

**Pro.Active Therapy's  
Pro.Active for Life**

**Frankfort Trifecta  
Training Booklet**

**2011**

## **Area Opportunities for Fitness, July- Dec 2011**

### NOTICE

The information in this book is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editor advises readers to take full responsibility for their safety and know their limits. Before practicing the training program or any exercises in this booklet, make sure you have adequate balance and space. Do not take risks beyond your level of experience, aptitude, training or fitness. The exercises and dietary suggestions in this booklet are not intended as a substitute for any exercise routine or dietary regimen that may have been prescribed by your doctor, dietician or physical therapist. As with all exercise and dietary programs, you should get your doctor's approval before beginning.

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any other information storage and retrieval system, without the written permission of the author.

Text by Debbie Brown, PT, MEd, with contribution from Ashley McCoin and Connie White, MD

Cover Design by Bob Waitkus, Graviss McDonalds

Illustrations from Pro.Active Therapy Home Programs

Graphic Design & Page layout by Amy Greenwell

Training Programs developed by Zack Hall, Frankfort Y

June 23 – Longest Day of Play, 5:30-8:30pm, Lakeview Park

July 4 – Buffalo Trace Great Buffalo Chase 5K – 8am – Buffalo Trace Distillery – [buffalotrace.com](http://buffalotrace.com)

July 4 – Bluegrass 10,000 – 7:30am – Lexington – [lexingtonky.gov](http://lexingtonky.gov)

July 9 (tentative) – Graefenburg Baptist Church 5K Run/Walk – Ryan Smith – [ryan.smith@ky.gov](mailto:ryan.smith@ky.gov)

July 5 – Strider Club Mtg, Buddy's Pizza. Other dates: 8/2, 9/6, 10/4, 11/8. [leesa.unger@gmail.com](mailto:leesa.unger@gmail.com)

July 30 – Tiki Trot 5K and 1 Mile Fun Run -Versailles – [fallingsprings.net/active.com](http://fallingsprings.net/active.com)

August 13 – Midsummer Night's Run 5K – 8:30pm – Lexington – [active.com](http://active.com)

August 27 – 6<sup>th</sup> Annual Kid's Triathlon – Versailles - Rainey Johns – [rjohns@fallingsprings.net](mailto:rjohns@fallingsprings.net)

September 9 – Patriot 5K – 6:30pm – Downtown Frankfort – [frankfortchristian.org](http://frankfortchristian.org)

September 10 – Fallen Firefighters Memorial Run – 9:00 a.m. - [bruce.roberts@kctcs.edu](mailto:bruce.roberts@kctcs.edu)

October 7-8 - Bourbon Chase 200 Mile Relay – [bourbonchase.com](http://bourbonchase.com) or [info@bourbonchase.com](mailto:info@bourbonchase.com) for volunteer opportunities

October 9 – 2<sup>nd</sup> Sunday – KY Capital – Kim Cowherd – [kgcowh2@email.uky.edu](mailto:kgcowh2@email.uky.edu) - <http://www.2ndsundayky.com/2nd-sunday-annual.htm>

October 21 – Optimist Club One Mile Fun Run for Kids – 5:30pm – Lakeview Park – Judy Zeigler – [jzeigler@fewpb.net](mailto:jzeigler@fewpb.net)

October 28 – Black Cat Chase 5K – 7pm – Old State Capitol – [frankfortymca.org](http://frankfortymca.org)

October 23 – Midway Iron Horseman Half Marathon

TBA – Running Wild 4 Mile Trail Run – 9am – Salato Center – [fw.ky.gov](http://fw.ky.gov)

\*\*Race information is current as of creation of this calendar. Please refer to specific websites to confirm date and time.

## **Acknowledgements**

*There are so many people who have contributed to the success of helping our area get healthier. The following people and businesses were integral in getting our training booklet together, and we wish to thank them sincerely for contributing their time, talent or resources that made this publication possible:*

- Amy Greenwell for her phenomenal computer skills and expertise.
- Connie White, M.D. and Ashley McCoin for writing the Women's Health and Eating Disorders pages, respectively.
- Zack Hall for the Training Schedules and race route maps.
- Graviss McDonalds and Bob Waitkus for graciously printing the booklets and John Dauer of Southland Printing (Lexington) for the spiral binding.
- The physical therapists of Pro.Active Therapy (Art Nitz, PT, PhD, OCS, ECS, Terry Brown, PT, DPT,COMT, Michael Anthony PT, DPT, David Lodmell, PT, DPT and Mike Harris, PTA) for their feedback and moral support, and especially to Mike Harris for pulling together the pictures on the stretching pages.
- Jim Judge and Lynn Whitehouse for allowing us to reprint their profiles.
- Robin Antenucci and the Frankfort Tourism Commission.
- The dear proof readers who found many a misplaced semicolon and misused word: Anne Taylor Renshaw, Julie King, Frank Miklavcic, Catherine Stone Duff, Ashley Snelling McCoin, and especially Becky Bryant, United Way Administration Assistant who could edit the rough drafts and make me smile at the same time! They all made this booklet better.

And, last but not least, to every race participant who inspired us by sharing your story of how being a part of our races over the years has made this work worthwhile and makes us, as race directors, keep coming back again! We wish you continued success on your journey toward healthy living!

If there are topics you would like to see covered in future years' training booklets, please send your suggestions to Debbie Brown at [ptmomdb@cwweb.net](mailto:ptmomdb@cwweb.net).

## **The Frankfort Trifecta Run/Walk Series**

### **Good Shepherd Irish "Run for the Gold" 3K Fun Run/Walk**

Presented by Kentucky Employee's Credit Union

March 17, 2011—6:30pm—316 Wapping Street

The Good Shepherd Irish "Run for the Gold" 3K Fun Run/Walk has been on St. Patrick's Day since 2009. This downtown Frankfort event benefits the Visual and Performing Arts Program of Good Shepherd School (PK-8th grades) and also encourages healthy living. The "Run for the Gold" complements the events planned by many of the downtown merchants for an evening of great St. Patrick's Day fun. For more information, please contact Lisa Scott, [liscott333@yahoo.com](mailto:liscott333@yahoo.com), 502.330.3411, or Anne Taylor Renshaw, [atcamp@dcr.net](mailto:atcamp@dcr.net), 502.320.1074 or visit [www.gssfrankfort.org](http://www.gssfrankfort.org).

