

Date: Sunday, September 11th, 2:00 p.m.

Location: [Sunrise](#) Clubhouse

Run: Distance-focused

Directions:

Distance	Run 1	Run 2	Run 3	Run 4
5K	2.5 miles or 40 min.	2.25 miles or 30 min.	2.0 miles or 30 min	1.5 miles or 22 min
10K	4.0 miles or 60 min	4.0 miles or 60 min	3.0 miles or 45 min	2 miles or 30 min

Training Description: The next phase of your training plan will be building your cardiovascular endurance via the ‘long run.’ A great weekly workout includes one long run, one day of hills, one day of speed, and one ‘junk’ (easy and medium paced) run.

New Vocabulary: Hydration: supplying water or fluid in order to restore or maintain fluid balance. **Dehydration:** the process of losing or removing water or moisture. A condition caused by the excessive loss of water from the body, which causes a rise in blood sodium levels. Since dehydration is most often caused by excessive sweating, vomiting, or diarrhea, water loss is usually accompanied by a deficiency of electrolytes. If untreated, severe dehydration can lead to shock.

Previous Lessons:

Week 1: Expect Resistance + guidance on buying new shoes

Week 2: Of running clothes & spiritual armor + guidance on clothing and items for a more comfortable training session

Week 3: “The plan” – Setting a goal, creating a plan, how to manage the plan when life happens

Week 4: Handling hills – suffering in life produces perseverance, character & hope. Suffering through training produces speed!

Week 5: Getting faster – the more you make use of what you’ve been given, the more you will receive!

Teaching...Hydration is having a ‘full cup’

How can I repay the Lord for all his goodness to me? I will lift up the cup of Salvation and call on the name of the Lord. [PS 116: 12-13](#). Imagine for a moment that your spiritual life is like a container. Without the Lord your cup is entirely dry. Having accepted Christ, your cup was filled to some level, though not entirely full. As you come to know God, to read and understand His Word, as you learn to listen for the teachings of the Holy Spirit, and as you begin to model your life after Christ, you begin the process of sanctification. Through this process of sanctification we learn to rely on the Holy Spirit to “fill” our cups. And we further increase the *capacity* of our cups by regular prayer, fellowship with mature believers, and with regular reading of the Bible and books that help us understand new perspectives about it. Some will have a tumultuous walk with the Lord; at times draining the cup to near emptiness, then, in times of great repentance, filling it to abundance. Others will experience fewer highs and lows by keeping short accounts with the Lord. Regardless of the constancy of the filling and draining process, hopefully all of us are working out our salvation in a manner that constantly seeks to expand the capacity, and increase the high-water mark, of our “cups.”

Now imagine your body as a container. Imagining is not such a difficult task as you truly are a water-based vessel. In fact, around 60% of your body’s weight is from water (continued on back).

This week’s assignments (complete before 9/17):

- Complete any of the assignments you didn’t complete in prior weeks
- Complete 1 “long – 2 mile or 24 min” and 2 “short – 1.5 mile or 20 min” independent workouts per the plan and journal, blog, or facebook your experience
- Calculate the amount of water your body requires each day (see formula on the back side of this sheet). Begin to incorporate “hydration” into your regular daily activities (and remember not to wait all day and then ‘chug’ before bed time).
- Read the attached article: <http://www.wikihow.com/Drink-More-Water-Every-Day>

Contact info: Crosstrainers@SHCCweb.org

Website: <https://www.run4miles.com/crosstrainers>

The body does not perform well under normal circumstances when it is under-hydrated or de-hydrated. Hydration becomes even more important to the athlete. Wikihow.com can help you to determine the “baseline” amount of water you should be consuming each day. The line below was modified from their website:

You've probably heard the "8 by 8" rule, drink eight 8-ounce glasses of water per day, but the amount of water a person needs varies depending on his or her weight, activity level and climate. Another way to determine your specific recommended water intake is to divide your weight (in pounds) by two. The resulting number is the number of ounces of water you need each day. For example, if you weigh 150 lbs., strive to drink 75 ounces of water daily.

The site goes on to suggest 7 ways that you can go about meeting your goal of drinking the optimum amount of water. If you're not used to drinking this much water and are interested in help with motivation in this area I recommend viewing the information at <http://www.wikihow.com/Drink-More-Water-Every-Day>.

One other note, when you're properly hydrated your urine will be a pale yellow color and you will be going to the bathroom about six times daily.

In addition to drinking the right amount of water for your body in any condition, I'd like to offer some additional suggestions as you begin your training program:

When to drink fluids (and what to drink):

- **Before** a short/medium workout (<45 minutes) – drink about 8 ounces of water 45-60 minutes before your session.
- **Before** a “long” work out (45+ minutes) – ensure that you are properly hydrated (use the urine test) several hours before you run, then top off the tank with 8 ounces of water 45-60 minutes before your session.
- **During** a work out –
 - If your session is 30 minutes or less, temperatures are moderate, and you are out of direct sun you can generally work out safely without drinking
 - If your session is 30-60 minutes and/or temperatures are warm and/or you are in direct sunlight you should drink a few sips every 5 minutes or so. Water is OK, sports drinks are generally unnecessary (but OK as long as you don't mind the calories).
 - If your session is over 60 minutes, hot (70+ degrees), or you're in full sunshine you need to plan on drinking fluid (and should favor a sports drink or coconut water, which will replace lost fluids as well as provide carbohydrates, sodium and electrolytes.) Drink roughly 8 ounces every ½ hour or better yet, take a sweat test to determine the amount of fluid that is right for you: (<http://www.runnersworld.com/drinks-hydration/know-thy-sweat-rate>)
 - It's best to drink your fluids warm to help prevent cramping
- **After** a work out
 - Drink at least 8 ounces of fluids (sports drink or coconut water for longer runs, water for shorter runs). Chocolate milk is a great post-run drink as it provides hydration as well as simple carbs.

Convenient containers come in a couple types. There is, of course, the inexpensive and simple bottle of water/juice which you can carry or stash along your route in advance. Next up in price and convenience are hand-held bottles (\$10-\$20). The first two options are fine for short runs, but for longer runs you may prefer the convenience and comfort of a fuel belt (\$25-\$50 or back pack/Camel back (\$40+)

