

**Date:** Sunday, September 18<sup>th</sup>, 2:00 p.m.

**Location:** [Sunrise](#) Clubhouse

**Run:** Distance-focused

Distance	Run 1	Run 2	Run 3	Run 4
5K	2.75 miles or 45 min.	2.5 miles or 38 min.	2.25 miles or 34 min	2.0 miles or 30 min
10K	4.5 miles or 68 min	4.0 miles or 60 min	3.0 miles or 45 min	2 miles or 30 min

**Training Description:** Continue building your cardiovascular endurance via one long run, one day of hills, one day of speed, and one 'junk' (easy or medium paced) run.

**New Vocabulary: Fueling:** Providing necessary and strategic foods for the body in advance of, during, and after a long or intense training session in order to ensure peak performance and optimum recovery

**Glycogen stores:** Excess glucose stored in the liver and muscles as an energy reserve. Your body can store about a half a day's supply of glycogen. If your body has more glucose than it can use as energy, or convert to glycogen for storage, the excess is converted to fat (answers.com)

#### 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!

[Week 6:](#) Hydration is having a full cup...of being filled with the Holy Spirit & of being filled with the right amount of water

## Teaching...“Fueling for the distance”

We are all familiar with Galatians [5:22-23](#), which reads “*the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.*” Obtaining these “fruits” is like obtaining fuel for our souls – they help us to endure even the most difficult of circumstances, whether they be challenging people, life’s hardships, or unjust situations. When they are present in us, they also become an obvious witness of Christ working in us that is visible to others. Conversely, hatred, bitterness, unrest, unsettled temperament, lack of civility, wickedness, faithlessness, harshness, and lack of restraint are all qualities that cause our spirits to sputter, stall, and backfire and hinder our witness.

How can we more fully receive the former and avoid the latter – how do we keep our Spirits running on premium unleaded instead of crud-filled regular? The answer, at least in part, may be in understanding the unique qualities God has gifted you with, and how they naturally move you toward or away from a given fruit. For example, God may have made you to be a highly social person that finds love and joy easy to come by naturally, but self-control might be difficult for you. Or perhaps He’s made you the highly-disciplined type that has self-control and patience down, but your difficulty is in finding joy in a sometimes mundane life. (Continued next page.)

### **This week’s assignments (complete before 8/24):**

- 1)  Complete any of the assignments you didn't complete previous weeks
- 2)  Complete your workouts per the plan and journal, blog, or facebook your experience
- 3)  Log on to <https://run4miles.com/> and sign up for your event

Contact info: [Crosstrainers@SHCCweb.org](mailto:Crosstrainers@SHCCweb.org)

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

Once we understand our natural strengths and weaknesses, we then must work to properly “nourish” our spirits (giving special attention to those areas of weakness). If our weakness is poor temperament, we will do well with an *intentional* diet of repentance, prayer, and avoidance of situations that cause frustration. In fact, that’s a healthy diet for any of our weaknesses.

Our physical bodies need to be well nourished also. The “fruits” of a well nourished body are (often) improved health and increased energy and stamina. Yet, among others, our culture serves two powerful and prominent demons: vanity and convenience. The brilliance of these demons is that they play off of one another, constantly telling us that we will never have the perfect body or constantly telling us we’ll never achieve the level of fitness we once had, and then soothing us by making unhealthy foods so easy and convenient to come by. Let’s face it, nobody lists broccoli as their favorite comfort food (the very term ‘comfort food’ is a telling term from our culture!) It’s beyond the scope of this lesson, even the scope of the Cross Trainers program, to provide you with a comprehensive diet plan but there are two resources within the church that you may wish to look into if you’re interested in learning more in this area. The first, written for women, is the book “Made to Crave.” Rather than instruct readers about *what* to eat, this book works to encourage the reader to turn cravings first to God, thereby exercising mastery over food rather than serving as slave to it. The second resource is our own John Farber who has intently studied, lived, and testifies to the benefits of healthy eating.

Rather than focus on healthy eating for a lifetime, the balance of this lesson will provide basic guidelines for eating in relation to training: before, during, and after. These comments are based upon my own personal experiences – you will need to experiment somewhat as everyone’s body will respond differently to eating and training.

### **Before training:**

- Eat a moderate meal 1 ½ to 2 hours prior to working out. Try to eat equal (and moderate) amounts of protein and carbohydrates. Carbohydrates are “quick burning” sugars that provide fuel for your run, proteins take longer to digest. When the two are combined, and given time to settle in your stomach, they provide lasting fuel for longer training sessions. Good combinations that have worked well for me: oatmeal with peanut butter, noodles (with white or red sauce but no garlic or onion), bagels with almond butter.
- If you are short on time, skip the protein and go straight for the carbs (especially easily digestible carbs). Yogurt works very well for me on a moment’s notice and so do simple sugars like gummi bears or GU’s. (Note: this is not a diet plan, this is strategic fueling for longer runs!)
- Avoid high fiber foods and high fat foods. These will stay in your stomach and intestinal system and can cause an upset stomach.
- Caffeine gets mixed reviews. Some studies show that it will dehydrate you and/or cause upset stomach while other studies show that it can give you a boost in energy. While not suggesting that you should abuse caffeine, my recommendation is that if you are a regular caffeine consumer follow your normal routine and then work to cut down or cut out if you can and if you’re led to.

### **During training:**

- Short, and even moderately distanced, training sessions (under 60-90 minutes) do not generally require fueling.
- For moderate training sessions a sports drink will generally provide enough energy (as well as electrolyte and sodium) to get you through your session
- For training sessions longer than 90 minutes, your body will have depleted “easily accessible” energy. You need to begin “fueling” by eating simple, easily digestible carbs that the body can process quickly: GU, Gummi Bears, Pretzels, Bananas, and certain energy bars (not protein bars) work well. After the first 90 minutes, continue eating ~100 calories every 30-45 minutes.
- Experiment with different foods – too much sugar can be hard on the stomach, and certain foods can cause indigestion in some people but not in others.

### **After training:**

- Try to eat a moderate combination of protein and carbs about 15-30 minutes after training
- For shorter runs this is less important, but for longer runs it becomes increasingly important and the body recovers more fully and more quickly when it is promptly refueled after a hard training session because the body most effectively rebuilds glycogen stores during this time frame. Eating after a workout will also help reduce muscle stiffness and soreness.
- Good post-run foods: chocolate milk, yogurt/fruit smoothie, bagel w/ peanut or almond butter, cliff bars