

Training Goals

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World Record!!!

Paula Radcliff of Great Britain smashes her own world record at the London Marathon yesterday running 2:15:25. For more information on her record setting run go to BBC Sports at: http://news.bbc.co.uk/go/em/fr/-/sport2/hi/athletics/photo_galleries/2943505.stm

In the same race, Deena Drossin of the United States broke Joan Benoit Samuelson's American Record running a very fast 2:21:16.

Do you have any idea how fast this is? Paula's pace was 5:10 per mile while Deena ran close to a 5:22 per mile pace.

Deena also broke the American Record in the 15k earlier this

year - a record that she took from me!

All I have to say is -

AWESOME!

April Training

Spring Forward! The past few days the weather has been very summerlike here in Colorado Springs. This can only mean one thing - dehydration. Drink, drink and drink some more before, during and after your runs. The majority of us walk around on a day to day basis in some state of dehydration. Living at altitude combined with the warming weather only adds to the problem. I have been keeping a case of bottled water in the trunk of my car so that I am always with water. Do the same and you will notice your recovery time between

workouts improve. An easy way to determine whether or not you are drinking enough is to have a look at the color of your urine. It should be a nice mellow yellow to clear color at all times. If, you are taking a multi-vitamin with Iron and your urine is very yellow or even orange this means your vitamin is NOT being absorbed. We should talk about why this is happening. Again, please drink a minimum of 32-48 oz. of water or non caffeinated beverages daily.

Dinner with Jeff Galloway and Chris Lear

Last night my husband and I had the privilege of having dinner with Jeff Galloway and Author

of "Running With The Buffalos", Chris Lear. Both gentlemen were in town along with American 5000 meter star Adam Goucher to talk at a Colorado College Running Seminar where I was also a guest speaker.

You might have heard of Jeff Galloway. He has written several books on marathon training and conducts marathon training programs around the country. Jeff's approach to training for a marathon differs in many ways to approach you will see from me. One of the main differences is his view of an "over-distance run". Jeff recommends that those training for a marathon should go "over" the distance of a marathon in training. Meaning he recommends running longer than 26.2 miles. And in some cases he prescribes running as far as 29-30 miles in training. I strongly differ with this approach. I had the opportunity to talk with Jeff about his

training philosophies. Needless to say, Jeff was unable to convince me that the "over-distance" run was an injury risk worth taking. I believe that running "consistency" over time vs. over-distance is a much better avenue to getting to the starting line of a marathon. One of the hardest things about training for a marathon or any endurance event is getting to the starting line **INJURY FREE!**

Chris Lear, author of Running "With the Buffalos" joined us for dinner as well and he talked in length about his new book being published by Rodale Press due out in June. This book is about High School Mile Sensation - Alan Webb. (Alan broke the 4 minute mile while still in High School) The book will highlight Alan's disappointing Freshman year at the University of Michigan and his relationship with UofM coach Ron

Warhurst - who by the way was my coach from 1981-1984. After talking to Chris about his book I have no doubts that it will be as good a read as his first book. I will keep you informed as to what I think about the book after I have read it.

Bolder Boulder 10k

Qualified Wave Chart

Wave	10k Time	5k Time
A	<38:00	<18:20
AA	<41:14	<19:54
AB	<42:59	<20:45
B	<44:14	<21:21
BA	<45:14	<21:30
BB	<46:14	<22:19
C	<47:14	<22:48
CA	<47:59	<23:09
CC	<48:44	<23:31
D	<49:29	<23:52
DA	<50:14	<24:14
DD	<50:59	<24:35
E	<51:44	<24:57
EA	<52:29	<25:18
EB	<53:14	<25:40
EC	<53:59	<26:01
ED	<54:44	<26:23
EE	<55:29	<26:44
F	<56:14	<27:05
FA	<56:59	<27:27
FB	<57:59	<27:55
FC	<58:59	<28:24
FD	<59:59	<28:52
FE	<1:00:59	<29:20
FF	<1:02:00	<29:49

If you are interested in running Boulder 10K this year you will need a proof of performance sheet in order to register for a particular wave. Runner's Roost will have results from the St. Patty's 5K that many of you can use as your proof of performance.

The race is Memorial Day Monday, May 26th.

Web-site?

TrainingGoals.com will be up and running next month (May). I have not been in a hurry to launch the site simply because I wanted to make sure there were no glitches and that I fully understood how to maneuver around the site. (I went through college never using a computer! So this is all new to me.)

Your May training schedule will appear next month on the site. Each of you will be given a user name and a password so that you can privately view your training. If you would like to

change your password you can do so by simply emailing your request to me. Each month your training will be archived or saved so that you can refer back to previous training schedules. You will also have direct access to the Training Manual that I have written and monthly Newsletter. Please don't feel intimidated by the newness of the internet site. I think all of you will find it very easy to use. If not, I will gladly help you.

Training Locations

4/19/03 - Bear Creek Park (21st Street and Argus. Park in the tennis courts) 8:00 am

4/22/03 - Monument Valley Trail (at the Water Cooler where we normally meet) 8:00 am

Wednesday Group Runs will all meet at Monument Valley Trail at the Water Cooler 12:00 noon or 5:30 pm

Happy
Training!!!
Coach Lisa