

TeamJet Hawaii Marathon Clinic 2009 Newsletter

"A race is a work of art that people can look at and be affected in as many ways they're understanding." -Pre

This Week's Goals: Basically continue with work, work, work...be almost a repeat of last week.

This Week's Workouts:

Tuesday: Hilly run with hill repeats

Thursday: Tempos

Sunday: 14 miles at Kahala (Waialae Beach Park), 6:30am

<http://www.teamjethawaii.com/calendar.php>

On My Mind: Cross Training

Cross Training options

Stationary Bike-as a general rule, double the time that you were going to run and keep the pedal rpm at ~110 (or a heart rate of at least 120 bpm)

Treadmill-I don't like these, as it can build bad habits, but if so, break up the monotony with some fartlek and simulate what you would normally run as workouts.

Stair stepper-Equal time as running. Keep as upright as possible (no leaning forward!!!). Keep turn over at ~150 steps per minute and as hard a resistance as is comfortable (~9).

Deep water-If you know how to do this and have had someone watch your form, then simply simulate your work-outs in the water. I do hold deep water running on Saturdays at 7am, Ala Moana Beach Park, so if you are interested, come out and I can train you in how to do this. I think it is an excellent way to cross train and maintain fitness. I currently run more in the water than on land...

Some Additional Training to Increase Overall Body Strength

Weight training improves running economy - Ron Johnston MS (University of New Hampshire), took female runners training more than 20 miles a week and

If you have anything you would like to have discussed or addressed, please let me know, and I can write a bit about it, or bring it up at team practice (if it's a quick answer...) . I am more than happy to answer any and all emails, so do not hesitate to ask!!!

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included weight training for 10 weeks, three times a week. They then performed a treadmill test at 6.30, 7.00 and 7.30 minutes per mile. They used 3.8% less oxygen at the fastest pace increasing to 4.0% and 4.5% at the slower paces. A control group of runners who did no weight training showed no increase in oxygen use. Improved running economy means that you can run faster with the same oxygen uptake. The research also showed that the weight-training runners had fewer injuries.

Walking builds endurance - you can walk a lot farther than you can run. Jeff Galloway (Runners World Magazine editor) has advocated walking as an integral part of marathon training for some people. He suggests that for every four to seven minutes of running you walk for a minute. He feels that this stretches your endurance levels and allows you to push back the wall.

As I have been advocating from the start; stability and body strength will make most runners faster and more efficient!! Also, consistency is an integral part of any training schedule. It will pay off in December.



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