### **Pro.Active for Life 5K Run/Walk**

Presented by Pro.Active Physical Therapy

May 20, 2011—6:30pm—Downtown Frankfort

Benefitting the United Way of Franklin County

Since its inception in 2007, the Pro.Active 5K has encouraged novice run/walkers to get fit safely by providing them with free educational classes, periodic email tips, a training booklet (for walking or running) and mentoring runs for both beginning and seasoned runners. Two other unique components of the Pro.Active 5K is awarding the "First Timer" awards for participants who are competing in their first 5K, and a School Challenge which provides cash awards to the top three schools having the most participants cross the finish line. A shoe drive has also been held in conjunction with the race, giving away over 5,000 pairs of shoes locally and to Soles4Souls Organization. For more information contact Debbie Brown, [ptmomdb@cwweb.net](mailto:ptmomdb@cwweb.net), 502.320.9168 or visit [www.proactivetherapy.org](http://www.proactivetherapy.org).

### **Activate America 5 Mile Race and 2 Mile Walk**

Presented by Commonwealth Credit Union

June 18, 2011—8:30am—Kentucky State Capitol

This is the 5th year the YMCA has had a spring race and the 2nd year the event has been a 5 Miler. The race distance was changed from a 5K to create a longer race distance in Franklin County. This scenic course starts at the State Capitol and goes through Downtown Frankfort and along the Kentucky River. A Two Mile walk option is also available for those participants that do not want to complete the entire Five Mile distance. All proceeds from this event support the Annual Giving Campaign which helps provide assistance for children and families in Franklin County so that they can participate in YMCA programs and memberships. In five years, over \$15,000 has been raised through this event. For more information contact Zack Hall, [zack@frankfortymca.org](mailto:zack@frankfortymca.org), 502.875.9276, ext. 102 or visit [www.frankfortymca.org](http://www.frankfortymca.org).

## **Ready to Rumble...Just How Ready?**

## Notes to Self

Spring is around the corner and there is no better time to get fit than today! You don't have to be a rocket scientist to know that exercise is good for you....but knowing something and acting on it, as we all know, are two totally different things. People generally fall into one of five categories when considering whether to embark upon an exercise/movement program (or any other lifestyle change)

Stage 1: The INACTIVE/NOT EVEN THINKING ABOUT IT – those who do no physical activity and do not intend to start in the next 6 months.

Stage 2: The INACTIVE AND THINKING ABOUT BECOMING MORE ACTIVE – includes those who do not participate in physical activity but intend to start in the next 6 months.

Stage 3: DOING SOME PHYSICAL ACTIVITY – participate in some activity, but not at levels meeting the American Heart Association guidelines of at least 30-60 minutes of moderate-intensity physical activity 5 or more days per week or at least 20 minutes of vigorous exercise on at least 3 days/ week, and they may or may not intend to become more physically active.

Stage 4: The DOING ENOUGH PHYSICAL ACTIVITY - these people participate in the recommended amounts of physical activity but have done so for less than 6 months and may or may not maintain this level of physical activity- either intentionally or because they may or may not be able to.

Stage 5: The PHYSICAL ACTIVITY IS A HABIT - those who have and continue to participate in physical activity for 6 months or longer. (Marcus & Simkin, 1993)

## Notes to Self

You probably know people in all the stages. Take a moment now and consider what stage you're *currently* in and record it below:

I am in Stage \_\_\_\_\_ because \_\_\_\_\_

---

---

---

---

---

---

We know that just by picking up this booklet, you're at least at Stage 2. Yea! If you're already at Stage 5, you probably could have written half this booklet! However, most of us fluctuate between stages based upon life circumstances and we hope it is your goal to move toward and/or stay at Stage 5. This booklet has been prepared to assist you in that goal,

### **Let's Get This Party Started!**

First, we want to congratulate you for signing up for any or all of the races in the inaugural Frankfort Trifecta Run/Walk Race Series. You are taking a positive step toward a healthier you. Studies have shown that people are more successful in sticking with and making positive life changes when they 1) know what to do, and 2) write it down. This booklet was designed to help you improve your physical conditioning, with those two tenets in mind.

## **Knowing What to Do**

## Notes to Self

There are several components of our training booklet, briefly described below:

**Stage 2 & 3 Beginner's First Month Guide** – for our beginners, just getting started for the first time or started again after a long layoff. Frequently referred to as “Couch to 5K” training, we want to assure you we know there are times when you were doing anything but lying around on the couch!!

**Month by Month Quick-Look Training Guide** – This includes three levels of training – the above, plus an intermediate and advanced training schedule, taking you from 3K to 5K to 5 mile distances safely. Refer to these pages to see at a quick glance your daily training. If the training is too easy, go up a level. Finding it too difficult? Go down a level. Listen to your body!

**Weekly Pages:** This section lists each of the 16 weeks leading up to the final leg of the Trifecta. The right hand pages contain information/tips for you to consider as you make healthy changes in your lifestyle; the left hand pages are the week's workouts, plus space to record your progress toward accomplishing your fitness goals.

**Reference Pages:** The last pages of the booklet contain information that you may or may not need immediately but may need in the future. These include the Trifecta Race Routes, suggested websites & books, stretching exercises, information on common running injuries, and future events in our area related to physical activity and wellness.

**Notes to Self:** For those times when you need more than a few lines, these pages are there for you!

## **References:**

**Statistics for this training booklet were obtained from any of the following sources:**

- *Motivating People to Be Physically Active*, 2<sup>nd</sup> Ed/BH Marcus, LAH Forsyth—2<sup>nd</sup> Ed. 2009 Human Kinetics
- <http://www.cdc.gov/obesity/data/trends.html#State><http://www.ncsl.org/?tabid=13877>
- <http://www.americashealthrankings.org/yearcompare/2009/2010/KY.aspx>
- <http://www.americashealthrankings.org/Measure/2010/List%20All/Premature%20Death.aspx>
- <http://www.americashealthrankings.org/yearcompare/2009/2010/KY.aspx>
- Centers for Disease Control and Prevention
- United Health Foundation, National Conference of State Legislatures
- [http://www.milkeninstitute.org/pdf/ES\\_ResearchFindings.pdf](http://www.milkeninstitute.org/pdf/ES_ResearchFindings.pdf)<http://www.americashealthrankings.org/yearcompare/2009/2010/KY.aspx>
- <http://www.countyhealthrankings.org/kentucky/franklin>

*Special Thanks to Mary Lassiter & Greg Harkenrider for their assistance with Kentucky statistics.*

Injury Information article by Christie Aschwanden, March 2011 Issue of Runner's World magazine (For complete article, go to <http://www.runnersworld.com/article/0,7120,s6-241-285--13841-8-1X2X3X4X5X6X7-8,00.html>)

All women over the age of 50 (including those who have no symptoms and no personal history of ovarian cancer) are eligible for a free ovarian cancer screening.

\* Women over the age of 25 who have a family history of ovarian cancer are also eligible for a free screening.

To schedule a screening, call locally (859) 323-4687 or toll-free 1-800-76-OVARY (1-800-766- 8279) from anywhere else in the Commonwealth. You may also learn more about the UK Ovarian Cancer Screening Program online at <http://ovarianscreening.info/>.

