

# ONE MORE MILE RUN COACHING

February 2020

**Hello, Runners!**

WANT TO  
RUN  
FASTER, LONGER  
WITHOUT  
INJURY

RUN EFFICIENTLY BY  
LEARNING THE  
**POSE METHOD!**

- ▶ THEORY
- ▶ DRILLS
- ▶ VIDEO ANALYSIS
- ▶ PREVENT INJURIES
- ▶ INCREASE EFFICIENCY
- ▶ IMPROVE PERFORMANCE

PRESENTED BY:  
**ONE  
MORE  
MILE** RUN COACHING

**MARCH 1, 2020 9-11AM**

ANCHOR LIFE+FITNESS  
112 S. BROAD STREET  
KENNETT SQUARE, PA 19348

Registration Fee: \$50  
Class Size Limited to 12  
Register at:  
[www.onemoremileruncoaching.com](http://www.onemoremileruncoaching.com)

## March Clinic

I am looking forward to the first Technique Clinic of 2020 at the amazing **Anchor Life+Fitness** in Kennett Square, PA. If you are looking to increase your running speed, run injury free, and run more for longer, then you need to sign up. If you want to sign up, then you need to do it quickly as there are only three open spots. Registration and details can be found at [onemoremileruncoaching.com](http://onemoremileruncoaching.com).

## Easy Running is Easy

Most recreational runners make two errors in training that if not fixed, can lead to injury, over-training, or unrealized performance potential. The bad news, most runners run their easy run too fast and their speed work too slow. The good news, the fix is EASY! For the purposes of this writing, we are going to focus on the Easy runs. Easy run pace is relative to the fitness level of the participant. A

general rule of thumb to define easy pace is; the pace in which talking in full sentences is still possible. Exercise scientists refer to this threshold as the Ventilatory Threshold (VT), where a runner's breathing begins to increase at an accelerated rate. Running a preponderance of easy miles at even slightly above the VT can inhibit fitness development. One of the most important benefits of running easy is how the slower pace promotes the development and use of slow-twitch fibers. Endurance athletes need well developed slow-twitch fibers as they are less resistant to fatigue and additionally, the more slow-twitch fiber you have, the better you'll be prepared to use fat for energy. When you run at lower intensities, you burn somewhere around 70% fat and 30% carbohydrates. Since every human runs out of stored glycogen at around 2 hours of sustained exercise, training your body to dip into your fat stores for energy can help you avoid an early encounter to the dreaded "wall". Collectively, the adaptations stimulated by easy running prompt a higher VO2 max, anaerobic threshold, and running economy. In a perfect world about 80% of your total weekly mileage should be below Ventilatory Threshold. Every individual will vary slightly in their responses but shoot for no less than 60% of total weekly mileage at an easy pace. Warm up and cool down mileage, recovery intervals, long and recovery (easy) runs count towards the total.

## **Physiological Benefits of Easy Running**

- Tendon Development
- Specific Muscle Fiber Adaptation
- Bone Development
- Mitochondrial Growth and Dispersement
- Glycogen Storage (fat utilization)
- Increased Blood Volume
- General Endurance
- Improved Running Economy
- Improved VO2 Max
- Capillary Density

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## **Running on Ice**

As a parting note, I have had to deal with some challenging conditions on my local trails and roads the past couple of weeks and I am sure there are others that had to do the same. In general I would not advise running on ice but sometimes you have no choice. With that in mind, I bring your attention back to the Pose Method run technique. If you are running with proper technique; you are landing on the balls of your feet, underneath your center of mass, and pulling up

from the ground to repeat the cycle. Efficient technique allows you to spend as little time on the ground as possible, applies the ground force only when the body weight is fully supported and balanced, and does not rely on a push off from the ground. Do this properly and running on ice is safe(r) and easy.

Check out the video for proof

[Pose Method - Running on Ice](#)

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**EMBRACE THE JOURNEY**  
**ENJOY THE REWARD**



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Chester Springs, PA 19425US

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