

Tour de France Junkie...

I got a message from an athlete yesterday apologizing for interrupting me during the Tour de France. I guess you all know me too well. A few years ago when I worked for Carmichael Training Systems (CTS) I had the honor of working with some of the best cycling coaches in the world and I learned a great deal about the sport and so following the Tour has become somewhat of an obsession. Even my kids know what the yellow jersey means.



Bud – Finally getting some air! &*&\$^*((@\$\$%\$^

Tour de Summit

Last Saturday several runners from Team TrainingGoals

drove up to the Pikes Peak Summit (elevation 14,000+) for an adventure running down to A-Frame and back up. We were treated to a beautiful sunny morning – 48 degrees at the Summit and virtually no wind.

Each time I run the Summit or any type of challenging course or trail I learn something new about my own abilities and I then turn around and use this knowledge to help me become a more knowledgeable coach.

This time up the Summit I learned that I am a terrible downhill runner! Actually, I already knew that. I have a very difficult time running downhill because of the type of foot plant that I have. In other words, the way my foot strikes the ground does not allow me to run with reckless abandon down hills. I am what you call a mid foot supinator. My foot strikes the ground on the outside area of the mid foot and so when I hit the ground correctly it is with a fast response. If I hit the ground and there is a rock, boulder, or a slight pitch I usually roll my ankle or worse – hit the deck. Therefore I watch each and every step I take which accounts for my lack of speed

going downhill. Up hills? Well, that is another story.



Group Shot at the top of Pikes Peak. “Is it time for a donut yet?”

Got a Side Stitch?

Often encountered is the problem of the *stitch*, which can occur during a hard workout or in a race. If you have ever experienced one you will know how frustrating it is to be cruising along in a workout or race and have the feeling that something is stabbing your gut so fiercely that you are reduced to a walk.



Allie Vasilakis – HS Jr. on top of Pikes Peak

The most likely explanation for getting a stitch is due to spasm of the diaphragm caused by breathing with the chest rather than with your diaphragm. Shallow, rapid breathing, as occurs when you are running fast and which allows the diaphragm to be in a shortened position, may also predispose one to a stitch.

What do you do when you get one? The best form of treatment is prevention – learn to breathe with your diaphragm and strengthen your abdominal muscles with regular sit-ups. Should you get a stitch in a workout or race, two measures frequently help:

(1.) Alter your breathing pattern so that you breathe out when you land on the foot opposite to the side on which you feel the pain.

(2.) Exhale forcefully (grunt) with each breath.

I suspect that these techniques help because the grunting breaks the diaphragmatic spasm and breathing out on the foot opposite the pain reduces what is called cecal slap. This is a term for abdominal pain caused by your cecum (large bowel) sitting close to the large bowel and each time you impact the ground the two impact which can cause pain or bruising of your cecum. (Anatomy 101!)

Race Results

The past few weeks many of you have raced and raced well. Results have produced many personal records and age group awards at the Garden of the Gods 10 miler, Steamboat ½ Marathon, numerous Triathlons around the country and this past weekend at the Summer Round Up 12k.

It is very rewarding to me to receive your emails with news of a PR or an age group award you may have picked up.

Each time you race please let me know how you felt about the race, what you may have learned or done differently so that we both can learn from your experience.



Amy Passow still smiling!

Communication...

This is a beautiful thing...

If you have any questions or more importantly concerns please send an email or call. As one person, I have to allocate my time each day, week, and month so that I can balance the time I spend at workouts, creating training schedules, and my family. Please don't let something you have on your mind fester! I will always do my best to respond to your emails or phone calls in a timely fashion. However! At times I may miss an email or simply forget to return a call. Don't hesitate to gently remind me. Thanks.

Have a great month of training and racing,

Coach Lisa

*****Open Water Swim clinic
July 17th 11:00 am at the
Country Club of Colorado.
If you are interested please
let me know.**