## **Writing It Down**

Unless you are incredibly disciplined and have a fabulous memory, we highly recommend you make notes to yourself each day about your training. What you write down is up to you. Recording any thoughts or things you noticed about your workout will allow you to have increased knowledge of your body in particular! Everyone progresses at different levels, and the only person you should compare yourself to is...you! Here are a few things you could record – you be the judge on what's important to you:

- A simple check mark for getting it done!
- Heart rate, how your breathing was, how did your legs feel, did you have any side stitches?
- Where you ran/walked. Were you with others or alone? Hills? Treadmill? Time of day?
- Weather conditions (temperature, humidity level, etc.).
- Distance covered or time (unless that's a given in the training program).
- Any new insights discovered, goals, revelations (some serious "discovery" can happen while exercising!).
- Any joint discomfort?
- How you felt before and after the workout.
- What you had to eat that day.

The important thing is that each day, you are making the decision to do something toward the goal of better health. By the end of the four month training program, we hope you can look back and see positive changes, pat yourself on your back, and keep at it! Now, let's REALLY get started!!

## **Beginners (Stage 2 or 3)**

### **30:30 WRW Conditioning Phase**

1. Each day, you will go out for **30 minutes** – 15 minutes one way, then turn around and come back.
2. **First 15 minutes:** 10 minutes, walk, no running! Next 5 minutes: Run/walk intervals\*. Turn around.
3. **Second 15 minutes:** 10 minutes: Run/Walk Intervals\*. Last 5 minutes: Walk, no running!
4. It's okay to occasionally take a day off, but be as consistent as you can. You may also substitute another activity (bike riding, gardening, dancing) on occasion.

\***Run/Walk Intervals:** Alternate running and walking for a set time; e.g. run for 30-45 seconds, and then walk for 30-45 seconds. The time intervals you spend running and walking will be determined by your ability, i.e. you may need to run 15 seconds, walk 45, or you may be able to run one minute, walk one. Your Run/Walk intervals will last 15 minutes each day.

**Warm Up/Cool Down:** Your best results will come if you walk the first 10 and last 5 minutes.

#### **Use the above "Walk: Run/Walk: Walk" Plan if you are:**

- A beginner, someone brand new to running
- Someone recovering from an injury
- Someone who has twinges of pain during running
- Someone returning to running after taking time off (weeks, months, years!)
- Current runner who has hit a plateau or is bored with current running
- More than 30 pounds overweight

#### **Modifications, Warm Up Component (first 10 minutes):**

- If you've been sitting all day at work or if your workout is the first thing in the morning, you may want to make the warm up phase longer. Likewise, if your job (or day) has involved a lot of physical activity, you may shorten this phase (but do not eliminate!)

## **Recommended Websites:**

[www.runnersworld.com](http://www.runnersworld.com)  
[www.webmd.org](http://www.webmd.org)  
[www.active.com](http://www.active.com)  
[www.sparkpeople.com](http://www.sparkpeople.com)  
[www.proactivetherapy.org](http://www.proactivetherapy.org)  
[www.womenshealthmag.com](http://www.womenshealthmag.com)  
[www.jeffgalloway.com](http://www.jeffgalloway.com)  
[www.drinkwaterfirst.com](http://www.drinkwaterfirst.com)  
[www.mapmyrun.com](http://www.mapmyrun.com)  
[www.teamintraining.org](http://www.teamintraining.org)

## **Recommended Reading:**

Running for Mortals, by John Bingham & Jenny Hadfield, Rodale Books, 2007

Galloway's Book on Running by Jeff Galloway

Masters Running by Hal Higdon

Run Less Run Faster by Bille Pierce, Scott Murr, Ray Moss

The Every Woman's Guide to Marathoning by Wendy Robbins & Alyce Vilines

Lore of Running by Tim Noakes

Nancy Clark's Sports Nutrition Guidebook by Nancy Clark

Food Guide for New Runners: Getting it Right from the Start by Nancy Clark

Sports Nutrition for Endurance Athletes by Monique Ryan

Eat This and Live, Don Colbert, 2009, Siloam

Beautiful Bones Without Hormones, by Leon Root, M.D. and Betty Kelly Sargent, Gotham Books, 2004

Age-Defying Fitness by Marilyn Moffat & Carole Lewis

No Need for Speed by John Bingham

The Ultimate Guide for Weight Training for Running

Runner's World magazine

Running Journal magazine







# MAY 2011

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Sun 5/1	3 miles (E)	3 miles (E)	6 miles (E)
Mon 5/2	Walk 60 min.	2.5 miles (E) ST	3 miles (E) ST
Tues 5/3	Rest	Rest	4 miles (E/M)
Wed 5/4	X-Train 30-35 min.	X-Train 30-40 min.	X-Train 30-40 min.
Thurs 5/5	2.5 miles (M), ST	2.5 miles (M) ST	3.5 miles (M), ST
Fri 5/6	Rest	Rest	Rest
Sat 5/7	X-Train 30-45 min.	X-Train 30-45 min.	X-Train 35-45 min.
Sun 5/8	3 miles (E)	3.5 miles (E)	6 miles (E)
Mon 5/9	Walk 60 min.	2.5 miles (E) ST	3 miles (E) ST
Tues 5/10	Rest	Rest	4 miles (E/M)
Wed 5/11	X-Train 30-35 min.	X-Train 30-40 min.	X-Train 30-40 min.
Thurs 5/12	2.5 miles (M), ST	2.5 miles (M) ST	2.5 miles (H), ST
Fri 5/13	Rest	Rest	Rest
Sat 5/14	X-Train 30-45 min.	X-Train 30-45 min.	X-Train 35-45 min.
Sun 5/15	3.5 miles (E)	3.5 miles (E)	6 miles (E)
Mon 5/16	Walk 60 min.	2.5 miles (E) ST	3 miles (E) ST

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Tue 5/17	Run	Rest	4 miles (E/M)
Wed 5/18	Rest	X-Train 30-40 min.	X-Train 30-40 min.
Thurs 5/19	Rest	ST	ST
Fri 5/20	Pro.Active 5K	Pro.Active 5K	Pro.Active 5K
Sat 5/21	Rest	Rest	Rest
Sun 5/22	3.5 miles (E)	4 miles (E)	6.5 miles (E)
Mon 5/23	Walk 60 min.	3 miles (E) ST	3 miles (E) ST
Tues 5/24	Rest	Rest	4.5 miles (E/M)
Wed 5/25	X-Train 30-35 min.	X-Train 30-40 min	X-Train 30-40 min.
Thurs 5/26	2.5 miles (M), ST	2.5 miles (M) ST	2.5 miles (M), ST
Fri 5/27	Rest	Rest	Rest
Sat 5/28	X-Train 30-45 min.	X-Train 30-45 min.	X-Train 45-60 min.
Sun 5/29	4 miles (E)	4 miles (E)	7 miles (E)
Mon 5/30	Walk 60 min.	3 miles (E) ST	3 miles (E) ST
Tues 5/31	Rest	Rest	4.5 miles (E/M)

