

TeamJet Hawaii Marathon Clinic 2009 Newsletter

Why Do Runners Run?

By: Dan Crowe

I have seen their tortured faces.

I have heard their pounding hearts.

I have seen their head bowed in the sorrow of defeat.

I have seen their hands hoisted in salute to the goddess of victory.

I have wondered why do runners run?

I have seen long lines running in the park.

I have seen them run to the accolades of a thundering crowd.

I have seen them run in the solitude of a rain-swept street.

I have wondered why do runners run?

Is it a burning inside or a thing called pride?

The search for an inner peace or the quest of a golden fleece?

I believe the gods decree that some people must run to prove the pain is fun.

This Weeks Goals:

Rest week, so we will cut back mileage to first week. I have five training cycles, each with a rest week, so this is the first one. It simply means a step back, but we are still running!

This Weeks Workouts:

Tuesday: Easy hill run

Thursday: Free fartlek

Saturday: 7am deep water running and some sand drills (optional)

Sunday: Ala Moana (see TeamJet calender for location) 6:30am.

On My Mind: More nutrition

This nutritional information here is what I have used as guidelines in the past; I admit is not up-to-date with newer ideas on the "food pyramid", but I figure; worked for me once, will work again!! I am at the point where you can teach me new tricks...

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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Below is an excerpt that I found on a website (I won't say who); it goes to show you how much information is out there that seems "odd" and can be very misleading and dangerous. Caffeine is a banned substance by the International Olympic Committee as well as USA Track and Field, yet it is promoted here as a "boost". I do not recommend this type of boost, but it makes a nice point about Internet info!!!

"Consider caffeine loading before competition. A few cups of coffee drunk 60 minutes before competition have been shown to aid athletic performance. However, athletes using caffeine loading are advised to try it a few times in practice before using it in competition. Caffeine can cause stomach upset to athletes who are not accustomed to it. Additionally, a little extra hydration is needed to deal with the diuretic affect of the caffeine."

Calories: Most long-distance runners will need about 2,400-3,500 calories per day. Of which I have found the best "scale" for long distance runners is a 30-30-40 (fat-protein-crab). This of course may vary, but you will find that the extra protein and fat (when compared to the old philosophy of at least a 70% diet) will help you recover and run easier.

Water/Liquids: We have gone over water in a previous newsletter, but here is a tidbit about rehydration. To properly hydrate after exercising, first weigh yourself before working out and then drink 16 ounces for every pound you lose.

After a hard race, you might feel the need to celebrate with a nice, cold beer (Little Chad...). But is a beer proper recovery fuel? Alcohol does dehydrate and slow muscle recovery, but go ahead and celebrate as long as you can keep consumption to two and don't plan on driving. Beer will give you plenty of liquid and even some carbohydrates to help restore muscle glycogen. Just be sure to chase each beer with a sports drink or glass of water. And pop a B-complex vitamin to help metabolize the alcohol. I actually really like to do this (and it's not just because I am a Canadian!).

Proteins: You may lose some weight by eating a high-protein diet, but don't count on having much energy for running. High-protein diets don't supply your body with enough carbohydrates to fuel your running. These diets often suggest cutting your carbohydrate intake, which forces your body to use protein to make sugar for brain fuel. As a result, you develop what's called ketosis, a partial breakdown of body fats, which ultimately increases fluid loss. Although you lose weight the first week of your diet, it is mostly water weight. A better way to lose 10 to 15 pounds of fat is by increasing your weekly mileage by 5 to 10 miles. Combine that with protein control and cutting back on serving sizes and snacks and you will burn an extra 500 to 1,000 calories a week resulting in a loss of 1 to 2 pounds of body fat.

Fat: According to a study by the University of Buffalo, a low-fat diet may hamper your endurance. Researchers concluded that a medium or high caloric intake from fat, about 30 to 45 percent of your total caloric intake, is your best bet for improving performance if you run at least 35 miles a week. The reason that some runners simply need more calories.

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Also, when your body burns fat for energy, it conserves glycogen, which is always in relatively short supply. You already know some types of fats are essential for a good health, but fat can also make you run farther. Fat is a concentrated energy source. While each gram of carbohydrate has 4 kcal, one gram of fat provides 9 kcal of energy. Besides, our fat energy stores are much abundant. On average, a runner has more than 60,000 kcal from fat energy stores and less than 2,000 from carbohydrate energy stores. Then you can see why fat is so important when you are exercising for a long time.

High level long-distance runners use more fat as energy source, so they save their glycogen stores and are able to exercise for a longer time. A study concluded that endurance athletes exercising at 80% of their max VO₂ get just 65% of the energy from carbohydrate, while the non-athletes get 86% of the energy from carbohydrate.

During low intensity work-outs the runner gets more than half of the energy from fat. Another factor influencing the using of fat as an energy source is the work-out duration. During moderate intensity (55-75% max VO₂) long duration work-outs (more than 90 minutes) there is a progressive increasing of the use of fat as the energy source.

