

One Year Anniversary
Edition of The Little
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DIVE RIGHT IN!

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MARATHON TRAINING: LESS IS MORE

By ROXANNE FISHER

It used to be assumed that when training for a marathon your goal should be to run as much as possible. However the latest research shows that less frequent runs with adequate rest yield better results. In 2003 Dr. Ray Moss and exercise specialist Mickey McCauley established the Furman Institute of Running and Scientific Training, which found that the optimal way to train for a marathon is to run only three times per week with cross-training in between. For 70 percent of the people they studied, this technique improved their marathon time and overall they had substantially fewer injuries. Not only should you not run every day, but most runs shouldn't be at or near your top speed. Dr. Stephen Seiler of the University of Adger Norway, one of the leading exercise physiologists, recommends

the 80/20 rule for running: 80% of your runs should be at an easy pace for you and only 20% of your runs should be pushing your speed limits. It's very important not to over-train when training for a marathon. Overtraining can lead to cumulative fatigue in daily life, performance impairment in runs and hormonal imbalances.

ASK YOUR PT: RUNNING

By LISA FISHER

As the weather turns cool, this time of year is the best time to start running. When you first start a big part of it is getting your body mentally and physically used to running. Soon it will feel natural and your body will crave it. This applies to walkers as well. However, pushing too far too fast will get you discouraged. I recommend the less-is-more approach. The biggest cause of injury for runners is increasing mileage too rapidly. In order to not injure yourself running you should incorporate cross-training and strengthening into your routine. Also, pay attention to your body: strengthen

what is weak and stretch what is tight. Running is great for both your physical and mental health: I feel like I have my best ideas when I go for a run. I recommend that you set a running (or walking) goal for yourself this Fall, such as running a 5K!

COUCH TO 5K

By ROXANNE FISHER

The Couch to 5K is a nine-week training plan that builds up to running a 5K. It was created by runner Josh Clark who wanted to help his fifty-year-old mother get off the couch. The plan includes three runs a week throughout a nine week schedule with the runs gradually increasing in difficulty. The first run starts at only one minute long and by the end you should easily be able to run a 5K! If you are unable to run you can also follow the Couch to 5K training by walking instead of running. To get the full training plan, download "C25K" for free in your app store.