**KEY**

ST = Strength Training and Stretching

E = Easy Pace (55-65% of your Max Heart Rate)

M = Moderate Pace (65-80 % of your Max Heart Rate)

H = Hard Pace (75-90 % of your Max Heart Rate)

X-Train = Cross Training (bike, swim, EFX)

Estimated Max Heart Rate = 220-age

even deadly so it is important that it is taken seriously. If you suspect that a loved one has an eating disorder, below are some things you should or shouldn't you do:

- Express your concern to the individual carefully.
- Express your concerns about the person's health or energy.
- Do not accuse the person of being anorexic or bulimic. In fact, it is best to not even discuss weight or eating habits with the individual.
- Don't expect the person to admit they have an eating disorder right away, as they may or may not recognize it or care to admit it.
- Be supportive, patient, and nonjudgmental.
- Encourage the person to seek professional help but do not force it on them, only suggest it and perhaps be prepared to help him/her find the help they need.

Another eating disorder more recently described in the literature is orthorexia – the phobia of eating unhealthy foods and obsession with eating only health foods. As with any disorder, the issue lies within the excessive fixation on an area of health to the degree that it interferes with a person's ability to function day to day. and is much deeper than just what the person will eat or not eat. The same principles for helping someone you suspect has anorexia or bulimia apply to being there for the person with orthorexia.

The healing process from these disorders can take a long time. As the person is in recovery, continue to avoid comments about the person's appearance, eating habits, or weight. This can be destructive to their recovery and healing. Instead, keep in mind that the person is an individual with gifts and talents and treat them as you would any of your friends/family. There is more to this person than her/his illness and recognizing that can help him/her do the same.

For more information about eating disorders, visit [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

Thanks to Ashley Snelling McCoin, for sharing the above information. Ashley may be contacted at [ashley\\_snelling@eku.edu](mailto:ashley_snelling@eku.edu).

## When a Good Thing Goes too Far.....

For most people, the guidelines and tips suggested in this booklet will help them to become healthier both mentally and physically. But what happens when it's taken too far, is an obsession, or even becomes unhealthy for the individual? The two most recognized eating disorders are **anorexia nervosa** and **bulimia nervosa**. **Anorexia** is characterized as the refusal to maintain a healthy body weight and fear of gaining weight. **Bulimia**, on the other hand, is most commonly known as the disorder in which one binges and purges. A person with bulimia might binge and then purge in a variety of ways. Some common ways of purging are self-induced vomiting, laxative or diuretic abuse, fasting, and over-exercising.

How do we know if a friend or loved one has an eating disorder and what do we do? Not all individuals with eating disorders will have the same symptoms, or all of the symptoms listed below. Just like every person is different, everyone with an eating disorder does not have the same story. It is important to realize that these disorders are not really about the food. The eating disordered behaviors are a symptom of something deeper going on. Listed below are some symptoms that are commonly recognized in individuals with eating disorders:

- restrictive dieting
- significant weight loss
- withdrawal or isolation
- chronic fatigue
- excessive exercise
- loss of concentration
- dehydration
- pale, dry skin
- cold intolerance
- depression, mood swings
- fainting or lightheadedness
- quickly consuming large amounts of food, followed by a trip to the bathroom
- wide fluctuations in weight over a short period of time
- wearing bulky clothing in attempt to cover up their body
- distorted body image, e.g. believing they are fat even when thin)
- avoiding eating with others, or avoiding activities that involve food

These are only some of the symptoms that a person with an eating disorder may have. Eating disorders can be very dangerous and

## JUNE 2011

DATE	LEVEL 1	LEVEL 2	LEVEL 3	DATE	LEVEL 1	LEVEL 2	LEVEL 3
Wed 6/1	X-Train 30-35 min.	X-Train 30-40 min.	X-Train 30-40 min.	Fri 6/10	Rest	Rest	Rest
Thurs 6/2	3 miles (M) ST	3 miles (M) ST	3 miles (H) ST	Sat 6/11	X-Train 30-45 min.	X-Train 30-45 min.	X-Train 45-60 min.
Fri 6/3	Rest	Rest	Rest	Sun 6/12	3 miles (E)	3 miles (E)	4 miles (E)
Sat 6/4	X-Train 30-45 min.	X-Train 30-45 min.	X-Train 45-60 min.	Mon 6/13	Walk 60 min.	3 miles (E) ST	3 miles (E) ST
Sun 6/5	4 miles (E)	4.5 miles (E)	6 miles (E)	Tues 6/14	Rest	Rest	Rest
Mon 6/6	Walk 60 min.	3 miles (E) ST	3 miles (E) ST	Wed 6/15	X-Train 30-35 min.	X-Train 30-40 min	X-Train 30-40 min.
Tues 6/7	Rest	Rest	4.5 miles (E/M)	Thurs 6/16	2 miles (E) ST	2 miles (E) ST	2 miles (E) ST
Wed 6/8	X-Train 30-35 min.	X-Train 30-40 min.	X-Train 30-40 min.	Fri 6/17	Rest	Rest	Rest
Thurs 6/9	3 miles (M) ST	3 miles (M) ST	3 miles (H) ST	Sat 6/18	Activate America 5 Miler	Activate America 5 Miler	Activate America 5 Miler

### KEY

ST = Strength Training and Stretching

E = Easy Pace (55-65% of your Max Heart Rate)

M = Moderate Pace (65-80 % of your Max Heart Rate)

H = Hard Pace (75-90 % of your Max Heart Rate)

X-Train = Cross Training (bike, swim, EFX)

Estimated Max Heart Rate = 220-age

# Congratulations!

# You made it!

## Getting Out the Door

Running and walking are two of the most accessible forms of exercise, requiring a simple willingness to give it a try and a good pair of shoes! The convenience of walking out your back door and run/walking around your neighborhood is appealing for many busy people. Below are your options, and advantages /disadvantages of each for where to take your first steps!.

**Treadmill:** Ease (in home); visit with others (gym), can easily measure distance and time. Can increase workout by increasing incline. Can watch TV program. Inclement weather is not an issue. Not all treadmills are accurate, and some are set on a slight decline, so more difficult when you do run outside or at a race. Single plane motion, so less adaptation by the body, which can increase the chance for overuse injuries in your leg joints. Expensive.

**Trails:** Being in nature is a bonus, and usually results in a run/walk where you focus less on your body. Watch out for tree roots and debris! Challenges your joints as ground is uneven, which is a good thing for overall fitness.

