

(-; Faster? Trials, EWEB, Beavers, newbies ;-)

Hello, UO Club runners — (Saturday, July 27, 2019)

It's almost August, so now is the time to add a bit of faster running to your buildup...just a bit! What else?

—The OSU Club will host the Beaver Classic on Saturday, October 19. 'Looks like we'll support their race rather than going to McIver Park.

—The EWEB half-marathon will be on Saturday, November 24. New course.

—Twenty-one roof ribs now on the west side at Hayward Field. Lots of wood in the east side.

—Olympic Trials tickets are selling fast...and they are expensive!

—One more newcomer for the fall...

—Dues for Running Club this year will stay at \$50.

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AUGUST...TIME TO TRAIN, NOT JUST GO FOR A RUN!

This week there will be nine weeks until school starts and fourteen until NIRCA Pacific Regionals in cross country. If you've been diligent about doing aerobic runs, now is the time to add something faster.

Let's keep it simple for now. Most of you haven't actually done the strides which I've been suggesting, so...

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 11-15 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

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 nine weeks until fall term starts on September 30 and 14 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?

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!

Have you found an activity or two that you really enjoy? 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?

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, we can finish the cross country season at Pacific Regionals or go to the USATF Regional Championships on November 23 in Portland.

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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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, Springfield Country Club (are we invited?)

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

Saturday, Oct 19 Beaver Classic, Crystal Lakes Sports Fields, Corvallis

Saturday, Oct 19 Lewis & Clark Invitational, McIver Park, Estacada

Saturday, Nov 2, NIRCA Pacific Regional, San Francisco

Saturday, Nov 16, NIRCA Nationals, Richmond VA

Saturday, Nov 23, USATF Northwest Regional Portland

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RUNS IN EUGENE THIS WEEK, M-F

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 meet on Monday through Friday at 8am.

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FALL WORKOUT TIMES (same as last week)

A reminder for newcomers who will register for classes during IntroDucktion: 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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INTRODUCKTION AND YOU (same as last week)

If you are a newcomer and you'll be on campus for IntroDucktion this summer, I'd be happy to meet with you. Usually, the best time is on the second day you're here. Email me at <heino@uoregon.edu> or text me at 5410-954-0263. In Running Club we're all on first name basis, so I'm "Tom".

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FINAL ALL-COMERS TRACK MEETS THIS WEEK (same)

Racing? Distance race this week is a combined 3000m and 5000m.

Oregon Track Club's all-comers meet series ends at Lane CC begin this Wednesday-Thursday, July 31-August 1. Kids on Wednesday evening and adults on Thursday.

I officiate the 7-8-9 year olds' long jump on Wednesdays and I'll ask for your help if you are in town. It's fun! "No experience needed." Long jump starts at 5:30pm. Let me know you're coming...text 541-954-0263 or email me at <heino@uoregon.edu>.

If you want to race, the adults' meet includes 800m, 1500m, a joggers' mile (any pace is okay!) and a distance race (August 1st, it's a 3000m/5000m). Entry fee is \$5. Register at the meet.

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NEWCOMERS FOR THE FALL

Another newcomer, freshman Prince Jones from Reynolds HS near Portland. Welcome!

Torrey Platenberg
San Dieguito Academy, Encinitas CA
<torrey92024@icloud.com>

Justin Schmidt
Fountain Valley HS CA

Justin Schmidt <justinschmidt28@gmail.com>

Bretten Farrell
Chico HS CA
<brettenf@uoregon.edu>

Riley Farrell
Chico HS CA
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Diven Naidu
Oakhill HS, Eugene OR
Diven Naidu <diven.naidu@oakhillschool.net>

Sarah Campbell
Lincoln HS, Portland
Sarah Campbell <campbellsarah26@gmail.com>

Prince Jones
frosh, Reynolds HS, Troutdale OR
<princej@uoregon.edu>

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Tom Heinonen
coach
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Respond to <heino@uoregon.edu>. My phone is 541-954-0263.