



# AMPTHILL & FLITWICK FLYERS



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## vVo2 Max: How to work it out for yourself

1. Loosen up
2. Start Stage 1 with **no** stopping between stages
3. **Last** completed stage before you **drop out** is your vVo2 max

*First 3 columns are the important ones for vVo2 max level*

*Columns 4 and 5 are for information only*

*Columns 6 to 10 are for use when doing vVo2 max sessions*

Stage	Time	Distance	Time	Miling	vVO2	vVO2	vVO2	vVO2	vVO2	
		Covered	300m	Time	2.5min	3.0 min	90%	30secs	60secs	
1.	Walk	2 mins	200m	N/A	N/A	N/A	N/A	N/A	N/A	
2.	Walk	2 mins	238m	N/A	N/A	N/A	N/A	N/A	N/A	
3.	Jog	2 mins	238m	N/A	N/A	N/A	N/A	N/A	N/A	
4.	Jog	2 mins	280m	N/A	N/A	N/A	N/A	N/A	N/A	
5.	Jog	2 mins	324m	01:51	09:57	405m	486m	10:57	81m	162m
6.	Run	2 mins	370m	01:37	08:42	462m	555m	09:35	93m	186m
7.	Run	2 mins	407m	01:28	07:54	508m	611m	08:42	102m	204m
8.	Run	2 mins	444m	01:21	07:17	555m	666m	07:58	111m	222m
9.	Run	2 mins	480m	01:15	06:42	600m	720m	07:21	120m	240m
10.	Run	2 mins	522m	01:08	06:10	652m	783m	06:48	130m	260m
11.	Run	2 mins	558m	01:04	05:45	697m	837m	06:20	140m	280m
12.	Run	2 mins	600m	01:00	05:22	750m	900m	05:55	150m	300m
13.	Run	2 mins	632m	00:57	05:05	790m	948m	05:36	158m	316m
14.	Run	2 mins	667m	00:54	04:48	834m	1000m	05:16	166m	332m
15.	Run	2 mins	696m	00:51	04:36	870m	1044m	05:03	174m	348m
16.	Run	2 mins	727m	00:49	04:24	908m	1090m	04:50	182m	364m
17.	Run	2 mins	762m	00:47	04:13	953m	1143m	04:36	190m	380m

# Sessions using vVo2 max

## 1. Basic vVo2 max interval work-out

Jog easily for 10-15 minutes then carry out 3 minute intervals at your vVo2 max velocity with 3 minute “float” recoveries. Cool down afterwards with 10-15 minutes easy jogging and some stretching.

Do one session per week and do not allow the distance covered at vVo2 max to exceed 10% of total weeks mileage. So how many intervals ?

Weekly mileage	20 m/p/w	3 intervals
	30 m/p/w	5 intervals
	40 m/p/w	7 intervals
	50 m/p/w	9 intervals

“float” recoveries are jogging/running at about 50% vVo2 max.

## 2. Early Season 30

Warm up thoroughly

Do 30 seconds at vVo2 max followed by 30 seconds “floating”

Sustain as long as possible.....the tested average was 19 reps with the high scores between 22 and 27 reps.

The important part is the 30 seconds at vVo2 max i.e. the 100% effort!!!!!!

## 3. Continuous Run

Warm up thoroughly.

Run as far as you can at a speed which is in practice about 90% vVo2 max. (See Column 8)

### Note:

The Early Season 30 can progress through the Mid Season 45 to the End of Season 60.....going from 30 to 60 second bursts at vVo2 max.(Columns 9 and 10)

You can begin the Basic Interval Session with 2.5 minute intervals (Column 6) if you are finding the 3 minutes too hard. Progress to the 3 minute intervals as and when you can.(Column 7)

It all adds to the variety of speed work-outs and will stop you getting bored

Paul Dove  
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