

# March Newsletter

March 1, 2020

Volume 1, Number 2

*"Run often. Run long. But never outrun your joy of running."* – Julie Isphording, former Olympic runner



## Who's Racing This Month?

**Mar 7:** No Man's 50k (Jessica Lucas-Judy)

**Mar 14:** Bel Monte Endurance Races (Jess Creech)

**March 21/22:** Shamrock 8k/Half (Jessica Lucas-Judy)

## 100-Mile Training Kicks Off!

It's barely even Spring here in Virginia but believe it or not, we're getting ready to kickstart our training for Fall races! Four of your fellow Unleashed Athletes will be taking on the 100-mile distance at Yeti races on BOTH coasts! No word yet on if there's a Fireball-dispensing Pepsi machine at the west coast event, but here's to hoping that RD Jason Green has something equally exciting in store.



Some key things to note when training for 100-milers:

- 1) Training is a process, and completing your training as prescribed will be key to staying healthy and being properly prepared for race day
- 2) 100-milers are not easy. Start with a goal in mind (to finish!). When you get into the meat of your mileage, you'll have an opportunity to reevaluate and maybe set new goals. Don't sweat the small stuff until then!
- 3) Sh\*t happens! Kids, work, vacations, illnesses, etc. may impede you along the way. Working smarter and not harder will get you through the ups and downs of the training cycle. If in doubt, Coach will help you out!
- 4) Come up with an initial racing "plan", i.e. how you plan to run your race. Do you want to try to run the whole thing? Use intervals or run/walk? Do you have a pacing strategy in mind? Discuss these things with your coach. Keep in mind that this initial plan may change as we progress into Summer. Training for a first 100-miler is a lot of trial and error. What's most important is that you race the same way you trained. Nothing new on race day!
- 5) Start thinking about your crew and pacer strategy - will you use either or both? Don't wait until the last minute to put together your crew. A well-informed crew will make your race go smoothly. Remember, they're there for you! Choose wisely.
- 6) Have fun! This will be a memorable experience, no matter what the outcome. Enjoy every second of it!

## TrainingPeaks: Follow Your Progress by the Numbers





## Bulletin Board

### Calling All Athletes:

Do you have race pics or race reports that you would like to share? Submissions now being accepted for the April Newsletter and website Athlete Spotlight.

Please email submissions to:  
unleashedendurance@gmail.com

### 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 trail running, but isn't sure where to start?

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



Contact:  
unleashed-endurance.com  
(703) 253-6112

## From Couch to Ultra Runner

Molly Sheridan was told "she was too old" to run. Since then, she's completed 50 ultras, including a 138-mile run in the Himalayas that no woman had previously finished. Read all about Molly's inspiring journey into ultra running here:

<https://www.marathontrainingacademy.com/from-couch-to-ultra-runner>

### Molly's Advice

Sheridan believes that "anybody can do what I do." For those who want to finish an ultra, Sheridan offers this advice:

1. First step for those already running: Look out six months and pick a race.
2. Download or buy a training program, or hire a coach.
3. Focus on the back-to-back runs. "The most important part of ultra running is doing back-to-back distances, Saturday and Sunday."
4. Focus on nutrition. "Experiment on those long-distance runs to see what works for your body best."
5. During training, listen to your aches and pains.
6. During the race, just focus on getting to the next aid station.

## Product Discounts\* Available Exclusively to You!

As an Unleashed Athlete, you have access to the following offers, courtesy of your coach! Please contact your coach for web links and discount codes. These codes are **not** to be shared with anyone else and are offered to Unleashed Athletes, only.

### RUDY PROJECT

Get 35% off awesome products from our friends at Rudy Project! Sunglasses, helmets, apparel and more...

### NUUN

Increasing your performance was never tastier or easier! Get a 30% discount at Nuun's online store.

### PLAYTRI

Receive 15% off everything including bikes and wheels.

### PRO COMPRESSION

If you love compression socks as much as we do, you'll love this offer. Receive 60% off your entire order!

### KREITLER

Get 10% off the smoothest riding rollers on the market (free shipping to the US and Canada).

### SWIM IT

If you swim in open water, you need the Swim IT! Legal for USAT and Ironman events, the Swim IT is a small pouch that attaches to your leg and deploys a life preserver in case of emergency. Get a 50% discount on this amazing and potentially life saving product!!

**\*PLEASE NOTE: Unleashed Endurance Coaching does not endorse or earn commission on any of these products.**

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***"To become an ultramarathon runner you must have the courage to explore the vast depths of the impossible until you find a possibility."***

- Micheal D'Aulerio