

ONE MORE MILE RUN COACHING

December 2019

Hello, Runners!

November was a big month for One More Mile athletes as we celebrated some major running accomplishments. Congratulations to Katie for setting a 17 minute marathon PR, Lena for completing her first marathon, and Todd for setting a new marathon PR and his first BQ! Next week Tom, another OMM athlete will be running his first marathon in Rehoboth Beach. Good Luck, Tom!

There will be no formal clinics scheduled over the winter, however I will still be offering run technique analysis for individual or small group sessions. Reach out to me if you are interested in hosting a small group session. Hosts of groups larger than five total will get their analysis free!



Holiday Giving

Are you looking for a gift for the runner in your life that has everything? Purchase a One More Mile Run Coaching gift certificate and recipients can apply their card to all run services including training plans, one-on-one coaching, and run

technique analysis. Reach out to me for details.

Winter Running

As I sit here working on the final edits for this newsletter, a winter storm is approaching and effecting much of the northeast. Winter can be a great time of year to run. I'll take the crunch of fresh fallen snow underfoot, the quiet solitude of less traveled roads/trails and crisp cold air over a crowded and noisy gym any day. Having said that, the conditions and short days can add challenges to performance and safety. Resist the temptation to get all your miles in on the treadmill, but be smart when heading outdoors. Here are some tips as you prepare for the season.



BE FLEXIBLE! Rule number one of winter running: be ready to adjust your training plan as needed. If your roads are hit by a streak of icy conditions or a stretch of sub-zero days, hit the treadmill or

CROSS TRAIN! Winter is an excellent time to give the legs a break from the pounding and take to the ski trails, try a fitness class, or hit the pool. This will lower the risk of getting injured from one poorly placed step on slippery footing.

RUN BY EFFORT, NOT PACE. Wind and ice may impact your times but don't stress about missing your splits. Go by how you feel.

WARM UP indoors before you go out for your run. Dynamic warm-ups become even more necessary when faced with low temperatures. Get the blood pumping and muscles warm before heading out.

LAYER UP! It's critical you keep your body warm while out exercising in the cold. Special attention to the extremities - think hat, gloves, buffs, and warm socks.

INVEST in adequate footwear. NANOspikes, YakTrax, or rugged trail shoes to keep you from taking a bad fall.

WEAR HIGH VIZ. It's dark and visibility is low. Blinking lights, reflective gear, and a good quality head lamp is essential.

REMEMBER TO HYDRATE. You might not feel like you sweat as much, but you're still sweating and exerting yourself. Don't forget to adequately hydrate and refuel!

Be Safe and Enjoy!

EMBRACE THE JOURNEY
ENJOY THE REWARD



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