



April 2020

**Hello, Runners!**

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## **Running Through a Crisis**

At this point into the Covid-19 crisis I am not sure there is anything I can tell you that you have not already read, heard, or seen, at least as it relates to our running health. I guess I will give it a try.

The timing of the virus's impact on the northeast was aligned perfectly to interrupt the training cycles of many athletes as they were just getting into their groove. The time in the training cycle where you are finally seeing the results of all the hard work. The time when you begin to fine tune with race specific workouts. The time when you are mentally done with training and ready to put your well-developed fitness to the test. Aside from the financial and logistical let down of a cancelled race, I think this mental letdown is what people that I talked to struggled most with. It's beyond disappointing to spend the better part of a year thinking about, planning, and training for an event that ends up being cancelled. I empathize with everyone that was impacted in this way and feel your pain. I was not spared as my goal race was cancelled too.

Having said all that, for most if not all, racing is not actually why we run. Racing is more of a byproduct of our running, it's not the reason we run. We run because

we can. We run because it feels good. We run because we want to improve our health. We run for the escapism from the everyday. We run because we want to be in nature. We run for lots of really great reasons that have nothing to do with racing. And yet, racing is the main focus of most of the articles I've read and the social media posts I've seen. There will be a time, hopefully soon, that we can get back to normal and races will be a part of that. For now though, I challenge you to run for all the other reason that you can. Run safe. Think of others. Enjoy running.

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## **The Only Strength Workout a Runner Needs**

Maybe, one of the few advantages to the stay at home orders, is the easing up of day to day schedules. Let's be honest, we all make running a part of our lives, but most only make time for the actually running. We push off or hurry through the foam rolling, mobility work, stretching, and strength work that we absolutely need to make us better runners. So, use the new found time that you have to focus on the little things. I have created a very simple strength workout that can be done as is or modified very easily. The workout can be done anywhere with no or minimal equipment. It's a simple 6 moves but they happen to be the 6 moves that will offer the most return on investment for runners.

# THE ONLY STRENGTH WORKOUT YOU NEED

Running is the primary focus for training, but studies show that strength workouts help prevent injuries and improve running economy. Building muscle strength can also develop endurance muscle fibers and protect against the gradual loss of lean muscle tissues that naturally occurs as we age.

## MORE IS NOT BETTER!

Studies show that runners can maximize the benefits of strength workouts in as little as 30-60 minutes a week. This can be broken up into two 20-30 minute sessions a week or 10-min sessions, 6 days a week.

## TIMING MATTERS!

Weight training should be done on hard run days, adding to the training effect of your run. Save the easy run days for recovery! Focus on slow repetitions with perfect form. 8-20 reps, 2-3 sets, 3 second lifts, 3 second lowers.



Squat



Lunge



Deadlift



Plank



Push-up



Pull-up

## ADD VARIETY

Add weights, bands, or machines.

Tweak the movement of the core exercise: forward lunge to backward lunge, deadlift to single leg deadlift, plank to side plank etc.

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## Upcoming Events

I am hopeful that I will still be able to run the two Technique clinics scheduled in the coming months. On May 2nd I plan to be at the Ice House in Wyoming DE and a return to Anchor Life+Fitness on June 14. Due to the uncertainty of the events happening I have not opened registration. When and if I can I will let everyone know on my website and on social media. Please stay tuned for more details.

**EMBRACE THE JOURNEY**

**ENJOY THE REWARD**



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