

ONE MORE MILE RUN COACHING

August 2019

Hello, Runners!

I'd first like to express my sincere gratitude to those that made personal referrals, shared my website and information on social media, and any other efforts you made on my behalf.

Welcome to the One More Mile Newsletter. Each month I will publish a newsletter featuring special content related to running. Content may include running trends and latest news, local races or other upcoming events, featured One More Mile athletes, run workouts, nutrition advice and much more. I do hope you will welcome the information and invite others to subscribe. Subscribing to the newsletter can be done at my [website](#) or forward this email to a friend.



Running in the Summer Heat

Hey, what's the dew point?

There is a good chance you have not heard that question asked of a fellow runner before going out on a midday run in August, but it's the right questions to ask and this is why.

The dew point reflects the actual amount of water that is in the air, regardless of

temperature. The dew point is reported in degrees because the dew point represents the temperature to which air must be cooled for condensation to occur. The closer the dew point is to the actual air temperature, the more saturated the air is and the more uncomfortable it will be.

How does dew point affect runners?

The most important reason is that a high dew point means that the air is highly saturated with water so sweat is less likely to evaporate from your body. The second negative affect has to do with breathing. Water molecules in the air can displace oxygen molecules, giving a person the effect of running at altitude.

You can read about dew point in greater detail [here](#).

In the meantime, use the table below to gage the impact of dew point on your next run.

DEW POINT (°F)	RUNNER'S PERCEPTION	HOW TO HANDLE
50–54	Very comfortable	PR conditions
55–59	Comfortable	Hard efforts likely not affected
60–64	Uncomfortable for some people	Expect race times to be slower than in optimal conditions
65–69	Uncomfortable for most people	Easy training runs might feel OK but difficult to race well or do hard efforts
70–74	Very humid and uncomfortable	Expect pace to suffer greatly
75 or greater	Extremely oppressive	Skip it or dramatically alter goal

from <http://runningtimes.com/Print.aspx?articleID=23345>



Why is Running Easy So Important?

In the linked [article](#), Luke Humphrey is going to do a better job of explaining the importance of easy running but I want to highlight a few things.

Easy running is the foundation to which all other training can be built from.

Easy running directly contributes to:

- Tendon
Development
- Bone
Development
- Improved
Running
Economy
- Glycogen
Storage
- Capillary
Density
- Improved
VO2
Max

In an [feature](#) I read recently, the author peeked into the training logs of 5 top finishers at the 2019 Boston Marathon and it showed that despite their total weekly mileage (~120 miles), and fast pace work (4:30-5:30 per mile), 80% of the mileage was "easy". The 80% rule applies to all runners regardless of race distance, training pace, or individual ability.

I also saw a study that showed a plan that consisted of 60 miles per week with 2 track (speed) sessions produced injuries in 27 of 50 runners while a plan that consisted of 80-90 miles per week of easy running with only one fartlek a week produced injuries in 7 of 50 runners.

The one take away from all of this information to apply to your training is to slow down. Especially if the dew point is above 60 degrees.



Shirts are Available to Order

I have received several requests for logo T-shirts and I will gladly accept the marketing opportunities if you want to represent the best run coaching in the area. Shirts are \$20 and available in unisex or women's cut. Message me if you are interested.

EMBRACE THE JOURNEY
ENJOY THE REWARD

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