

TeamJet Hawaii Marathon Clinic 2009 Newsletter

"I don't believe in burnout. I believe in losing your appetite."
Pat Tyson

This Week's Goals:

Build up some longer distances in all workouts.

This Week's Workouts:

Tuesday: Hilly run with some hill repeats mixed in

Thursday: 5km time trial

Sunday: 26 miles, meet at KokoHead District Park, 6am (!!!NOTE TIME CHANGE!!!),
Potluck afterwards.

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

On My Mind: Weights

I suggest trying to get one to two weight workouts in a week if you can for the next 8 weeks. This will increase your flexibility and strength as we start to increase the mileage. Work the major muscle groups...legs, hips, back, arms and shoulder to avoid late race fatigue. You cannot make muscle cells. What you are born with is what you get. But you can make each individual muscle spindle cell stronger, able to fire or contract more often, by doing two to three sets of 10-20 reps with modest weights. You're not growing new muscle; you're making the muscles stronger with this strength training.

Fat vs. Muscle Another thing is you cannot turn fat into muscle. That would be cheating physiology. Once a fat cell, always a fat cell. Your fat cells decrease in size if your energy expended exceeds the calories you take in. Make small changes in eating habits if fat is your problem. The weight training will burn calories--don't concern yourself whether they are fat or glycogen calories. When the weight book is balanced at the end of the year, if you burned lots of energy, didn't consume too many calories, you should have less total body fat. With your increased muscle mass (but not cells) you WILL have a lower body fat percentage.

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!!!

Chad Walton, 2009 TeamJet Hawaii Marathon Coordinator, cwalton@hawaii.edu, 489-2543

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Stretching Remember to match each weight training session with a stretching session for that particular muscle group, flexibility is key to translating the gains in the gym to gain on the road.

Go High/Low: Do many reps with light weights (50-60 percent of your max for the exercise) for strength endurance. Do fewer reps with 80 percent max weight for pure (but potentially bulky) strength. Bulk will slow you down. Distance running and other endurance sports require a repetition of a modest movement. Look at how a decathlete runs the 1500 meters, and you'll see the disadvantages of bulk.

Look Good Lifting: Keep your form—not for vanity, but to prevent injury. Think 90-degrees. Most seated lifts work best if your body parts are at right angles: legs straight, feet flat against the floor, trunk erect, chin up, eyes forward. Practice the pelvic tilt where you press your torso back against the chair, or floor, to keep your back from slumping.

Breathe Right: The worst mistake you can make while lifting is to hold your breath. That simply tightens the muscles that you want to keep loose. Inhale while you prepare to lift the weight, then exhale while lifting it, inhaling again while lowering it. The key to the exercises presented below is to go slow and remain in control.

Exercises

1. Bench Press: This is a basic lift, used by all bodybuilders, but you can use it to build strength and speed. Lie on your back on a bench (although you can also use the floor). For weight, use a barbell or dumbbells. Keep your back flat, your knees bent. Your palms should be facing forward, your hands should be equal distant and over your shoulders. Lift the bar or dumbbells straight up (think 90-degrees) and lower slowly. Do two sets of 12 reps. For an alternate workout without weights, do simple push-ups.

2. Overhead Pull. Take the object and hold it overhead, elbows forward, back straight, knees slightly bent to take the pressure off your back. (You can also do this exercise while seated.) Lower the weight behind your head toward the back of your neck, then return to the starting position. Do two sets of 12 reps.

3. Running plates. Stand very tall, holding a 5-10lb plate (the ones you add to the bars) upright (put your hand in the hole and your thumb on the outside so the plate is vertical). With your running motion, control the weight for 50 swings, just like you would be running. Be careful not to swing your body or use your back to stabilize the weight.

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4. Squats. Put the bar in place across your shoulders, slowly lowering yourself as if you were about to sit down in a chair. The butt goes out and down, your lower back, hips and knees bend all together. Keep your eyes straight ahead, bar steady and over your knees, with feet flat, until your thighs are near ground parallel. Push off with your heels being careful not to tip forward and allow the back and bar ascent to lag behind the leg thrust. Upright, take a deep breath, hold it going down keeping the torso muscles tight, reach parallel, push up and exhale as you ascend.

5. The Lunge. The lunge will help strengthen several of the muscles of the lower body. Start this exercise with your feet shoulder-width apart. If you use a barbell, it should rest across your shoulders and behind your neck. If using dumbbells, hold them beside your thighs. Take a long step forward with one leg and descend to a low position, then rise. Bring the lead leg back and repeat with the other leg forward. Form is *very* important in doing this exercise to avoid injury. Again, think 90-degrees. In the forward position, your knee should be over your feet, forming a 90-degree angle. Allowing your forward knee to move too far ahead of the ankle causes unnecessary stress. Similarly, the back knee should not touch the ground. The back lower leg should be parallel to the ground, forming still another 90-degree angle.

6. Calf “holds”. This is by far my favourite exercise and I credit it with brining me back from foot/Achilles surgery. In the 45 degree incline press machine (don't do this on the calf raise machine due to chance of really hurting your back). Push the weight up with both feet until fully extended. Now, hold the weight with just one foot, but slightly bending your opposite leg. Lower the weight down all the way pass 90 degrees. Then push back up with both feet and repeat. Switch feet after 10, do three sets of 10 per foot. This is incredible and you will see you foot strength increase quickly!!

7. Hamstring curls/ Leg extensions. Use the machines in the gym to do this. Sit up straight and make sure your knee is directly in line with the pivot point of the machine. Do 4 sets of these until burnout...until you can't stand it anymore. It will be great for power and endurance development.

Strength is important, not only to improve your speed for running races, but it will make you feel good and look good and improve the quality of your life, throughout your lifetime.

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