

Milestone 4: Endurance and Strength

Date: Sunday, September 14th @ 1:00 p.m.

Location: [Sunrise](#) Clubhouse

| Distance | Run 1 | Run 2 | Run 3 | Run 4 |
|----------|-----------------------|-----------------------|-------------------------|---------------------|
| 5K | 2.25 miles or 36 min. | 2 miles or 30 minutes | 1.75 miles or 26 min. | 1.5 miles or 22 min |
| 10K | 4 miles or 60 minutes | 3 miles or 45 minutes | 2.5 miles or 38 minutes | 2 miles or 30 min |

New Vocabulary: VO2 Max - a measure of fitness and the maximum amount of oxygen that the body can utilize during exercise. Generating the energy needed in the muscles during exercise requires oxygen. Transporting oxygen from the outside air to the muscles involves the integrated function of several parts of the body, including the lungs, heart, blood, blood vessels, and the muscles which are the engines that produce the energy to do the physical work. Regular physical activity increases the body's ability to transport and utilize oxygen. This results in improved exercise tolerance and VO2 max, reflecting better fitness and aerobic capacity. <http://www.healthline.com/galecontent/vo2-max>

Previous Milestones:

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

Milestone 3: Strength in any weather...always being prepared to share your reason for hope in the Lord...how to dress to handle any of the elements

Teaching...“Handling Hills – the Refiner’s Fire”

“Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love Him.” James 1:12. Life is full of trials, Jesus promises that it will be so. But he also tells us that when we suffer it will produce in us perseverance, character and hope ([Rom 5:1-4](#)).

In previous years South Hill Christian Church participated in “Relay for Life” through the American Cancer Society. During that time I had the opportunity to see the impact of cancer on both those who did and those who did not know the Lord – always there was a striking difference.

For followers of Christ I witnessed the power of the Refiner’s Fire. God, almost to a person, took the tragedy of cancer and turned it into a powerful witness as the afflicted brushed off the meaningless things of this life and focused on the meaningful. Those who have beat cancer live more and love more today as a result of it. They speak of a God who heals, a God who is capable of providing peace even through affliction. But an even more striking witness was the testimony of hope given from those who knew that their time on this earth was to end – reaching out to others with their message of hope while barely clinging to their own life.

Those stricken by cancer who do not know the Lord are (cont. on back)

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

- Complete any assignments from previous weeks
- Complete 1 “long” and 2 “short” independent workouts per the plan and journal, blog, or share your experience
- Make one of your short runs a “hill repeat.” Starting at the base of Emerald Ridge Hill, run 10 minutes warm up, followed by 4-6 hill repeats (1-2 minutes uphill, followed by a jog downhill), then 10 minutes cool down.
- Pray the alphabet while on one of your runs. Starting at the letter A, pray for the first name that comes to mind. Continue “praying the alphabet” until you have reached the letter Z.
- Read about proper form for running up hills: <http://www.runnersworld.com/workouts/way>

Contact info: CrossTrainersR4M@gmail.com
Website: <http://www.run4miles.com/crosstrainers>

doubly afflicted. First, by the disease, and second, because there is no reason to hope beyond this lifetime. The only hope that they have is for an extension of their lives which, by disease or by age, will eventually come to an end. What a great need there is for us to share our hope when non-Christians suffer. Christians are uniquely set apart from the rest of the world because when we experience hardship we can “rejoice” in it, knowing that not only will we become stronger from the experience, but we will be rewarded in heaven for persevering under our trials.

Training for a 5K, 10K or longer will eventually bring trials of its own. Perhaps your trials will be mental (will I make the distance? Will I make it as quickly as I hope?) or perhaps they will be physical (Will I get over my knees problems before the race? Will I be able to find the time to train as fully as I should?) Training hills is one way of preparing ourselves in advance for the “trials” of training and racing. Though hills will bring new challenges, you will gain confidence and fitness as you add hill training to your weekly regimen. And, since most races include at least some hills, you will prepare your body for the eventuality that you will meet them on the course...and be ready!

•**Why to run hills** – Running hills helps to build different muscle groups. It strengthens the quads (large muscle on the front of your leg) when running uphill and elongates the calves when running down hill. Running hills increases leg turnover, which helps build speed. Finally, running hills creates a higher quality workout over a shorter distance because it forces the body to work harder than it would on a flat surface.

•**How to run hills** – Whether running up hill or down hill, lean forward slightly but keep your head up (it’s helpful to look about 30-50 feet in front of you to help with this). Your arms should be at a 90 degree angle and your fists should not be clenched (imagine you’re holding a potato chip between your thumb and pointer finger). Keep your steps short (this is more difficult to do when running downhill, but it is important as it is more efficient, saves your quads from excessive work, and saves your knees from excess jarring).

•**When to run hills** – Eventually you should incorporate a little hill training into most of your sessions if possible, but one day per week of hill repeats (running up a steep hill for 1-2 minutes, then jogging to the bottom of the hill and repeating) or training on a long gradual slope is very effective once you’ve built your base mileage (3-4 weeks into your training program).

•**Where to run hills** – Sunrise has three great hills to train. (1) 122nd and Sunrise boulevard (“Emerald Ridge High School Hill”), (2) Sunrise boulevard (between 122nd and Woodcreek), and (3) Morningview Ridge in Sunrise (2 hills).

•**Pushing through** – Here are some ways that may help you stay motivated to push through the difficulty of a hill run:

- Focus internally...think only about the body part(s) that ache, focus your energy on overcoming the pain
- Focus externally...think about anything *except* the body part that aches, ignore and push away any negative thoughts
- Repeat your verse as a mantra (e.g. “He will go before me and level the hills...”, “I can do anything through Christ...”
- Load up your headphones with motivational tunes
- Pray the alphabet (see this week’s assignment #4)