

Better Runs

by Joe Henderson (1996)

Taking brief walking breaks early & often can double your previous non-stop distance without doubling the stress. **Run for 85 minutes & walk 5 in ultra-distance events.** Anyone with a little knowledge can complicate something simple, but only the wise can simplify something complicated. Embrace people who take longer to finish a marathon for they are the ones who sustain the quality events. Reduce the total mileage as you get older, with 3 good workouts each week (intervals, tempo & long) & rest or easy runs the other 4. Add 5% to your pace each time you double the distance.

Eugene, OR has two great running trails (1 & 5 miles long) built by Adidas & Nike. See Rails to Trails Conservatory for possible trails. Hal Higdon is a great writer & story teller. Short races (5 & 10k) are the most effective form of speedwork. Warm-up loosens you for running & stretching loosens you from running. **Those who stretched before running are 42% more prone to injuries than those who didn't.** Uphill Bike repeats work the same muscles as uphill sprinting without tearing you apart.

Adapt your warm-up to the length of the race (longer for 5k & none for marathons). The shorter & faster you race, the more warm-up you need. Dr. Joe Ellis said running too far, too fast or too often will hurt you. Food allergies are usually the reason for recurring problems with the skin, breathing or gut. Most Americans eat 40-50% of their calories in fat (Try 25%). $2000 \text{ cal} \times 25\% \times 9 = 45\text{g}$ of fat per day (adjust as needed). Excess fat = more fat stored; eat less, wear less.

80% of runners who run > 25 mi/wk can expect to be injured. Recognize it early & rest. Take a few days or it can take months. If a cold lasts more than a week, you probably developed a secondary infection. A good coach gave me the confidence of knowing that someone I believed in also believed in me. Bowerman said: are you in this to do mindless labor, or do you want to improve? He teamed up runners to increase their chances of individual's success.

Every experienced runner is able of coaching someone else. The Latin word for "competition" comes from com (together) & petere (to seek): simply it is each of us seeking our best with the help of others. **Volunteer to help support a race for every 10 that we run.** Excessive effort creates tension; relaxing is more efficient & faster.