



July 2010 Newsletter - Training Newsletter

Summer Vacations

With any luck, we will begin to get some summer like weather and it will soon be time to head away camping with the family. Summer vacations always add a bit of a wrinkle for those following a training schedule. You are out of your element, far from your familiar running courses, and busy with family during the day. Family demands on your time are sometimes intense and it is easy to feel a bit guilty as you head off for a run.

Here are 6 tips for running on vacations:

- Skip the non-important days. For a week or two, you can get away without doing the easy days. Recover by hiking, biking or playing at the beach instead of doing the easy miles.
- Don't skimp on the quality days. If you are not running as many days per week, then you should be good and rested for your hard days. Pick up the pace a bit or go a bit longer on your interval or tempo run days.
- Run your long runs. If time is crunched and you can only do one run during the week, go long. This is the time to explore. Check out the local trails or explore the city you are visiting.
- Wake up early. Once the family is up, your responsibilities will start and you will have a myriad of reasons to skip your run. Set your alarm and enjoy the stillness of early morning.
- Explain your training requirements in advance. Talk to your family before the vacation and let them know that you will need to slip away every couple of mornings to do your run.
- If the weather gets warm, make sure that you are well hydrated. When you are running in unfamiliar areas, you might have a difficult time finding a water fountain. Now is a good time for a water belt or some stashed water bottles.

Top Questions

Many runners who are following the programs write in to CoachBruce@runvictoriamarathon.com and ask for guidance with their programs. Some of the frequently asked questions include:

1. *I have had to miss a week of training. Should I try to squeeze in another long run?*

If you happen to miss some training or a long run, it is best not to try to get caught up. Just continue with the schedule. However, if it is more than just one long run or week, then you will likely have to transition back more slowly.

2. *How fast should my easy days be?*

Pacing questions are very common. The idea is to have hard or long days, followed by easy running days. If all of your running was easy, then you would not improve. However, if you were always running hard, then you would get injured or sick because your body would not have a chance to recover.

3. *Is it alright if I cross train?*

Biking, hiking, swimming, spinning, or doing gym work are all great additions to your running program. Add these on your easy days to either replace or complement your running. That said, if you are training for a marathon or a half marathon, there is no replacing the need to run. You will need a minimum of 4 days/week of running for a half and 5 days/week for a full.

4. *If I am running slower than 4 ½ hours for the marathon, should I add some time to my long runs?*

You will need to have a couple of runs that are within 45 minutes of your finishing time. If you are aiming for a 5 hour marathon, then this means that you should add some time to the longer runs starting in late July. It needn't be every week, but it should be at least twice.