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The New Improved MileMarkers

Right. So the Editor here has been working on a new and improved Santa Fe MileMarkers newsletter for your reading pleasure. This project occupied a good bit of my time during the Christmas holidays but the end result might leave some readers hoping there will be no Christmas Holiday season in 2017. Alas, Christmas will be here again but we can maybe work together to come up with something that will be of some use to Santa Fe Striders if for nothing else, a few good laughs.

Your Help

OK, so we recently sent out a message to our readers asking for articles, stories, race reports, poetry, trash or whatever anyone felt like submitting to help fill up space in the newsletter when the Editor was having writers block (most of the time). I actually have some material that I am saving for my own book, etc: "Stories from the Editor" as a working title. This might have been too much to ask so I will scale it down a little and ask Striders to send in race results with the idea of letting others (who don't use Facebook) know how their racing is going. The editor might then contact the member to ask for more details about the race so the editor can write a story about the race and the member's experience. That way, the writing can be done by the writing professional, me, and Striders can focus more on being running and racing professionals.

So send in race times and let's talk about it.

The Rest of the Story

OK, so the above idea can only take up so much space so I had some other ideas for regular columns that people might be interested in. You, the reader can let me know what you think:

"That sounds Like Something I Would Do": OK, so members send in goofy, weird, strange, off the wall experiences that fall under the category of "Something I would Do" like missing the start of a race or going the wrong way. I then respond by saying that is something I would have done or would probably do with maybe a story of my own.

Running Apparel and Shoe Reviews: But not the usual stuff about GPS watches, shoes and ear plugs but stuff like good business suits to run in, what hiking boots are good for running, what hamburgers are good to eat at the start of a race, that sort of thing.

Contests: send in pictures of racers hitting the stop watch before crossing the finish line, pit stops in the woods, running shoes on the wrong feet (something I have done), etc.

OK, so you get the idea. Maybe send in your own suggestions. Maybe I can get Rolex to send me a watch to do a running review.

So I thought a more serious article would be a good start for this year:

How I Spend Winter Running in Santa Fe

The first day of winter, I woke up. Then I went back to sleep but woke up again. Then.....No wait. Let's try this: Treadmill Season!!

Below is a workout I used occasionally years ago and use it on the treadmill now when I get bored. I am not suggesting you do these because there is a risk in these type workouts but you can have a laugh trying to picture me doing this. Still some risk so be careful if you decide to do it.

40/20

This is a workout that I read about many years ago based on scientific research. The researchers were looking for the best equation of running hard efforts followed by recovery intervals (intervals). They looked at formulas like 60 seconds hard with 30 seconds recovery (60/30) and other formulas such as 60/60, or 30/30, 30/15 and others. They came up with the formula of 40/20 based on some sort of evidence which I don't remember. They had a group of elite athletes do the workout with about 25 repeats of 40/20 efforts and had some success. The researchers recommended recreational runners limit the number of efforts to 15. This workout provided more than one benefit. Runners were able to work on raw speed and lactate threshold strength as well. It can be done on treadmills, bike paths, trails, etc, you don't need a track. I did the workout once at a track but never did it at the track again. Here is the workout:

- Begin with a warmup of 5-10 minutes, longer if needed.
- Set a countdown timer to one minute and continue rolling over into the next minute at the end of each minute. Don't turn off the alarm because the alarm will give you a good idea of how many seconds you have till the next efforts begins.
- Start the stopwatch, then quickly switch to the countdown timer. The stopwatch helps keep track of the number of efforts/intervals. Watch the timer till it hits 40 seconds and

takeoff. Stop or jog when the alarm goes off. When the alarm stops, 10 seconds have elapsed and you have 10 more seconds recovery. Start the next effort at 40 seconds. Continue repeating the cycle of 40 seconds hard with 20 seconds easy. I used the last 40 seconds of the minute intervals for the hard parts so I did not have to look at the watch while running harder. I could look at the watch while “resting” or jogging slowly along with spitting, sweating and cursing. I usually did the first workout of the season with a conservative amount of efforts such as 3-5 efforts and added more at each successive workout because they were supposed to be run hard. I would also add an extra minute for recovery at every 5 efforts. As you get into doing more efforts, you build strength as well as speed because the recoveries are so short. Heart rates will begin to climb as the workout progresses and will fall less and less during recovery intervals. Eventually the heart rate will remain high even in recovery intervals. Thus it would stress lactate threshold as well as speed. I was lucky if I made it to 15. Do a cooldown afterwards of 5-10 minutes. Do only once a week but that’s OK because it replaces two workouts: a round of short intervals and a short tempo or lactate threshold workout.

This can be easier to do on a treadmill because the timer is usually there to tell you when to start and stop.

Editor note: Hopefully the reader is not confused with my use of the term “interval” as easy interval in the hard/easy workouts. The person who is credited with developing the concept of breaking up a workout into hard efforts followed by recovery periods used the term “interval” to refer to an interval between hard efforts.

OK, so hopefully, this has been something useful. See you next issue.

RUN SMART: RUN SAFE

Make sure you can see, be seen and hear what is happening around you.

The editors of the Newsletter MileMarkers want to hear from you!!!

Please let them know if you appreciate the newsletter.



MileMarkers

Also, if you would like to contribute, please let them know. Contributions can be as simple as an article about how you felt running your last race, or a new trail that you have found, or ???

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Membership

If you have been a member in the past, please sign up on line at: <http://santafestriders.org/members/payment>

If you are a new member, please download the membership application and mail in or give to Jim at one of the workouts. <http://santafestriders.org/forms/2017MemberWaiver.pdf>