons and being too concerned over 800m times to 2 mile race-paces, I sort of lost track of the FUN that I used to have on the track, with my own mix of jog & sprint intervals. In general, I needed to rekindle some passion for hard, effective workouts, and the track was the place to do it.

Back in my college summer days, I used to come down to the track and do all sorts of jog/sprint interval workouts here back home, where I reside today. Back then, it was mostly time-based sessions, such as 30 seconds jogging, 30 seconds sprinting, for an X amount of time, usually between 10-15 minutes total. These workouts did wonders for me in improving my fitness levels and shedding body fat off in a hurry.

That was roughly 10 years ago, and now that I’ve returned home, the track here has drastically changed, not for the better, condition-wise. It’s now named after a former teacher & coach of mine, Mr. Noel Tollefson, but the track itself is a 4 lane track, in some really poor, not-updated-well conditions. Hard, crumbling asphalt in some places. Nonetheless, it’s still a great place to run and do some serious running workouts.

I recently have been going about 3 times a week to the track for my workouts. My staples of choice have been:

Mondays: 1 & 1’s: jog 100m, sprint 100m
Wednesdays: 2 & 2’s: jog 200m, sprint 200m
Fridays: 3 & 1’s: jog 300m, sprint 100m

My jogging is done at an intensity level of 5-6, my sprinting is handled at 8-9, on a scale of 1 to 10 of my workout efforts.

Here’s my personal 6 week schedule of my Track sessions;

Week 1: 1 mile each day, for each workout
Week 2: 1.25 miles each day, for each workout
Week 3: 1.5 miles each day, for each workout
Week 4: 1.75 miles each day, for each workout
Week 5: 2 miles each day, for each workout
Week 6: 2.25 miles each day, for each workout

Bonus Add-ons: Depending how I feel, I will usually add about a 75m sprint up a nearby hill, at a City Park next to the track. I'll simply choose to do however many I want to do, usually 1 to 5 sprints, with walk-back rests in-between. This is a fun little thing to add on as you please.

If you wanted to replace my "Speedy Cardio" suggestions with a jump rope from "The Mini-Max Method" e-book, and apply this workout to running sessions outdoors, or on a track, that would be an acceptable replacement.

If your running background is sufficient, you could do the above 6 week program on the track.

You can time your runs if you wish. I, however, haven't timed too many of them, since the wind around here could vary from calm to super-windy from day to day. In that sense, I just have intensity ratings to go by, adapting to how much the wind is affecting my running.

By NOT keeping a time while running on a track, you won't increase your chances of getting disappointed when you have a great workout on a calm day, and a bunch of terrible times on a windy day. I swear you spend 2-3x the amount of calories running into a 35 mph gust of wind on a 100m stretch, than you would with it pushing you on your back. I have no science to bear this on, other than simply how much harder it feels on my body to run into stiff, hard winds around here. This is why, especially on windy days, I prefer to just go by intensity levels over a set distance. If you are going on a timed interval basis, then your efforts will vary on windy days. You might hit a 30 second burst with the wind, and the next one you might go right into the wind. On both ways, you'll get challenged according to total times of hard efforts, not just distances.

Here is the 6 week DICE workout:
Distance Interval Cardio Exercise

Week/Day	100m jog, 100m sprint	200m jog, 200m sprint	300m jog, 100m sprint
Week 1	Monday: 1 mile	Wednesday: 1 mile	Friday: 1 mile
Week 2	Monday: 1.25 miles	Wednesday: 1.25 miles	Friday: 1.25 miles
Week 3	Monday: 1.5 miles	Wednesday: 1.5 miles	Friday: 1.5 miles
Week 4	Monday: 1.75 miles	Wednesday: 1.75 miles	Friday: 1.75 miles
Week 5	Monday: 2 miles	Wednesday: 2 miles	Friday: 2 miles
Week 6	Monday: 2.25 miles	Wednesday: 2.25 miles	Friday: 2.25 miles

If your fitness levels are ‘elementary’, meaning that you’ve hardly ran in your life, and your main experience has been walking programs or walking in general, then I would suggest the following if you wanted to get into running. Simply walk during the ‘jog’ sections, and jog during the ‘sprint’ sections. Most should be able to handle such small distances for the jogging portions.

If you’re getting ready for a 5K:

Correct me if I’m wrong, but I’ve always taken “Jogging” to mean that it’s a light & easy run. People don’t ‘jog’ marathons, they RUN them. Running then, would mean to run with an intensity that is close to that if you were racing someone in a race. Since the 5K is perhaps the most common race that people do for the sport of running on a recreational basis, I would judge that ‘running’ intensity to be at the same of one’s 5K race-pace. For me, my 5K race-paces have been about 4 minutes/kilometer, or a 20 minute 5K.

I measure my paces in kilometers after using GPS monitors in my training, which were set for minutes/kilometer readouts. Why did I do this? I explain this extensively in my e-book, “Endure!”, where I talk about GPS speed monitoring. In a sentence’s worth, I did it because it is easier to train for a race that’s run in meters, by going by time/distance measurements that are based on meters. Frankly, I got sick of looking at all the conversion charts for miles to kilometers, and trying to figure out track times for certain intervals, like 400’s and 800’s on a track. Once I used the GPS meters method, it simply made my running efforts easier to reach for my race paces, and it did so for my athletes I coached, too. I would even go so far as to measure out the first 1000 meters on a race course before the race began, so my kids would have a 600m head-start on knowing their paces. Why? Because at a cross-country race, every coach is feeding out a time to their athletes at the mile (1600m) mark, and the parents and teammates are all crowding around it. My athletes enjoyed not having to find me amidst all that mess, and I could speak to them clearly at the 1000m mark to get them tuned-in better to their paces.

1000 meters on a track is just as easy to figure out, its 2.5 laps on a track. If your goal pace is a 20 minute race, then you need to get 1000m done in about 4 minutes on your pacing. That’s 48 seconds per 200m, or 24 seconds per 100m section. Try this little trick, ACTUALLY USING METERS as your mode of measurement, when prepping for a 5K race. It is easier to do the math in meters, than it is in miles on a meter-based track.

Try these workouts and tips and see how fast your improvements occur! Also, let me know how they felt, and how effective they are for you, just email me a line or two at rkarboviak@speeddialcoach.com

If you want to see all my unorthodox training methods combined into one unique package, then please visit: <http://7secrets.speeddialcoach.com>