

Date: Sunday, September 25th, 3:00 p.m.

Location: [Pioneer Trail \(near Farm 12\)](#)

3303 8th Ave SE, Puyallup, WA 98372

Run: Maximum distance run

Distance	Run 1	Run 2	Run 3	Run 4
5K	3.0 miles or 50 min.	2.75 miles or 42 min.	2.5 miles or 38 min	2.0 miles or 30 min
10K	5.0 miles or 75 min	4.0 miles or 60 min	3.0 miles or 45 min	2 miles or 30 min

Training Description: Peak Distance Run – This week includes your highest distance run to date (3.0 miles for 5K or 5.0 miles for 10K). Once you’ve accomplished this task you will begin to decrease in mileage as you begin your ‘taper’ time.

New Vocabulary: EIA (Exercise Induced Asthma) – wheezing, tightness of chest, coughing that is initiated within the first 10-15 minutes of a training session. **ITB (Illiottibial Band)** – muscle that connects at the hip and the side of the knee. **Plantar Fascia** – the muscle that runs along the arch (underside) of your feet, connecting at the heel and base of the toes

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

Week 7: Fueling for the distance. Filling your spirit with God’s goodness yields spiritual fruit. Filling your body with the right foods yields performance.

Teaching...“Managing Injury”

In order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. ⁸ Three times I pleaded with the Lord to take it away from me. ⁹ But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. ¹⁰ That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.
[2Cor12:7-10](#)

God’s people are so contrary to the rest of the world. How could it possibly make sense that we would be called to “delight in weaknesses?” Those are strange words that would make no sense to a non-believer, but if you’ve ever had the Lord deliver you from a great pain, or minister to you during it, you’ll understand Paul’s logic-defying statements here.

Injury and illness are frustrating, at best. It’s important to remember that while God doesn’t cause our pains, many times they serve either His greater good or ours. If you become injured, consider your own situation. Is it possible He is trying to get your attention? Perhaps He wants you to acknowledge His strength or His sovereignty in an area where you thought you had total control. Whether or not you ever discover a deeper meaning you can always use the situation to rejoice that you have mobility – not everyone does. Glory in that which you do have, meditate on God’s goodness despite your pain, and pray for healing & restoration. Perhaps you will be even be able to experience the glory of a miracle healing!

This week’s assignments (complete before 10/1):

- Read the three articles on the reverse side of this tear sheet
- Journal, blog, or facebook your running experience this week
- Pick a morning (Saturday? Sunday?) and practice eating the food you plan to eat the day of the race. Make sure your body agrees during a training run – don’t wait until the day of the race to test out something new.
- Sore? Take a 5-minute ice bath after your longest run this week. This will speed the recovery process and reduce inflamed muscles & joints.

Contact info: Crosstrainers@SHCCweb.org

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

Even though it should be our number one goal in training to do so injury-free, if you walk and especially if you run, it's extremely likely that you will experience some form of injury at some point. Injury can be minor or major and it could be brought about by aggravation of an existing unknown condition ("hey, turns out one of my legs is shorter than the other...who knew?"), an existing known condition ("uh oh, that old tennis injury is kicking in"), a new condition that builds up over time which is created by over-training or training with the wrong equipment, or chance accidents ("something tore when I lunged to get out of the way of that car").

All of these situations could surface at any time, but you are especially susceptible to injury or illness during peak training as your body is placed in its most weakened state. The harder you work your muscles and cardiovascular system during peak training the more the body needs to expend energy in recovery. The side effects of this extra expenditure of energy can often be a higher susceptibility to colds/illnesses, irritability, headaches and overall malaise. If you begin to experience these symptoms, your body needs rest. Step one would be to cut out the easiest run of the week and just run the three most challenging runs. If you're still experiencing these bodily warnings, cut the overall mileage by 10-20%. (Remember, the training plan is a guideline that works for most people, but ultimately you own IT, not the other way around.)

Do you suffer from difficulty breathing? Running can be difficult for people who already suffer from allergies, but some people may also suffer from exercise-induced asthma (EIA - often one of those 'existing/unknowns'). Pay attention to the conditions that drive your most difficult breathing conditions (track them in your training log) such as high pollen count, high/low temperatures or high/low humidity (all of which can be monitored at weather.com) then when you've nailed down your biggest times of struggle, strategically manage the problem on future runs by avoiding the worst times or places. OTC antihistamines, or a prescription for albuterol, can provide relief, though I'm not much of an advocate for using drugs to mitigate pain.

Do you have to quit training if you're sick? (Some people will think you're sick for asking the question in the first place!) The general rule of thumb is if your illness is above the neck you're safe. If it's below the neck you should rest. The following article provides more information: <http://www.runnersworld.com/health/should-you-run-when-youre-sick>

What if you've passed the warning signs and now you're dealing with regular pain or injury?

The first question many people ask is 'how do I know if I should stop?' The general rule of thumb is that if the pain goes away after 10 minutes of exercise you're safe to continue but if it worsens you should slow, or even halt the run and rest/recover. The 10-minute rule should only be followed for a short period of time. Any conditions that continue for a week or longer should be rested (and if they last long enough or are severe enough they should be looked at by a physician or physical therapist.) Also, do not undervalue the healing power of prayer. Submit your body and your pride to a laying on of hands on a Sunday morning in the prayer room or with your Home Group. Though God will not always choose to heal you in this manner, do not miss the opportunity to see God work a mini-miracle in your life.

The four most common injuries are ITB syndrome (pains on the outside of the knee), Patellofemoral pain syndrome (pain on the back side of the knee), Shin splints, and Plantar Fasciitis (pain in the arch of the foot or heel). The attached article provides treatment advice for each of these problems. Note that in every case one element of treatment is reduced mileage. Additionally, if your condition continues you should consider seeing a physician or physical therapist. <http://www.runnersworld.com/injury-treatment/fight-your-injuries>

One final article...staying mentally positive when injury has sidelined you: <http://www.runnersworld.com/injury-treatment/spring-back-injury>