

(-;Roof ribs. Scandia. Volleyball. ;-)

Hello, UO Running Club - (Saturday, August 10, 2019)

Hayward Field seems to change every day now. The wooden covering on the "roof ribs" might just be what makes it look like an Oregon stadium.

This morning at the 10km Scandia Run in Junction City, Eric Beyerle got third in 31:58 and Robert Pedersen was fourth in 33:19. Conner Hayward was eighth in 35:03. Peter Stice got fourth in the 5km race in 17:29. Eric is now #3 on our Club all-time list (one second faster than Ryan Jones). Robert moves onto the Club list, tied for #10 with Andre Walker.

No word yet on whether they stayed around for the aebleskiver booth to open at the Scandinavian Festival!

For one week now, the cross country schedule has remained unchanged. Did you notice last week that the NIRCA Pacific Regional is on Saturday, October 26? That's a week earlier than past years. Also, the Dellinger meet is being hyped for its 15 NCAA Division I teams, so it's unlikely we will be part of it.

The volleyball coaches have now said they do want us back as their home match ball crew. Our first gig is their scrimmage on Saturday, August 24, then the five-match tournament on Aug 30-31. If you are in Eugene and you can throw and catch, we'll need you! It's really fun!

Two newcomers this week...

I'll only be available for runs on Monday and Tuesday this week...

No online sign-up for Club yet...

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AUGUST: WEEK #3 OF HARDER RUNNING...

On Monday, August 12, there are seven weeks until school starts and 12 until NIRCA regionals in cross country. Here is your week #3 with some faster running.

One day, find some hills and do some reps. Every hill is different. Spend 10-20 minutes running up and jogging down. Just get to the top. The effort will take care of itself. No attacking! No race simulations! (If you have any inkling of achilles soreness, do NOT do this workout. Instead, do minute runs on a flat surface again, like last week. Running hill repeats when you're not ready can wreck your achilles. Jogging down can be hard on your knees. Be thoughtful!)

On another day, do a set of "cruise intervals" which are run at lactate threshold, the same as tempo run pace. (See Week #1 below, third paragraph, for an explanation of lactate threshold and tempo runs.) Cruise intervals are a tempo run broken up into repetitions with very short rest. In this workout, do three or four runs of 3:00 at lactate threshold, with just one minute of jogging between them. If you can't jog the recovery, you've run too fast. This workout is written:

3-4 x 3:00 (lactate threshold) with 1:00 jog

On your long run, do not increase your volume this week. And...if you're feeling fried, maybe you should cut the run down by several miles or take a rest day. Be smart!

(If you didn't do Week #1 or #2, I suggest you start with #1 below.)

- - - - - Week #2 is below - - - - -

One day, in the middle of your relaxed run, do 8-10 easy strides. Look at Week #1 below for more details.

On another day, after you've warmed up with at least two miles easy, do 5-8 one-minute runs at what-feels-like your current cross country race pace. Do one minute of jogging between reps. If you are not able to jog the recovery, you've run too fast. This is how I write this workout:

5-8 x 1:00 (XC race pace) with 1:00 jog

On another day, increase your long run by one mile if that seems reasonable. Last week you added 1-2 miles to one of your runs and created a "long run". Now go a mile farther.

These workouts will get harder almost every week, but we are starting easy.

- - - - - Week #1 is below - - - - -

Let's keep it simple for now. One day this week, do 6-8 relaxed strides on some soft, firm surface (grass, turf, dirt, track...not pavement). They can be about 100 meters or twenty seconds. Take as much rest as you want between. Run at a speed that's brisker than your steady run. Look for a feeling of relaxed quickness...it might take several reps or even several sessions to feel good running faster. That's fine...the ability to run fast and feel good doing it will come back!

Barefoot strides are okay.

On another day, do a short tempo run, just 6:00-8:00 total. Go out for your regular run...in the middle of it, speed up a little, to a faster pace which you can easily hold for six or eight minutes. This is somewhere near lactate threshold. It feels brisk, good, and easy to sustain for several minutes. It's not even close to cross

country race effort or 10km race effort. Someone who sees you running at lactate threshold will know that you are not just out for a run, but will not wonder if you are in a race.

On another day, do one longer run that's one or two miles longer than any of your others during the week. This is your first weekly long run. You can build it gradually to 12-16 miles during the fall.

Strides, short tempo, longer run...that's where we'll start. Now, the "ifs":

- 1) If you have specific questions, email me at <heino@uoregon.edu>.
- 2) If you are already doing more than this, be careful. Make steady progress, but be patient!
- 3) If you haven't even started a mileage buildup yet, read below! There is still time! Find out how to start and select a method..

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VOLUME BUILDUP...THOSE TWO METHODS (same as last week)

Even though you are beginning to add a bit of quality to your training, you can still continue your buildup of aerobic volume. (If you haven't started a buildup yet, read the section below).

Some of you count miles, some of you don't. This is the time of year when cross country runners do mostly easy-paced, steady runs in gradually increasing amounts.