**Grass:** Grass is cooler (than pavement) to run on in hot weather. Constantly changing surface is actually good for your body, but be careful if you have weakness or any instability in your ankles.

**Track:** Boring! But you will know how far you have gone!

**Asphalt:** Usually slanted so may create joint problems if you run exclusively on asphalt, but you should do some of your training there as most races are on asphalt surfaces.

**Concrete:** Most sidewalks, so safe area, but hardest surface on which to run, results in increased jarring and stress on your legs.



## Pro.Active Therapy's Role in Your Recovery

Our physical therapists at Pro.Active Therapy are doctorally trained and licensed healthcare professionals that specialize in the evaluation and treatment of movement dysfunction. Our professional staff includes the following: Michael Anthony, PT, DPT, Terry Brown, PT, DPT, COMT, Mike Harris, PTA, David Lodmell, PT, DPT, and Art Nitz, PT, PhD, OCS, ECS. Together, they have over 85 years combined professional experience providing care in Franklin County.

Over the years they have delivered quality, evidence based evaluation and treatment to thousands of runners, other athletes and patients. They continue to be involved in clinical research, present nationally on the latest physical therapy interventions and have lectured at many university physical therapy programs and professional conferences. This makes Pro.Active Therapy's physical therapists the practitioners of choice for any movement problem.

We wish you a pain and injury free lifetime of fitness. If you do have problems, we are your first choice for treatment. Call 502-223-7403 to schedule an appointment. The office staff will be able to answer any questions you may have about insurance. You do not have to have a physician's referral to be seen by a physical therapist.

We are located east of Juniper Hill Park at 1004 Leawood Drive, Frankfort, KY. To find out more about Pro.Active Therapy and sign up for our free monthly newsletter, visit our website at [www.proactivetherapy.org](http://www.proactivetherapy.org). Find us on Facebook also!

running injuries. Almost six percent of poll respondents had one in the past year.

### **WHO'S AT RISK?**

Runners who overtrain. Bones need downtime to rebuild after a workout. If you increase the duration, intensity, or frequency of your running too soon, your bones can't repair themselves fast enough to keep up. Stress fractures are more common in women than men, usually due to nutritional deficits, low estrogen levels, and inadequate calorie intake. Luckily, weight-bearing exercise like running is protective, which means experience is on your side. "The longer you've been running, the lower your risk is," Dr. Price says.

### **CAN YOU RUN THROUGH IT?**

In a word, no. Expect to take eight to sixteen weeks off from running. The amount of rest you'll need depends on the severity of the fracture and its location. Weight-bearing bones like those in the foot heal slower than those in the shin, for example. "And, if you ran through the pain for a while before you realized you had a fracture, your recovery could take longer," Merrill says. Avoid all impact exercise. Instead, pool-run and swim.

### **REHAB IT**

Listen (well) to your body. "Once you can walk without any pain, you can try a bit of jogging," Dr. Price says. "But you have to back off if there is lingering pain. It's crucial that you build your mileage slowly. Start with just a few minutes."

### **PREVENT A RELAPSE**

Improve bone density with weight training, and make sure you're getting enough calories and nutrients. Contrary to popular belief, running surfaces don't seem to make a difference. "It makes sense that running on soft surfaces like grass would be better than roads, but studies have not borne that out," Dr. Price says.

Abbreviated from the article by Christie Aschwanden, March 2011 Issue of Runner's World magazine (For complete article, go to <http://www.runnersworld.com/article/0,7120,s6-241-285--13841-8-1X2X3X4X5X6X7-8,00.html>)



## WEEK 1

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Monday 2/28	Walk, Run-Walk, Walk	1.5 miles (E), ST	3 miles (E), ST
Tuesday 3/1	Walk, Run-Walk, Walk	Rest	3.5 miles (E)
Wednesday 3/2	Walk, Run-Walk, Walk	X-Train 20-30 min.	X-Train, 30-40 min.
Thursday 3/3	Walk, Run-Walk, Walk	1.5 miles (M), ST	3 miles (M), ST
Friday 3/4	Walk, Run-Walk, Walk	Rest	Rest
Saturday 3/5	Walk, Run-Walk, Walk	X-Train 25-35 min.	X-Train 30-40 min.
Sunday 3/6	Walk, Run-Walk, Walk	2 miles (E)	4 miles (E)

## **Cold Weather Running**

In KY we certainly have the four seasons, and March can be a mixture of winter days interspersed with a teasing of spring temperatures. The most comfortable outdoor running temperature for most runners/walkers is about 40-60 degrees. For those days when it's cooler, here are some basic guidelines for cool weather running/walking:

- **Top Your Head & Neck:** "Buffs", a neck-like scarf, is great in cold weather and can be left around the neck, or pulled up in a variety of ways to cover your mouth, nose, ears, head, whatever! A sock hat, hat, ear muffs, and/or head bands also work well. Chapstick is a must!
- **Gloves:** Mittens keep your hands warmer than gloves; Finger gloves, especially ones with a pull-back mitten section, are great for keeping the fingers warm initially, and letting you cool off a bit as you warm up.
- **Trunk:** Sweat wicking material shirts – layered. Leave the cotton for sleeping in – even though it's warm – as you sweat, it will hold moisture and make you cold and can also cause underarm abrasions. Clothing made of polypropylene is a great choice.
- **Legs:** Sweat wicking running pants, again, layered, depending upon the temperature. Don't wear heavy cotton sweat pants – they're difficult to run in and hold in moisture if they get wet or you sweat – which you will!
- **Socks:** Smart Wool brand socks are great for the coldest weather and hold up very well. Cotton socks will hold in moisture – increasing the chance of getting cold feet and blisters, so again, look for wool or special running socks for winter. They are worth the extra money!
- While we don't think about it as often, cold air is dry and we lose body fluids through evaporation. Make sure you hydrate well prior to exercising. For comfort, go to the bathroom immediately prior to going outside for your run, as you don't want a full bladder on a cold day!
- Finally, experiment with what feels most comfortable to you. By recording temperatures, and whether you were sufficiently covered, you'll figure out what is best to wear!

### **PREVENT A RELAPSE**

The easiest and best way to avoid shinsplints is to increase mileage gradually. Saxena also says to make sure you are in an appropriate shoe. Beginners, especially, can benefit from the professional help at a specialty running shop. If you have high arches, you may need a cushioned shoe. Or if you have flat feet, "a rigid shoe might be the solution," he says.

### **6. ILLIOTIBIAL BAND SYNDROME(ITBS)**

The iliotibial (IT) band lies along the outside of the thigh, from the hip to the knee. When you run, your knee flexes and extends, which causes the IT band to rub on the side of the femur. This can cause irritation if you take up your mileage too quickly, especially if you're doing a lot of track work or downhill running. ITBS makes up 12 percent of all running injuries. Fourteen percent of poll respondents experienced this in the past year.

