

(-; I forgot to train? ;-)

G'Day, UO Club runners — (Sunday, July 21, 2019)

It's late July. The weather is heating up here in Eugene and 'most everywhere. Best time to run? Yup, early morning. Get of out bed in the morning and get after it. You'll be glad you did! Just do steady runs now; no need for reps of any kind yet.

Wanna know what Jack Daniels thinks? Read below.

Wanna see a cross country schedule? Read below.

Wanna know where we're going to meet during fall term? So do I.

Wanna know how many "roof ribs" are standing at Hayward Field? 16 on the west, 14 on the east. Some are wood-covered. The tower is eight floors up, working on nine.

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BUILDUP TIME! (same as last week)

July is the time to start your training buildup if you plan to run cross country in the fall. There is still time, so there is no rush.

Do you know how many miles or minutes you've run this week? Try to run five miles farther in the coming week...that's 6-9 minutes more most days. Or, you can do a week that feels about the same, but add one more run sometime during the week.

I'd like all of you to do gradual increases in volume during July and August. Each week doesn't need to be more than the previous. You can increase for two or three weeks, then take a light week for recovery.

Don't try to run faster. Just run a little farther, but not everyday. Build your aerobic base. I'll suggest some faster running for you later this summer.

If you want to do relaxed strides on a soft surface occasionally after a run, that's fine. Not hard strides...relaxed strides...flowing, feeling good. If you have a good, grassy surface, run some of them barefooted. Synthetic fields are great for summertime barefoot strides! Five or six is just right for now.

If you have access to your high school team or any club, feel free to run with them! They might be trying to get ready for a season which starts several weeks before ours, though, so be thoughtful. Just tag along and enjoy their company. If you run with your high school team, maybe you can add wisdom as a returning alum.

Our cross country schedule is still only partially set, but we know that the big Willamette Invitational is at the end of the first week of fall term, on Saturday, October 5.

It is 11 weeks until that meet...a long time! So, start your buildup slowly.

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'GOT JACK DANIELS? (new)

'Need a progressive method from an expert to build your miles?

Training theorists say that in your training buildup you shouldn't increase by more than 10% of your previous weekly total. Five miles per week is probably safe, as long as you are willing to take a lighter week when you feel tired.

Training guru Jack Daniels visited us several years ago and he used to live in Eugene. Jack suggests holding a mileage level for three weeks, then bumping it up by a number of miles equal to the number of running sessions you did per week! So, if you have been doing 40 miles per week in six sessions (a total of six training runs in the week), then you can add six miles to your weekly total. Simple! Maintain it for three weeks, then go up again.

That plateau method will probably work with just two weeks at any mileage level, but be careful! Rest and an easier week can really help you if you're feeling tired!

Here are some famous and infamous plans for summer:

- 1) the plateau plan
- 2) the drop-back plan
- 3) the blow-up plan
- 4) the down-the-drain plan
- 5) the I-forgot-to-train plan

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BUILDUP METHOD...PLATEAU OR DROPBACK?

I hope you picked 1) or 2) above!

Some of you count miles, some of you don't. This is the time of year when most runners preparing for cross country do 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 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

-It's 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. I'd say two-week plateaus with smaller 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 ten weeks until fall term starts on September 30 and fifteen weeks until NIRCA Pacific Regionals in cross country.

Can you accumulate a slightly greater volume of running this summer than you've done before?

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 week 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'll give you sample workouts later this summer so that you can build up to full workouts by late September. It's too soon now, though.

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

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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 17).

If not, we can finish the cross country season at Pacific Regionals or go to the USATF Regional Championships on November 23 in Portland.

Because of anticipated construction around the old EWEB power plant, it appears the EWEB Run to Stay Warm half-marathon will NOT be held this fall.

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CROSS COUNTRY SCHEDULE

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	Lewis & Clark Invitational	McIver Park, Estacada
Saturday, Nov 2,	NIRCA Pacific Regional,	San Francisco

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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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ALL-COMERS TRACK MEETS AGAIN THIS WEEK (same)

Racing? Distance race this week is a 2-mile.

Oregon Track Club's all-comers meets continue at Lane CC begin this Wednesday-Thursday, July 24-25. Kids on Wednesday evenings 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 (July 25 it's a two-mile). Entry fee is \$5. Register at the meet.

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Tom Heinonen
coach