

THE YASSO 800

Warm-Up:

Begin with a 10-15 minute light jog or brisk walk followed by dynamic stretching focusing on the lower body to prepare muscles for running.

Main Workout:

1. Yasso 800s Intervals:

- Run 800 meters (approximately 0.5 miles) at a pace that you can sustain for the entire workout.
- Aim to complete each 800-meter interval in the time you hope to run your marathon in hours and minutes. For instance, if you aim for a 3-hour, 30-minute marathon, your goal time for each 800m interval would be 3 minutes and 30 seconds.
- Take a recovery period between intervals by jogging or walking for approximately the same duration as the interval or slightly longer. Use this recovery time to catch your breath and prepare for the next interval.

2. Repetitions:

- Start with a manageable number of repetitions, such as 4-6 800-meter intervals, and gradually increase the number of repetitions over subsequent weeks.
- As your fitness improves, aim to complete up to 10 800-meter intervals.

3. Cooldown:

- Finish the workout with a 5-10 minute cooldown jog or walk followed by static stretching for the major muscle groups used during the workout.

Training Schedule:

Week 1-4:

- Start with 4-6 repetitions of 800 meters at your goal marathon pace.
- Perform this workout once a week, allowing adequate rest between sessions.

Week 5-8:

- Gradually increase the number of repetitions, aiming for 8-10 800-meter intervals.
- Maintain the once-a-week schedule with sufficient rest and recovery days.

Week 9-12:

- Focus on consistency and maintaining or slightly improving your pace for all intervals.
- Continue with 8-10 repetitions at your goal marathon pace.

Notes:

- It's crucial to have previously built a base of long-distance training before attempting this workout.
- Listen to your body and adjust the intensity if necessary, avoiding overexertion or injury.

- Hydrate adequately before and after the workout, and refuel with a balanced meal or snack containing carbohydrates and protein.
- Incorporate this workout into your overall marathon training plan, balancing it with other types of runs (long runs, tempo runs, recovery runs) and cross-training activities.
- Monitor your progress by comparing your interval times to your desired marathon goal time.

The Yasso 800 workout provides a guideline for interval training, helping gauge potential marathon performance while improving speed and endurance for the race. Adjust the workout as needed to fit your fitness level and marathon goals.