#### **WHO'S AT RISK?**

Runners who develop ITBS may overpronate, have a leg-length discrepancy, or suffer from weak hip abductor and gluteal muscles. "If your hip motion is not well controlled, then your IT band gets stretched with your running stride, and that can irritate it," Heiderscheit says.

#### **CAN YOU RUN THROUGH IT?**

ITBS is known as a stubborn, nagging injury. "Take a rest day or two and back off your mileage for a week, and you could avoid a full-blown flare-up," Dr. Price says. If you ignore the first symptoms and continue training at your usual mileage and intensity, you can exacerbate it.

#### **REHAB IT**

Strengthen the hip abductors with lateral side steps, side leg lifts, and one-legged squats. Use a foam roller before and after you run. Rest the outside of your thigh on top of the roller, and roll your IT band from your knee to your hip. Hiking and bicycling can aggravate ITBS. Instead, swim, pool-run, and use an elliptical trainer.

#### **PREVENT A RELAPSE**

Continue exercises and foam-rolling. "Change directions every few laps while on a track, and limit how often you do hilly routes," Heiderscheit says. IT band issues often get better if you can learn to shorten your stride so that your weight centers on the front of the heel or the midfoot as you land. "A five to ten percent difference in your stride length can make a huge difference," Heiderscheit says.

### **7. STRESS FRACTURE**

Unlike an acute fracture that happens as the result of a slip or fall, stress fractures develop as a result of cumulative strain on the bone. Runners most often have stress fractures in their tibias (shin), metatarsals (feet), or calcaneus (heels). They are one of the most serious of all

"Home Remedies," below) while you relax keeps your arch from tightening up.

**REHAB IT**

"Roll your foot over a frozen water bottle for five minutes at a time, five times a day," Saxena says. To stretch your plantar fascia, sit with one leg crossed over the other so that your right ankle rests on your left knee. Grab the end of your right foot at the toes and gently pull back. Because calf tightness can be a factor, Merrill also recommends using a foam roller to loosen them up. He also stresses the importance of doing core work (planks, back extensions). "When I see someone who has had plantar pain for years, they're almost always missing core strength," Merrill says. "Sometimes all they need is some core work and their heel gets better. A stable core reduces stress on the spine and stops pain transference to the foot."

**PREVENT A RELAPSE**

"Make sure your shoes fit your foot type by getting an analysis at a running shoe store or from a podiatrist or physical therapist," says Saxena. A custom orthotic may even help. Stretch and massage the plantar fascia several times a day. In the morning, hang your feet over the edge of the bed and roll your ankles. Do core work at least twice a week.

**5. SHINSPLINTS**

"Shinsplints" refers to medial tibial stress syndrome, an achy pain that results when small tears occur in the muscles around your tibia (shin bone). This makes up about 15 percent of running injuries, Ten percent of runnersworld.com respondents poll had shinsplints in the past year.

**WHO'S AT RISK?**

Shinsplints are common among new runners and those returning after an extended layoff. "They're a sign that you've done too much, too quickly," Dr. Price says. Shinsplints strike runners wearing the wrong shoe or a pair with too many miles, and those with high arches or flat feet.

**CAN YOU RUN THROUGH IT?**

When the first twinges of pain strike, back off your running to a comfortable level for a few days to a week, then slowly up your mileage using the 10 percent rule (no more than 10 percent increase per week). Bike, pool run, and swim.

**REHAB IT**

Rest, ice, and ibuprofen can ease the pain. "Though conventional wisdom has preached calf stretching as a way to rehabilitate shinsplints, there's little evidence that helps," Price says. Taping the shin with Kinesio Tex tape can relieve pain and speed healing. (See how at [runnersworld.com/shintape](http://runnersworld.com/shintape)). Wearing an air cast ankle brace throughout the day, even while running, can speed recovery. "These braces stabilize the ankle so the shin muscles don't have to work so hard to support your leg," Saxena says.

**WEEK 2**

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Monday 3/7	Walk, Run-Walk, Walk	1.5 miles (E), ST	3 miles (E), ST
Tuesday 3/8	Walk, Run-Walk, Walk	Rest	3.5 miles (E)
Wednesday 3/9	Walk, Run-Walk, Walk	X-Train 20-30 min.	X-Train 30-40 min.
Thursday 3/10	Walk, Run-Walk, Walk	1.5 miles (M), ST	3 miles (M), ST
Friday 3/11	Walk, Run-Walk, Walk	Rest	Rest
Saturday 3/12	Walk, Run-Walk, Walk	X-Train 25-35 min.	X-Train 30-40 min.
Sunday 3/13	Walk, Run-Walk, Walk	2 miles (E)	4.5 miles (E)

## **Don't forget Your Shoes!**

And last, but not mentioned in the previous pages on Cold Weather Running, is to wear SHOES! A no brainer there! All joking aside, your shoes are the most important piece of running clothing whether it is cold or hot.

Shoes specific for running/walking will be your main expense for this form of exercise. It is worthwhile to get a shoe that fits your foot and needs. Running shoes come in four types:

**Motion Control** (for a foot that has excessive or prolonged pronation; i.e. flattens on weight bearing), **Neutral** (for a foot that pretty much functions as it should), **Shock Absorbing** (for a foot with limited pronation and thus early supination), and the new "barefoot" running shoes – that neither control motion or provide support, but protect the feet during simulated barefoot running. (There may be a Frankfort Barefoot Trot this year-stay tuned.)

For now, visit your local running shoe store or ask your physical therapist what shoe type would be best for the particular way your foot functions. Try on several brands until you find the one that works for you.

## **To the Top...It's All In Your Head.....**

*The good Lord gave you a body that can stand most anything. It's your mind you have to convince.*

*Vincent Lombardi*

### **Pro.Active Therapy's Lunch & Learn #1**

**TOPIC:** *Your Brain on Exercise*

**SPEAKER:** *Dr. Charley Carlson*

*Pro.Active Therapy Clinic, 1004 Leawood Drive*

*Thurs., March 17<sup>th</sup>, Noon – 1:00*

Brown bag it - we'll give you time to get settled and to get back to work....*even more ready for the first leg of the Trifecta, Good Shepherd's Run for the Gold 3K!*

ally run, but it will take some time before you're back in the green zone. "Hamstring issues stink," Price says. "It takes a long time to heal them." Running a slow, easy pace is usually less bothersome than attempting intervals or hill repeats. Bicycling, pool running, and swimming are good alternative activities.

### **REHAB IT**

Strengthen your hamstrings with one-legged hamstring curls; raise the bar with both legs, then slowly lower it one leg at a time, and one-legged deadlifts. "Use a foam roller to alleviate tightness before and after a run," Merrill says. In chronic cases, active release technique (ART) and deep-tissue massage may be necessary.

