

Train Comfortably, Race Uncomfortably, cont.

Too many runners stop their watch when the going gets tough or just so they can “hit” their splits without realizing that they are only making it that much more likely that they will have no chance of accomplishing their goals come race day. Hitting your splits, say on a track workout, means actually hitting your splits throughout the workout and with the planned rest. The same holds true in a long run where specific pace goals are part of that run. If you stop, for instance, in the middle of a tempo run just because you feel your pace is slipping or will slip then you are probably running at a faster pace than you are truly capable of (or racing your workouts). You also aren’t, using the tempo run as an example, completing an actual tempo run. The same hold true for marathon paced segments of long runs as stopping in the middle of the marathon paced segment means that you are either not focusing enough on the run or are running faster than what your “real” marathon pace is. There are no awards given for running the best splits in training.

Not every workout will go as planned and there are days where you just don’t have “it” but the majority of your workouts should be run in a manner where stopping is not an option and the rest time is kept to a rest that will actually be a benefit to your racing goals as opposed to a detriment. The general rule of thumb is that the longer away the race is, the shorter the rest. As the race approaches, the rest should be longer as to not fatigue your legs for the race. Knowing why you are doing a specific workout is as important as completing the workout. Don’t put blinders on thinking that it will just all work out come race day; it won’t if you aren’t honest with yourself or if you quit on yourself during your workouts. Bottom line is that racing is never comfortable but confidence based on proven real results in training should give you all the comfort you need when you toe the line.

Please feel free to send your feedback on this article or suggest future topics or alert me to athletes of interest in the local community by contacting me at spencerrunner@gmail.com or messaging me on Facebook.



5K Run & Fitness Walk

Congratulations to our State Champions




Male Champion: 1st Place Overall – Chris Mills
Female Champion: 1st Place Overall – Bobbette Stewart

Male Masters Champion – Chris Oesch
Female Masters Champion – Deven Christopher

Male Grand Masters Champion – Mark Kasprzyk
Female Grand Masters Champion – Terri Swanson

Male Senior Grand Masters Champion – Jeff Powers
Female Senior Grand Masters Champion – Laurie Kruzel



1ST ANNUAL MEMORIAL
Father O'Reilly

5K RUN & FITNESS WALK

SATURDAY, APRIL 25, 2015. 7:00AM

Vista View Park, Davie
To Benefit St David Catholic School Choir
**For more information, register at any Runner's Depot
Or Register Online at Active.com**

~~~ Join Us ~~~

GOLD COAST RUNNERS

weekly training runs!

We are a beginner-friendly group!



Sunday Morning – Hollywood Beach Broadwalk with the Hollywood Run Club, A-1-A & Garfield Street at Charnow Park.
7:00AM start. All paces, Runners & Walkers. Join us for refreshments & stretching after the run!

Tuesday Evening – Hollywood Beach Broadwalk with the Hollywood Run Club, A-1-A & Garfield Street at Charnow Park.
7:00PM start. All paces, Runners & Walkers. Join us for refreshments & stretching after the run!

**Thursday Evenings - 17th Street Causeway
Runner's Depot Run Club – Ft Lauderdale**
6:30 PM - Starts at Runner's Depot - Ft. Lauderdale
1489 SE 17 St. Causeway, Southport Center (954) 712-9951
All paces, 4-6 miles. Stay after for the cool-down & drinks

**Thursday Evenings – Coral Springs-Parkland
Runner's Depot Run Club – Coral Springs**
Starts at Runner's Depot-Coral Springs
5679 Coral Ridge Drive (954) 575-2090
All paces, 3-5 miles. Refreshments and raffles after the run!

**Thursday Evenings - Weston
Runner's Depot Run Club – Weston**
6:30 PM - Starts at Runner's Depot – Weston
1378 Weston Road, Country Isles Plaza (754) 265-7026
All paces, 4 miles. Stay after for the cool-down & drinks

Saturday Mornings – Weston Town Center
6:00 AM. 5-10 Miles, All Paces, Water stops every 2.5 miles
Runners and walkers, all paces Welcome!