



July 2008 – RVM Training Newsletter

Beat The Heat!

While summer is great news for the beach-going folk, it can be a real challenge for those of us that are training for a marathon.

Exercising in the heat is hard. Your body is not only working to complete your workout, but it is also doing overtime to cool itself off. You need a much greater effort to get the same results as when the temperatures are low. It also carries more risks like heat stroke, dehydration, sunburn, and skin cancer.

Caution is the key. On hot days, exercise early in the day or late evening. Pay attention to the sun. Sun stroke and severe sunburns are a real threat when you mix high UV rays and long exercise sessions. Stick to the shade, cover up, or use a sweat resistant sunscreen. Wear a mesh cap when working out in the direct sunlight.

Getting adjusted or acclimatized to the heat takes about 10 days. During this time, your body's cooling system will become more efficient. In essence, this means that your body is going to become better at sweating. You'll sweat more, sweat earlier and sweat fewer salts. This is good news, because the evaporation of sweat is the body's chief way of regulating heat. As your body learns to sweat, replacing lost fluids will become more important. Pay close attention to the amount you're drinking, as you will need more fluids than normal.

There is no reason to miss the joys of summer training. A healthy respect of the conditions is all that is needed to enjoy the fun of hot weather exercise.

Listen To Your Body

Usually marathon runners have no struggles with motivation once they are into a training program. In fact, often the reverse is true. They can become obsessed with following the program no matter what the cost.

This is a mistake. In order for any training program to work, you need to have to be healthy. This means that you have to avoid getting injured and stay away from being sick or worn down.

The programs try to factor that in by progressing slowly and including easy days and weeks. The idea is that if you are disciplined enough to follow the schedule, you will have adequate rest to recover from the hard days and stay healthy.

However, few of us live in perfect worlds. The kids catch a cold. We run into a faster friend and end up running harder than planned on an easy day. We take longer to recover from a long run than anticipated.

As you head out the door for your next long run or hard run, your body starts to say "NO". It might be the subtle feeling of tiredness or lack of your usual enthusiasm. It might be soreness or re-occurring injuries. It could be a cold or flu.

These are all messages to take a day off or schedule a few more easy days. You need to have the confidence in knowing that your success on marathon day will not be due to any one workout. There is no single run that will help you reach your goal. But there are single runs that can ensure that you don't reach your goal.

When your body whispers "no," have the confidence to listen. Play it safe and rearrange your schedule to give yourself more rest.

If you need advice on how to move things around to fit your holidays or aches and pains, email coachbruce@royalvictoriamarathon.com

Respect The Dead

Are your running shoes dead? If so, it's time to *let them rest in peace and* get into another pair.

The problem with most running shoes is that the outer soles outlast the mid soles. This means that the shoes look great long after they have lost their cushioning or support.

Check your shoes to see if the mid sole is dead. Reach into the shoe and feel where the ball of the foot lies. With the other hand press up from the outer sole to see how much cushioning is left. Do the same in the heel. A fresh shoe should have lots of give. A dead shoe will feel like there is not much cushioning between your fingers.

Place your shoes on a table so that the heels are facing the edge. The back of the heel should be perpendicular to the table. If it is on a pronounced angle, then the rear foot support of the shoe is gone. This could lead to injuries.

Play it safe. Don't run on dead shoes. The money you spend on fresh shoes will be money you won't have to spend on injury rehab.