### **PREVENT A RELAPSE**

Stay strong with bridges. Lie on your back with your feet on a chair or exercise ball. Raise your hips, then lift one leg into the air. Slowly lower your hips back down to the floor, using the supporting leg. Return that leg to the ball. Repeat with the other leg. Also, compression tights (see "Home Remedies," below) during or after running can aid blood flow.

## **4. PLANTAR FASCIITIS**

It's not shocking that about 15 percent of all running injuries strike the foot. With each step, our feet absorb a force several times our body weight. Plantar fasciitis, small tears or inflammation of the tendons and ligaments that run from your heel to your toes, is usually the top foot complaint among runners. Ten percent of runnersworld.com poll respondents struggled with it this past year. The pain, which typically feels like a dull ache or bruise along your arch or on the bottom of your heel, is usually worse first thing in the morning.

### **WHO'S AT RISK?**

Runners with very high or very low arches are vulnerable, Saxena says, because both foot types cause the plantar fascia to be stretched away from the heel bone. Other causes are extreme pronation (foot rolls inward excessively) or supination (foot rolls outward excessively) and increasing your mileage too quickly. Long periods of standing, especially on hard floors without supportive footwear, may exacerbate the problem. Tight hip flexors, weak core muscles, and a history of lower back pain can also contribute. "Back issues and core weakness can lead to subtle changes in your stride that you'll feel in the feet," Merrill says.

### **CAN YOU RUN THROUGH IT?**

Plantar fasciitis is one of the most notoriously nagging injuries, and running through it, while possible, can delay healing. "Recovery time can range from three months to a year, but six months is fairly typical," Saxena says. In chronic cases, a complete break from running is usually best. Pool running and swimming keep pressure off your feet. Cycling or using an elliptical can help you maintain fitness, but only if you can do those activities without pain. Wearing a Strassburg Sock (see

## 2. ACHILLIES TENDONITIS

The Achilles tendon connects the two major calf muscles to the back of the heel. Under too much stress, the tendon tightens and becomes irritated (tendonitis). It makes up eleven percent of all running injuries. Eight percent of runnersworld.com poll respondents dealt with it this past year.

### WHO'S AT RISK?

Runners who dramatically increase training, (especially hills and speed-work) and have tight, weak calves are vulnerable.

### CAN YOU RUN THROUGH IT?

"If you have any pain during or after running, stop," says Amol Saxena, D.P.M., a sports podiatrist in Palo Alto, California. "This is not an injury to run through." If you catch a minor strain early, a few days off might be sufficient healing time. If you keep running as usual, you could develop a serious case that may take six months to go away.

### REHAB IT

Five times a day, apply ice. Strengthen the calves with eccentric heel drops; stand with the balls of your feet on a step. Rise up on both feet. Once up, take your stronger foot off the step. Lower down on your injured foot, dropping your heel below the step. Rise back up, return your other foot to the step. Do 20 reps. Pool-run, use an elliptical machine, and swim, but avoid cycling unless it's not painful.

### PREVENT A RELAPSE

"Strong calves protect your achilles from flare-ups," Dr. Price says, "so do heel drops daily. Avoid aggressive calf stretching and wearing flip-flops and high heels, all of which can irritate the achilles."

## 3. HAMSTRING ISSUES

The muscles that run down the back of our thighs bend our knees, extend our legs, drive us up hills, and power finish line kicks. So when our hamstrings are too tight or weak to perform well, we notice it. Seven percent of poll respondents say their hamstrings have bugged them this past year.

### WHO'S AT RISK?

Hamstring issues usually arise because these muscles are weak, often from being too long or too short. Counterintuitive as it might seem, very flexible people are prone to hamstring problems because their overly stretched-out muscles are more vulnerable to damage. On the flip side, people who can barely touch their toes or who sit for long periods of time are also at risk. Tight, short muscles are under greater tension. Another factor is muscle imbalance: Many runners' quadriceps overpower their hamstrings, which sets them up for injury.

### CAN YOU RUN THROUGH IT?

If the pain comes on suddenly and strong and the area bruises, you may have a true pull and you'll need extended rest (months) before you can run again. If it's a less severe, chronic overuse injury, you can usu-

## WEEK 3

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Monday 3/14	Walk, Run-Walk, Walk	2 miles (E),ST	3 miles (E), ST
Tuesday 3/15	Walk, Run-Walk, Walk	Rest	3.5. miles (E)
Wednesday 3/16	Walk, Run-Walk, Walk	X-Train 20-30 min.	X-Train 30-40 min.
Race Bag Pick Up and Late Registration: 4-6 pm, Marcus Bldg., 311 St. Clair St.			
Thursday 3/17	Run for the Gold 3K	Run for the Gold 3K	Run for the Gold 3K
Race Bag Pick Up and Late Registration: 11am-6pm, Marcus Bldg., 311 St. Clair St.			
Friday 3/18	Walk, Run-Walk, Walk	Rest	Rest
Saturday 3/19	Walk, Run-Walk, Walk	X-Train 25-35 min.	X-Train 30-40 min.
Sunday 3/20	Walk, Run-Walk, Walk	2.5 miles (E)	4.5 miles (E)

Lunch & Learn #1

# **Principles of Training**

Just in case you missed it, exercise is good for you! Here are just some of the benefits of regular, aerobic exercise:

- Stronger bones, less osteoporosis, better posture
- Anti-aging benefits: less vision loss, less erectile dysfunction, less dementia and increased longevity
- Better blood sugar control for diabetics
- Reduced blood pressure and better cholesterol numbers
- Less wheezing and shortness of breath for asthmatics
- Decreased chance of colon, breast, lung cancer (and many more types of cancers are reduced)
- Decreased chance for strokes, heart attacks and early death related to these cardiovascular problems
- Increased focus, concentration and ability to stay on task
- Increased relaxation ability and decreased insomnia
- Fewer degenerative changes

Some people believe they get enough exercise “on the job”.

While it is true that some jobs require more physical activity than others, there are certain principles in exercise that must be sustained in order to get the above benefits. Doing the same job day in and out results in adaptation. This means that, while initially you may benefit from your job's physicality, over time you will not continue to get the benefits.

