

Milestone 6: Gaining Speed

Date: Sunday, September 28th @ 1:00 p.m.

Location: [Sunrise](#) Clubhouse

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:

Milestone 1: Expect Resistance + guidance on buying new shoes

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

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

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

Milestone 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 the end of the week):

- 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 share 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: CrossTrainersR4M@gmail.com

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+)



Milestone 7: Gaining Speed

Bonus Lesson!

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

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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.

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!) While it’s beyond the scope of this lesson, even the scope of the Cross Trainers program, to provide you with a comprehensive diet plan (continued next page)

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(cont. from prior page) but as you begin to transform you will find your own motivation to research and seek out a diet that compliments your healthy lifestyle.

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