These runs establish an aerobic base, build muscular endurance, and toughen connective tissue (tendons, ligaments, cartilage). The intensity stays low as the volume increases.

If you're just now starting your buildup of volume, and you want to count weekly miles, here are two ways to progress:

Plateau method: 30-30-35-35-41-41-48-48-56-56

--a gradual increase, but with plateaus to "consolidate your gains" and be sure that you're ready for the next step up. Jack Daniels suggests three-week plateaus, with slightly bigger jumps.

Dropback method: 30-36-42-36-42-49-42-49-57-49

--you build up two weeks then drop back for one week. The progress seems slow but the chance of being hurt or worn out is small.

There are seven weeks until fall term starts on September 30 and 12 weeks until NIRCA Regionals in cross country.

Can you still accumulate a slightly greater volume of running this summer than you've done before? It's time to start!

You can build from whatever volume you are doing now to some amount that, for you, is a lot. Hit your high mileage in early or mid-September. Get some work done, and arrive in the fall feeling that you're well prepared...ready to do hard days twice a week in late September, and a long run on the weekend.

But don't be a slave to mileage! There is virtue in rest. And it's better to not risk a blowup. If you get five or six days in a week exactly as you want them, that's a pretty high success ratio. It's better to get to Eugene in the fall healthy and ready, than to have gone over the edge by pushing too hard.

Plan to arrive here in the fall ready to start a season. I've started to give you sample workouts (above) so that you can build up to full workouts by late September.

Don't know how to start your buildup? Look below.

If you have specific questions now, email me at <heino@uoregon.edu>.

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CAN'T COUNT? (same as last week)

Are you a non-counter? 'Like to run, but don't like to count miles? That works!

If you want to run some cross country or road races in the fall, just try to get out the door most days for a run. Go whatever pace feels good. Keep the routes varied. Find someone to run with.

Running without counting and timing can be fun and rewarding. And you'll end up running farther and faster over the summer, without trying to.

Come back to Eugene in September, fresh and ready for an enjoyable fall!

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SPRINTERS! (same as last week)

Have you found an activity or two that you really enjoy? There's still time to get on a team if you can, any sport is okay. There is still time to find someone to ride with, run with, skate with, hike with, kayak with...

You don't need to train this summer. Your job is to be really active and have fun! And come back to school ready to do some training.

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NEW DIRECTION FOR CROSS COUNTRY? (same as last week)

NIRCA is our national governing body, the National Intercollegiate Running Club Association.

We will attend NIRCA Pacific Regionals in San Francisco with complete teams for both women and men. This might be our culminating meet of the season, depending on how our racing goes earlier in the season.

If it appears in early October that we have podium-level teams at Nationals, we can consider buying \$500 airline tickets for NIRCA Championships (Richmond, Virginia, November 16).

If not, there are several in-state meets in November. See below.

The EWEB Run to Stay Warm half-marathon (plus 10km and 5km) WILL be held this fall, on Sunday, November 24, on a new course because of bike trail closure next to the river.

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CHANGES TO CROSS COUNTRY SCHEDULE

Here are all the possible XC races this fall...

Saturday, Sep 7, Viking Rustbuster, Blue Lake Park, Gresham

Friday, Sept 20, Sundowner Invitational Ash Creek Preserve, Monmouth

Saturday, Sept 28, Dellinger Invitational, Pine Ridge Country Club (formerly Springfield Country Club) ...we are probably NOT invited to this meet...it's NCAA Div I.

Saturday, Oct 5, Willamette Invitational, Bush Park, Salem

*new meet

Saturday, Oct 12, Amazon Trail Open, Amazon Trail, Eugene (5km?)

*new date, site

Saturday, Oct 26, NIRCA Pacific Regional, Putah Park, Davis CA

*new meet

Saturday, Nov 3 USATF State Pier Park, Portland, 9am

*new date

Friday, Nov 9, Beaver Classic, Crystal Lakes Sports Fields, Corvallis

Saturday, Nov 16, NIRCA Nationals, Richmond VA

Saturday, Nov 23, USATF Northwest Regional Fernhill Park, Portland, 9am

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JUST TWO RUNS IN EUGENE THIS WEEK

There are VERY few Club members in Eugene this summer. We're doing 8am runs from my house for now. I live at 1012 E. 21st Avenue, on the corner of 21st and Harris. You run, I ride my bike.

This week we will ONLY meet on Monday and Tuesday.

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FALL WORKOUT TIMES (same as last week)

Our fall term workouts will be at 3pm Monday through Friday. Everything is optional. On Tuesdays (our "hard day"), there will be a morning time too, yet to be arranged.

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NEWCOMERS FOR THE FALL

Ten newcomers now.. Welcome freshmen Jaden Barnum and Katrina Andaya!

Torrey Platenberg
San Dieguito Academy, Encinitas CA
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Justin Schmidt
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Tom Heinonen
coach
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Respond to <heino@uoregon.edu>. My phone is 541-954-0263.