Most of the foods have more than one type of fat. While some foods have some fat types that are bad for your health, others, like nuts, have a great combination of omega-3, omega-6 and monounsaturated fat.

See the different types of fats in the table below:

Types of fats

Trans fatty acid:

Found in margarine, french fries, and butter cookies. This type of fat has no benefit for your health and raises the cholesterol level and heart diseases risks. Try to avoid it.

Saturated fats:

Found in dairy foods, coconut and fat meat. Some kinds of saturated fats, like stearic acid found in chocolate and beef, don't raise your cholesterol level. But other types, found in butter and beef, can clog your arteries. Try to limit saturated fats intake below 10% of the total calories you consume.

Omega-6:

Found in vegetal oil, nuts and seeds. This fat type can reduce the bad LDL cholesterol and total cholesterol levels. Too much omega-6 ingestion can also reduce the levels of good HDL cholesterol. Limit omega-6 fat intake to 10% of the total calories you consume.

Omega-3:

Found in fat fishes, soy oil and nuts. This type of fat reduces your triglycerides and cholesterol levels. Too much omega-3 intakes can slow your blood coagulation.

Monounsaturated fat:

Found in olive oil, avocado and peanut. This type of fat reduces the LDL and cholesterol levels.

Eat Less

Eat More

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Carbs: Carbohydrates provide your body with the proper fuel to sustain long endurance events. Carbohydrate is stored in the body as glycogen. Glycogen is then converted to glucose for the body to use for energy while exercising.

Foods high in carbohydrate include grains (rice, cereal, bread, crackers, noodles, etc.), fruit and fruit juice, dairy products and some vegetables (corn, peas, potatoes, dried beans).

What to eat before and after the workout? The glycemic index can be a great guide to answer this question. This index is a numerical system of measuring how fast a carbohydrate triggers a rise in circulating blood sugar -- the higher the number, the greater the blood sugar response. So a low G.I. food will cause a small rise, while a high G.I. food will trigger a dramatic spike.

Table - Glycemic Index (glucose=100):

Low G.I. foods	GI	moderated G.I. foods	GI	High G.I. foods	GI
Peanut	15	Peach, fresh	42	Pizza, cheese	60
Soy	18	Orange	44	Ice cream	61
Cherries	22	Macaroni	45	Raisins	64
Lentils	29	Rice, instant, boiled 1 min	46	Beets	64
Black beans	30	Grapes	46	Black bean soup	64
Apricots, dried	31	Rice, parboiled	48	Pineapple	66
Fettuccine	32	Tortellini, cheese	50	Gnocchi	67
Yogurt	36	Yam	51	Croissant	67
Spaghetti, boiled 5 min	36	Kiwi	53	Potato mashed	70
Pear, fresh	37	Banana	54	Wheat bread, white	71
Apple	38	Popcorn	55	Watermelon	72
Tomato Soup	38	Mango	56	Pumpkin	75
Carrots, cooked	39	Apricots, fresh	57	Waffles	76
Ravioli, durum, meat filled	39	Rice, white	58	Corn flakes	83

For marathoners, I suggest eating more moderate to low GI foods to help reduce the "hitting the wall" effect.

B Vitamins

This big crowd of vitamins includes vitamin B1, vitamin B2, vitamin B6, vitamin B12, niacin, folic acid, biotin, and pantothenic acid. The B vitamins are important in metabolic activity - this means that they help make energy and set it free when your body needs it. This group of vitamins is also involved in making red blood cells, which carry oxygen throughout your body. Every part of your body needs oxygen to work properly, so these B vitamins have a big job.

There are two types of vitamins: **fat-soluble** and **water-soluble**.

When you eat foods that contain **fat-soluble** vitamins, the vitamins are stored in the fat tissues in your body and in your liver. They go and wait around in your body fat until your body needs them. Fat-soluble vitamins are happy to stay stored in your body for awhile -

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some stay for a few days, some for up to six months! Then, when it's time for them to be used, special carriers in your body take them to where they're needed. Vitamins A, D, E, and K are all fat-soluble vitamins.

Water-soluble vitamins are different. When you eat foods that have water-soluble vitamins, the vitamins don't get stored as much in your body. Instead, they travel through your bloodstream. They like to travel quickly, compared with the fat-soluble vitamins, which like to hang around. And whatever your body doesn't use comes out when you urinate. So these kinds of vitamins need to be replaced often, since they don't like to stick around! This crowd of vitamins includes vitamin C and the big group of B vitamins - B1 (thiamin), B2 (riboflavin), niacin, B6 (pyridoxine), folic acid, B12 (cobalamine), biotin, and pantothenic acid.

Personally, I take a multivitamin with complete B vitamins, as well as a calcium supplement daily. For a little B vitamin boost before a run (actually makes me feel a bit kiddy) try a product called E-mergen-C (an effervescent packet you mix with some water). You can find this at GNC (not a plug here!).

If there is anything that you want specific information on or advice, let me know, I would be happy to research the topic for you!!!

(again, all topics/info have been taken from various sources and I can provide references if you want to read up!!)



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