

Milestone 3: Endurance and Strength

Date: Sunday, September 7th @ 1:00 p.m.

Location: [Sunrise](#) Clubhouse

Distance	Run 1	Run 2	Run 3	Run 4
5K	2 miles or 30 minutes	1.75 miles or 26 min.	1.5 miles or 22 minutes	1.5 miles or 22 minutes
10K	3.5 miles or 54 minutes	3 miles or 45 minutes	2.5 miles or 38 minutes	2 miles or 30 minutes

New Vocabulary: **Light Breeze:** 6-11 mph, **Strong Breeze:** 25-31 mph, **Gale Force:** 32-54, **Hurricane:** 74+ mph. **Sleet:** frozen precipitation falling as ice pellets. This occurs when snowflakes melt into raindrops as they pass through a thin layer of warmer air. **Cloudy:** no blue sky. **Partly Cloudy:** less than ½ of the sky is covered with clouds. **Partly sunny:** more than half of the sky is covered by clouds. **Clear:** No clouds in the sky

This week's assignments (complete before the end of the week):

- 1) Complete any of the assignments you didn't complete from Milestones 1 or 2
- 2) Complete 1 "long" and 2 "short" independent workouts per the plan and journal, blog, or share your experience with others
- 3) Memorize [1Peter 3:15b](#): *Always be prepared to give an answer to everyone who asks you to give the reason for the hope you have*
- 4) Read the article regarding heat/humidity on reverse side of tear sheet
- 5) Wear your R4MXT T-shirt out in public (try to get scanned!)

Teaching...“Strength in any weather”

We never know when God is going to want to use us in a situation. *Always be prepared to give an answer to everyone who asks you to give the reason for the hope you have* reads [1Peter 3:15b](#). Our former pastor used to give similar counsel in the past – “Be ready to preach, pray, sing or die for the Lord at a moment’s notice.” “Always be prepared” and “at a moments notice” are challenging words. Readyng ourselves to meet this call requires the proper blend of skill, discernment, gifting, situational awareness, spiritual purity, and practice. Not to mention...a thorough understanding of God through the regular reading of his Word, continual guidance from the Holy Spirit and response to His consul, and a continual focus on the hope that we have in Christ Jesus. We’re all called to evangelize and as we’re faithful with a few things, we are given a few things more. Want to be a stronger evangelist? The person who is prepared to represent the Lord at any given minute is one who has surveyed the sky, taken note of the coming weather, and readied themselves for whatever might lie in their path.

Similarly, you will become stronger as you gain experience from training in all types of weather. You will “ready” yourself for whatever lies ahead as you brave the elements of each unique season. As your experience grows, you will become more and more capable of handling any condition with skill – even turning “bad” weather into an opportunity, rather than a challenge. (Continued next page)

Need a change of scenery? Run the Orting Trail!

Previous Lessons:

Milestone 1: Expect Resistance + guidance on buying new shoes, Of running clothes & spiritual armor + guidance on clothing and items for a more comfortable training session

Milestone 2: “The plan” – Setting a goal, creating a plan, how to manage the plan when life happens

Training Description: Building Base Mileage: Early weeks will be used to continue building “base” mileage and getting your body used to a new routine. Walk, run (or combo) on the track and capture the time it takes to go a mile. Do the same in three or four weeks and compare your results

The key, here again, is in surveying the sky, taking note of the coming weather, and readying yourself for what lies ahead in your path.

A search of Runnersworld.com is helpful if you have questions about certain clothing types for various weather conditions. Below is a summary of considerations for each major weather situation:

Element	Special Clothing/Equipment	Be Cautious of...	Think...
Wind	Breathable Windbreaker (allows protection without overheating)	Trail running can be dangerous due to flying branches/debris.	"When I run into the wind I'm getting a better workout," and "When I turn around, it will get easier and I'll get to go faster."
Rain	Breathable jacket, technical running pants (both help wick, rather than retain, water which helps with clothing weight and chafing issues)	Chafing	"If I waited for a time when it wasn't raining around here I'd only ever get to run on July 5 th and the day after Memorial day."
Snow or Freezing temperatures	Winter cap, layered tops, technical running pants, sunglasses (if running in snow/sun), Trail runner shoes (extra traction) or YakTrack Ice Grippers (rubber traction that slips on over existing shoes), gloves	Ice patches, approaching vehicles, other people	"Baby steps" and "no one else is this crazy!" and "Cover up – beware of frostbite."
Sun / High Temperatures / High Humidity	Sunscreen, technical tank and shorts, Vaseline on the areas that rub, running socks with Blister Shield (2toms.com).	Heat cramps, heat exhaustion, heat stroke...see the heat/humidity index guide before running	"I'm getting my vitamin D for free," but "if it's exposed, it can get burned," and "drink, drink, drink" and "no world records today – sun says I <i>have</i> to go slow."
Dark	Reflective vest or reflective arm/leg bands	Trip hazards	"That car can't see me."

Another resource, if you're going to run in heat is: <http://www.marathonguide.com/training/coachmindy/heat.cfm>. This site provides a heat/humidity index and also provides information about recognizing the warning signs for heat cramps, heat exhaustion and heat stroke.

If you're the type of person that has an aversion to any specific type of weather, the only way to get over your aversion is by facing it head on and a little at a time. Move cautiously into each new scenario and be aware of the challenges and risks of training under each new type of weather. As you're "faithful" with each new situation you will be able to handle just a little more. And in time, you'll wear your weather like a badge of courage (I'm just waiting for the cool to be lower than 22 and the heat to be greater than 99 so I can set new records – safely, of course!)