

# The Billat 30-30 vVO2 max workout...

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Jan 30, 2007

Has anyone tried this workout?

If so, how do you like it? Did it work well?

Pros? Cons?

I am considering doing this as a replacement for the

10x100 meter workouts prescribed in Pete Pfitzengers 24/55 marathon plan. I don't feel like I have done anything just doing 10x100m (sorry pfitz). I am going to try 10-20 of the 30-30 reps instead. It is still a pretty easy workout (which, I think, was Pfitz's idea for only doing 10x100m on these days) but it should give me a bit more of an increase on my speed and cardio-respiratory function.

Here are some links about this 30-30 workout and the physiologist who invented it, Veronique Billat.

<http://www.runworks.com/about258.html>[/URL" target="\_blank">

<http://www.pponline.co.uk/encyc/0896.htm>[/URL" target="\_blank">



[milkbaby004](#) 448 posts since

Jul 28, 2003 1. **Re: The Billat 30-30 vVO2 max workout...** Aug 13, 2007 7:52 PM

I don't believe the workouts are designed to do the same thing. The Pfitz 10x100m are supposed to be strides at the end of your run, right? The goal of those is probably to work on your running form and leg turnover. The Billat workout is supposed to be aimed at improving VO2max. These are two different goals.

Pfitz/Douglas probably has some 400m repeats in the VO2max phase of their marathon plan. The 10x100m strides are probably early in the endurance/build phase just to keep some faster leg turnover and form work in among all the mileage volume so you don't end up reinforcing poor form from slogging out too many slow miles. I don't have the book in front of me, but that's the impression I get...



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Jan 30, 2007 2. **Re: The Billat 30-30 vVO2 max workout...** Aug 13, 2007 9:17 PM

quote:

Originally posted by milkbaby:

**I don't believe the workouts are designed to do the same thing. The Pfitz 10x100m are supposed to be strides at the end of your run, right? The goal of those is probably to work on your running form and leg turnover. The Billat workout is supposed to be aimed at improving VO2max. These are two different goals. Pfitz/Douglas probably has some 400m repeats in the VO2max phase of their marathon plan. The 10x100m strides are probably early in the endurance/build phase just to keep some faster leg turnover and form work in among all the mileage volume so you don't end up reinforcing poor form from slogging out too many slow miles. I don't have the book in front of me, but that's the impression I get...**

I agree, they are not designed to do the same thing, but I think the 30-30 is a better (and more fun) way to, "keep some faster leg turnover and form work in among all the mileage volume so you don't end up reinforcing poor form from slogging out too many slow miles." as well as adding a bit of good ol' VO2 max training. But without the hard recovery. You know, just a bit.

Doing 10 of the 30-30 isn't very different from doing 10x 100 meter strides. If I do it correctly I will only be running fast for about 130 meters. The only real difference is that there is only a 30 sec recovery run, which I enjoy for this kind of workout. I don't know, it makes it fun somehow. As far as I know there is no guideline for the time or distance for recovering from Pfitzenger's 100 meter strideouts. I assume that the recovery was as much as you need to be ready for the next one.

I just wanted to liven up this days workout without making it a hard workout (which is was Pfitz's idea, I think). This is not the point really. I just wanted to read about anyone elses experiences with this 30-30 workout. I mean, regardless of whether you used it as a fun workout are part of a particular phase of training. Any reason really!

Anyone?