

# EAT Worksheet 1



WARNING: If you think that this is a test that you can fail, just walk away now.

All we are doing is gathering data, and THERE IS NO POSSIBLE BAD OUTCOME. Just follow the instructions, starting with:

1. Do this on a day AFTER a rest day. Do not try and negotiate or think your way out of this one; there's no point to doing the EAT otherwise.
2. Do the EAT first thing, before the stressors of your job, family and life in general have given you heart the chance to start pounding in your chest.
3. If a friend can help you with the timing, that makes this a little bit easier.

Put your ego in your pocket, and be honest about the numbers. It's not a perfect blueprint or a crystal ball, but these numbers can tell you a lot about what to expect on race day.

## EAT instructions

1. Start with a 10-minute warm up, capped at 140 bpm
2. Throw in strides, 4-6 minutes of them. Why? They artificially raise your heart rate without tiring you out, stealing energy from what comes next. This makes your rising heart rate easier to control.
3. Run 2km between 160-170 bpm
4. Run 2km between 170-180 bpm
5. Run 2km above 180 – push for the last 200m

IMPORTANT: we need to remind them that if they stop at any point, the test is over. Period. This is important information! Also, if your C pace is slower than their B pace, then their B pace was too fast.

After you cool down and recover, write your numbers here:

Segment	Pace	Time	Total Time	Avg HR	How did this segment feel? (Feel free to turn page over and rant)
2k @ 160+					
2k @ 170+					
2k @ 180+					