

Inside Job

Survive winter treadmill running by doing interval, hill, and tempo workouts **BY LAUREL LEICHT**

LOOK UP
Raise the incline to compensate for the lack of wind resistance.



WHEN IT COMES to icy roads, even the toughest runners head for the 'mills. But running inside doesn't have to compromise your workout—you can still accomplish the purpose of your run with a few tweaks. First off, be aware that your form changes on a treadmill, says Matt Barbosa, coach for Chicago Endurance Sports and Fleet Feet Chicago. The confined area alters your proprioception, or the sense of your body in space. You tense up, shorten your stride, and react to the belt's movement by picking up and putting down your feet rather than pushing off as you would outdoors. To encourage proper push-off and compensate for the lack of wind resistance, raise the incline to two or three percent and lean slightly forward from the ankles, says Barbosa. With that as your starting point, here's how to translate your regular workouts to the great indoors.

■■■■■ ROLLING-HILLS RUN

Since most (read: affordable) treadmills don't come with a decline setting, mimicking the stress of running downhill requires an additional move or two off the treadmill. Like downhill running, both lunges and squats cause the tissue damage that ultimately creates stronger quad muscles, says Carwyn Sharp, Ph.D., assistant professor of exercise science and nutrition at the College of Charleston.

TAKE IT INSIDE → Warm up for 1.5 to 2.5 miles, then raise the incline to three or four percent and run for two minutes at 15 seconds slower than your 10-K pace (or a pace that feels moderately hard). Raise the machine's incline to four to six percent for two minutes, then six to 10 percent for two minutes. Run at two percent for two minutes. Repeat the sequence two to six times, increasing your speed by five to 10 seconds each time. Immediately after your run, do two to four sets of 10 to 15 lunges (per leg) and squats.

■■■■■ SHORT INTERVALS

"Unless you have a treadmill that allows for advanced programming of time, speed, and incline, it's very difficult and even dangerous to try to change the speed

Michael Darter (Treadmill Runners-2)



IN A FLASH
Use the machine's digital track to visualize the end of repeats.

for short intervals," says Barbosa. Avoid repeats shorter than 30 seconds, he says, as a good chunk will be lost in the time it takes to accelerate and decelerate.

TAKE IT INSIDE → Reduce the incline to zero. Warm up, then run at 5-K pace (it should feel hard) for 45 seconds to two minutes, depending on your experience level. Jog easy for up to a minute. Repeat four to eight times. Cool down. "To match the interval time exactly, add to the end of the repeat the amount of time it takes the treadmill to speed up," says Rick Morris, author of *Treadmill Training for Runners*. So if it takes five seconds to get to speed, run that fast pace for five seconds longer. Ditto for rest intervals.

LONG INTERVALS
Outdoors, we tend to rely on visual cues—like the end of the track or road—to keep us going. But when you're on a treadmill, "your mind can't visualize the

finish, so it becomes difficult to concentrate when the pace gets hard and you need to start pushing yourself," says Melanie Schorr, M.D., a running coach at RunnersConnect in Boston. Most 'mills show your progress on a 400-meter digital track—use it to envision the end of your repeat, says Morris.

TAKE IT INSIDE → Warm up for two to three miles, then run 400 meters (one lap) to one mile (four laps) at 10-K pace. For the final 200 to 400 meters of your effort, increase your speed by five to 10 seconds to practice finishing strong. Walk or jog for one minute to recover. Repeat two to eight times, depending on the distance and your fitness.

TEMPO RUN
This workout is made for the treadmill. "You just dial in your goal pace, and the machine keeps you at that speed," says Sharp. Plus, "you can make incremental changes, like picking up the pace by five or 10 seconds—it's hard to make such small adjustments outside."

TAKE IT INSIDE → "Starting the tempo run slow and then getting faster toward the end teaches your body how to run at different paces and finish fast—not just hang on," says Pete Rea, head coach at ZAP Fitness Team USA Distance Running Center in Blowing Rock, North Carolina. Warm up for 1.5 to 2.5 miles, then run a mile at 15 to 20 seconds slower than half-marathon pace (talking should take some effort). For the duration of the run, pick up the pace every mile by five to 15 seconds until you're running the final mile 15 to 20 seconds faster than your half-marathon pace. **III**

Boredom Busters

Going easy on a treadmill can be torture—here's how to stay sane

| THE WORKOUT | SURVIVE IT |
|-------------|--|
| Easy Run | Engage your brain: Mentally rehearse a presentation for work, repeat vocab words of a language you're learning, or listen to a podcast. "Learning is boosted with the timing and rhythms of treadmill running," says coach Matt Barbosa. |
| Long Run | Every two to three miles, raise the incline for one mile. Vary the height each time. "Adding changes in incline is a good way to mimic outside conditions—and save your muscles (and mind) a little bit," says author Rick Morris. |

Victor Sailer/PhotoRun (Krifchin)

FOLLOW THE LEADER

Advice from the world's best runners



MAEGAN KRIFCHIN, 23, of Ithaca, New York, was first American at the 2011 Utica Boilermaker 15-K (52:23).

1 On Track
"My staple track session is 6 or 7 x 1000 meters at 3-K to 10-K race pace—depending on my fitness level—with a 2- to 3-minute recovery jog. It's a good benchmark to see how fit I am."

2 On Trail
"If my legs are still suffering after a speed workout, I'll run trails. The soft surface and varied terrain challenge me aerobically but allow my body to recover."

3 On Trial
"Two weeks before a target race, I do a time trial—either a hard tempo or a race of up to three-quarters of the goal event's distance. Time trials stress your body without tearing it down."
—BOB COOPER