

TeamJet Hawaii Marathon Clinic 2009

Newsletter

"If you don't have confidence, you'll always find a way not to win."
Carl Lewis

"Instead of trying to build newer and bigger weapons of destruction, mankind should be thinking about getting more use out of the weapons we already have."
Jack Handey

This Week's Workouts:

Tuesday: Continuous hills

Thursday: Intervals

Sunday: Mililani 6:30am, same location as previous run (see map on Calendar)

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

On My Mind: Running Jargon

10k - distance of 10,000 meters or 6.2 miles

Bannister, Sir Roger - English runner first broke 4-minute mile barrier in 1954

bear - point in the race or interval where lactic acid buildup physically changes your stride as if you were carrying a bear on your back

blood doping - runner extracts own blood then uses it as a transfusion prior to a race to increase the number of oxygen carrying red blood cells

bonk - crashing in a race (usually a marathon) attributed to running out of fuel

carry the stick - use of baton in relay race

cross training - training strategy which uses other forms of aerobic exercise such as swimming, cycling, cross country skiing

Dick Cheney Racing Strategy: deployed when one thinks they have the race won before it starts

DNF - did not finish

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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DNS - did not start

energy gels - (also carbo gels) rather expensive commercially prepared semi-liquid carbohydrate snack packaged in single serving pouches, used as a supplement by cyclists and long distance runners during long periods of exercise. Designer product made to provide an energy boost without the inconvenience of chewing.

erythropoietin (EPO) - a naturally occurring human hormone, produced by the kidneys, that stimulates the production of red blood cells. It increases oxygenation of the blood, and therefore stamina, by forming extra red blood cells. Listed by the International Olympic Committee as a banned substance. Used as a performance enhancer, it is thought to place extra strain on the heart. Screening for EPO requires blood as well as urine samples to be submitted for testing.

fartlek - Finnish word meaning speedplay, in which one runs irregular distances at varying speeds interspersed with jogging intervals

fast twitch - muscle fibers that determine if a runner is suited to sprints

hammer - what you got left at the end

hit the wall - a sudden bonk in which you die so suddenly it is as if you ran into a wall

hypoglycemia - An abnormally low level of sugar in the blood.

hyponatremia - An abnormally low level of sodium in the blood.

hypopnea - Abnormally slow and shallow breathing.

IOC - International Olympic Committee, governing body of the Olympic Games

intervals - system of training using repeated short distances at greater than or near race pace

jack rabbit - taking off fast from the start

Junk miles- many miles run at a slow pace, attributed to a training strategy by runners who confuse high mileage counts with improvement

kick - sudden surge that takes you over the line

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lactic threshold - point at which you cross the sissy-baby line from aerobic to anaerobic activity, producing lactic acid in the muscles, a byproduct of anaerobic exertion

marathon - long distance race run over 42 km 195 m or 26 miles 385 yards. Introduced at the first modern Olympic Games in 1896 to commemorate the run by a Greek courier from Marathon to Athens in 490 BC.

negative splits - running the last half of a race faster than the first half

Oliver's Woofing Theorem - "...in any given athletic competition (team, individual, amateur, professional), the team/player who is the most over-hyped/over-praised by his/her/its fans/supporters is doomed to LOSE the competition."

over-pronator - running form in which foot rolls inward too much; likely to have flat foot

Pheidippides - According to legend, Greek courier who ran the 24 miles or 39 kilometers from Marathon to Athens in 490 BC with news of a Greek victory over the Persians. After delivering the message, he collapsed and died.

plantar fasciitis - Inflammation of the plantar fascia, the tissue between muscles in the mid-foot and the skin on the bottom of the foot which attaches the ball of the foot to the heel. Common and painful problem for runners. Causes can include lack of arch support, increased miles, poor flexibility in calf muscles, overweight.

pronator - running form with moderate inward rotation of the foot, likely to have medium arch height

quads - four large muscles at front of thighs; four shots of espresso before a race

rabbit - a runner who pushes the field to a better time then drops out of the race before the final laps

sandbagger - a fast runner with a talent for acting who will masquerade as a slow runner to lure the competition into complacency. Lance Armstrong used this technique during the 2001 Tour de France. As he climbed L'Alpe d'Huez he grimaced in apparent pain. With his fellow riders thinking he was in trouble, he caught his top rival, took a long, hard look at him, then pulled ahead at stunning speed.

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slow twitch - muscle fibers that determine if a runner is suited to distance running

splits - the time to a given point in a race

stride - the distance traveled in a single long step

supinator - not enough inward motion of foot; likely to have a high, rigid arch (same as under-pronator)

tempo run - usually a two to five mile run at 80 - 90% effort

under-pronator - not enough inward motion of foot; likely to have a high, rigid arch (same as supinator)

velvet hammer - a kick so soft and smooth it looks like velvet feels

VO₂max - maximum oxygen intake



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