

## How to Do Yasso 800s

- Yasso 800's were designed by Bart Yasso more than 30 years ago to serve as a marathon race predictor
- For example, if you can run 10 x 800 meter intervals or "repeats" in a specific time (let's say 4 minutes for 800) then that time should predict a 4 hour marathon
- Begin with 3-4 800's at a pace you can maintain consistently without too much drop off
- Add 1 interval every week, or if that week's workout seems too difficult, every other week
- Jog a very easy 3 minutes in between intervals (1 slow lap at a track)
- These can be done on a track, treadmill, or a flat stretch of road
- Perform a very easy 1-2 mile jog at beginning and end of workout
- Try to build to 10 of these 2-3 weeks out from marathon
- Yasso 800's, mixed with a long run, some easy runs, strength training and cross-training will yield excellent results. On a flat course on a perfect day, I think this estimation is very close