



March 2020

Hello, Runners!

Unapologetic Self-Promotion

One more Mile was recently mentioned in a feature by author, Katherine Nails for Main Line Today. Katherine is running her first marathon in November of 2020 and reached out to me for advice on how to get started. Katherine will be reportage on the year-long process. I was happy to provide some guidance and I look forward to following Katherine through her journey. You can read more about Katherine here. [Main Line Today](#)

Rate of Perceived Effort

We are a digital and electronic culture and there is no changing that. The data that we have at our disposal to analyze our running is more than most recreational runners know what to do with. For me, the connection I have to my Garmin is such that I would almost never advise an athlete to go watch-less, because I couldn't do that myself. As strong as my need to track every run is, I do try as much as I can to run by feel and not by data. There was an occasion this week that made me think about the importance of this concept and how it can help you

be a better runner.

On Thursday, I had a tempo run on my training schedule that I had considered moving to another day to avoid the 40 mph wind gusts that were rattling windows and throwing anything that wasn't tied down into the air. After contemplating the consequences of the schedule change I decided to take my chances, battle the elements and get the tempo work over with. With thoughtful planning, I ran on a trail that was moderately protected from the wind that would allow me to run at least half of the distance with the wind at my back. With lack of thoughtful planning, I did not offset the weather conditions by changing my mental approach, losing the watch, and running by feel. Because it was a tempo run, with a specific time goal, I ran to the predetermined pace. However, because I was working against the elements, I was putting forth much more effort than the watch was reporting. My guess is that my effort was at least 20-30 seconds faster than I was actually running. Needless to say, by the end of my tempo run I was spent. Not only did I work harder than I should have, but I risked the quality or efficacy of subsequent runs.

In situations like my example or in hilly runs (like yesterday's Olympic qualifying marathon) effort matters more than pace. Most recreational runners have difficulty pacing and perceiving consistent effort. I will be the first to acknowledge that it is difficult. Though, with careful and deliberate practice, success can be achieved. The first step in mastering this skill is to look at an RPE chart. There are thousands of examples on the internet, with slight variations to each, but the general principals of all of them are based on the Borg Scale. I have provided a link to an RPE scale that I have used before. Take a look at it and think about rating your effort at certain training paces. When the time comes and you have to make modifications, because of weather or terrain, you will be ready to run by effort. [RPE Scale](#)

Upcoming Events

I have two Run Technique clinics scheduled in the coming months. On May 2nd I will be at the Ice House in Wyoming DE and a return to Anchor Life+Fitness on June 14. Stay tuned for more details.

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TrailChester Springs, PA 19425US

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