

TeamJet Hawaii Marathon Clinic 2009

Newsletter

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs." - Jesse Owens

This Weeks Goals: This week is a "hilly" week, so we will be looking for good form and strong running.

This Weeks Workouts:

Tuesday: Continuous hill repeats

Thursday: Mile repeats

Sunday: 6:30am Kilauea Hill repeats (<http://www.teamjethawaii.com/calendar.php>)

On My Mind: Hills

Many runners feel that hills are the enemy. Folks are always searching for that FLAT fast course. Heartbreak hill is Boston's infamous killer landmark. Cuss words often spew forth from runner's mouths as they attempt to climb that dreaded incline in the middle of their training run.

Hills certainly do slow you down. That thing called gravity makes sure of that. And, the sad fact is that the laws of physics make it impossible to gain enough advantage running downhill to make up for the up hills.

Still, hills should be your friend. Everyone has to run them, so why not use them to your advantage?

Incorporating hills into your workout is a lot like doing weight training without need of a gym. By overloading the legs, you actually gain strength. This is especially true if you run hard uphill repeats. An example would be to use a 200-600 meter uphill stretch that you can accelerate up several times with a slow jog back down for rest. This workout helps you both with strength and leg speed. Just running a course with rolling terrain on your daily run will help your strength, too.

Many runners have a habit of getting stuck in a particular rhythm on their runs. This translates to being a one dimensional runner. Varying terrain will help you learn to "shift gears" and run well at different stride rates. That's important when you want to race past another runner in the last few yards of a race, but it is probably even more

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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important in maintaining optimal pace in the middle of a race, regardless of the terrain, weather or competition you might find out on the course.

When running up a hill, look to the apex of the hill, not down at your feet. This will open up your chest, allowing you to breathe easier and will give you a fixed target to run to. Take smaller steps and shorten up your stride, think like you are marching. Push up from your feet to take some strain off of your quadriceps muscles and stand tall!!! This will translate into more efficient hill running and being a stronger runner overall. When running downhill, the easiest mistake to make is to over-stride; getting your foot-plant out in front of you as you try to maximize your downhill running. This is a mistake and puts more pressure on your knees and actually wears out your legs faster. Just take it easy, run comfortably and relax down a hill, you cannot make up the ground you lost on the up; you can only do that on the flats!!

For those reasons, hills are really your friend. Don't avoid them, seek them out! Embrace them, love them, and remember they make you a better runner!



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