

# JUNE NEWSLETTER

## *Unleashed Endurance Coaching*

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek." - Barack Obama



### "I'D DNS THAT" THE RACES WE'RE MISSING THIS MONTH

**June 6: Ran it With Janet 50k**  
- Jess C, Jess L-J, Caryn

**June 6: Rock 'n Roll Seattle  
Half - Kim**

### **Athlete Referral Program**

Do you know of anyone looking for the support and guidance of a running coach? Do you have a friend who wants to get into running but doesn't know where to start?

Every athlete who you refer to Unleashed Endurance Coaching Services who completes 3 months of training earns you one month of FREE coaching! No limit on referrals. Spread the word!

## **Summer Running Doesn't Have to Suck!**

- **Jessica Creech MS ASCP, UESCA CRC, NCSF-SNS**

The days are longer, the mercury is rising, and your weekly training miles are starting to ramp up in preparation for Fall races. If you're feeling sluggish and parched on your long runs, you're not alone. Sudden changes in the weather can throw your training into a tailspin: you're burning more fuel, but seeing diminishing returns as your body adjusts to the changing temperature and humidity. And it can take WEEKS to adapt.

Heat adaptation, when approached intelligently, doesn't have to be drawn out and complicated. The keys to successful thermoregulation are threefold: 1) RUN in the heat! Don't be tempted to remain indoors in the a/c on the hottest days. Running outside for 1 hour at 70% VO2 max triggers an increase in both capillary density and (continued)

mitochondrial density - in other words, your body can shuttle more cooling fluids to your skin and extremities, and your cells can ramp up protein synthesis to speed up the repair of damaged muscle tissue. Shorter recovery = less wasted energy. 2) FUEL your body with energy nutrients. As your energy demands increase, your body needs to burn more calories to do the same amount of work. Eating a well-balanced diet of carbs, protein and monounsaturated fats ~ and supplementing with simple carbs and electrolytes on your runs ~ will keep your muscles working, even in the toughest conditions. Summer is NOT the season to skimp on calories. You need to eat to run!



3) HYDRATE early and often! The American College of Sports Medicine recommends approximately 1 oz of water per every 10 lb of body weight 4 hours before running, and if profuse sweating is expected, drink an additional ~0.6 oz per every 10 lb of body weight 2 hours before a run. This formula holds for the day before a planned long run, also. Your muscles and tissues store the majority of the water in your body, and by ensuring that you're optimally hydrated the day before, you slow gastric emptying and preferentially use what you consume before you begin depleting your stores. Maintaining your muscle stores also hastens the buildup of lactic acid, the accumulation of which can cause muscle fatigue and a decline in oxygen utilization by muscles over longer training sessions (this is what is referred to as "hitting the wall").

When it comes to hydrating ON your run, be sure to consume 1 liter of fluid per hour of running (taken in sips over the course of the hour). For runs lasting 2 hours or longer, add in 70g of carbs and 250-800 mg of sodium to your intake to replenish energy stores and replace minerals lost in sweat. And if you begin to experience any symptoms of dehydration, call it a day and cool off to prevent heat illness or injury, which can be fatal!

Urine Color	Possible Meaning
Clear	Good hydration, over-hydration or mild dehydration
Pale Yellow	Good hydration or mild dehydration
Bright Yellow	Mild or moderate dehydration or taking vitamin supplements
Orange, Amber	Moderate or severe dehydration
Tea-colored	Severe dehydration – may require medical attention

**COACH'S TIP:  
MONITOR THE COLOR  
OF YOUR URINE  
BEFORE AND AFTER  
A RUN TO GAUGE  
YOUR HYDRATION  
STATUS.**

### Energy-yielding nutrients –

*Nutrients which yield usable energy in the form of calories; includes carbohydrates, protein, and fat (non-nutrient alcohol contains 7 kcal).*



Research suggests the primary nutritional predictor for success in sport is energy. Energy is needed to produce force, transfer and break down nutrients, buffer nutrient byproducts, and regulate temperature.

(from NCSF Sport Nutrition, vol. 2)



**Unleashed Endurance Coaching is now on YouTube!**  
*Check periodically for running and fitness tips and inspiration*



### Calling All Photogs!

*Do you have running or racing photos to share?*



**Email them to [coachjessruns@gmail.com](mailto:coachjessruns@gmail.com) and I will feature them on my website and social media pages!**