Below are the training principles that lead to a change in your aerobic conditioning (fitness level), and which are incorporated into the Frankfort Trifecta Training Programs:

- **You must train AEROBICALLY!** Exercise that makes you have moderate to heavy breathing but still allows you to carry on a conversation is aerobic. Benefits start accruing in as little as 10 minutes of aerobic exercise, but at least 30 minutes, 5 times a week is recommended for optimal benefits. Examples of aerobic exercise include: walking, running, dancing, cycling, spin class, aerobic dance, and circuit training.
- **You must increase the INTENSITY of your workout to get faster/stronger over time.** Intensity may be increased by increasing the time, distance or pace of your workout. Increasing your pace to a level where you are huffing and puffing and can only sustain for

## **1. RUNNER'S KNEE**

Patellofemoral pain syndrome (PFPS), or "runner's knee," is the irritation of the cartilage on the underside of the patella (kneecap). About 40 percent of running injuries are knee injuries. And 13 percent of runners suffered knee pain in the past year, according to 4,500 respondents to a runnersworld.com poll. PFPS typically flares up during or after long runs, after extended periods of sitting, or while descending hills and stairs.

### **WHO'S AT RISK?**

Anyone with biomechanical factors that put extra load on the knee is vulnerable to PFPS, says Bryan Heiderscheit, Ph.D., P.T., director of the University of Wisconsin Runners' Clinic. Risk factors include over-pronation (excessive inward foot rolling) and weak quads, hips, or glutes.

### **CAN YOU RUN THROUGH IT?**

Yes, but taking extra rest days and reducing your mileage is necessary. Run every other day and only as far as you can go without pain. Some runners find that uphill running is less painful, so Heiderscheit recommends simulating hills on a treadmill. Uphill running has the added value of working your glutes. Strong gluteal muscles help control hip and thigh movement, preventing the knees from turning inward. Avoid running downhill, which can exacerbate pain. Bicycling may speed your recovery by strengthening the quads. Elliptical training and swimming are other knee-friendly activities.

### **REHAB IT**

“Strengthen weak hip and gluteal muscles with lateral side steps,” says Charlie Merrill, M.S.P.T., a physical therapist at ALTA Physical Therapy in Boulder, Colorado. Place a loop of resistance band just above your ankles or your knees. Separate your feet and bend your knees, lowering down into a slightly crouched position. While staying in this position, walk sideways 10 to 15 steps, keeping your feet straight and your upper body still. Then reverse directions. Keep your feet separated to maintain band tension. When this becomes easy, try doing this on your toes with your heels off the ground. If there's a problem in the way your kneecap tracks, athletic tape may reduce pain (Merrill demonstrates knee taping at runnersworld.com/kneetape). Post-run icing also provides relief in the early stages of this injury. Heat works best once the injury is healing and no longer in an acute stage.

### **PREVENT A RELAPSE**

Heiderscheit recommends shortening your stride length and landing with the knee slightly bent, which can take up to 30 percent load off the joint. Count the number of steps you take per minute and increase by five to ten percent per minute. Keep your knee tracking correctly by strengthening your knee's support muscles like quads and glutes with exercises like lateral side steps and squats. It's also important to stretch your hip flexors.

## **The Big 7 Body Breakdowns** **How to avoid (and recover from) the** **most common running injuries**

*There are times when writing that someone else has said it as well or better than we could say it ourselves, so despite, as a physical therapist who could lay claim to more knowledge about injuries than anything else I've written in this booklet, I was delighted to see this article in the March 2011 issue of Runner's World Magazine, abbreviated version, reprinted with permission. To read the full article, please refer to the magazine or website link at the end of the article. And, keep yourself in the green zone! DBrown, PT*

In an ideal runner's world, every step of every mile would be 100 percent pain-free. No aches, no twinges, no lingering soreness from yesterday's workout. The reality is that many runners constantly deal with a slight (or not so slight) disturbance; a tender foot, a tight hamstring, a whiny knee. While these nagging issues often aren't serious enough to require a time-out, they are annoying, especially when they don't let you fully enjoy your time on the roads.

Think of running pains in terms of a spectrum. At one end you have severe, full-blown injuries—Call it the red zone, which includes stress fractures that require time off. The other end, where you're in top form, is the green zone. Mild, transient aches that bug you one day and disappear the next, sit closer to the green end. Unfortunately, many runners get stuck in the middle, the not-quite-injured but not-quite-healthy yellow zone.

"Whether you land in the red, linger in the yellow, or return to the green end of the spectrum depends largely on how you react when that first stab of pain hits," says Richard J. Price, M.D., a sports physician at Rocky Mountain Orthopedic Associates in Grand Junction, Colorado. "Often it comes down to whether you take a little time off now or a lot of time off later," he says. You can reduce your risk of ending up in the red zone if, at the first sign of an issue, you back off your mileage, reduce the intensity of your runs, start a treatment program, and develop a proactive, long-term injury-prevention strategy, such as strength training, stretching, and regular foam-rolling. "Physical therapy is like homework," Dr. Price says. "None of us likes having to do it, but if you don't do it, the issue will come back."

According to Price and a team of doctors and physical therapists consulted in the following pages, there are seven injury hotspots that most frequently plague runners. If you don't get a handle on them, these issues can trap you in that nefarious yellow zone, or worse, turn into an acute injury that forces you to take a layoff. Here's how you can keep annoying pains in check so you can move into—and, with hope, stay in the green zone.

a short time, is in the upper range of your aerobic ability, and may cross over into your anaerobic range. This simply means that your body is no longer using oxygen for its fuel. Anaerobic exercise can be sustained for a short time only, but is good for you to occasionally incorporate into your training for improved abilities.

- **You must allow for recovery to improve. Rest is as important as training! ("Stress, then Rest" Rule)** Have 1-3 rest days during your training. Like sleep, this is the time your body repairs and builds up your heart, lungs, muscles and bones. Do either no exercise or a very light jog/walk during rest days. Cross training (biking, gardening, housecleaning, aerobics class, etc.) is also a way to "rest" your running/walking muscles, but sometimes you need to simply take a day or two off.
- **Taper your exercise in the days leading up to the races.** This becomes more important if you decide to do longer distance races, but also for your first several races. Allows the body to fully rest and "stock up" on energy stores (glucose in the muscles) so that you will be maximally "charged up" for your race!

### **Factors Affecting Your Training**

Dean Karnazes, in his book *Ultramarathon Man: Confessions of an All-Night Runner*, tells the story of how on his 30<sup>th</sup> birthday, disturbed by the way the evening was playing out, went outside a bar and started running. The next morning, he reports calling his wife to come pick him up, some 25 plus miles from the bar. Despite having not run in years, he managed to run quite a distance, and has been running - and writing -about it ever since.

The rest of us mere "mortals", as fondly described by another running author, John "The Penguin" Bingham, are unlikely to perform at such a level. There are many factors that affect our ultimate abilities, as well as our day to day progression and improvement in performance as run/walkers. Below are these factors, and some suggestions:

**Beginning Level of Fitness/Weight:** The less conditioned you are to begin with, the less you actually have to do to get fit. Walking will increase your fitness level. Doing small things frequently, such as going up the stairs faster than normal; parking your car farther away from the store (or wherever) and walking more briskly between stores will improve your fitness. You may be able to exercise for less time initially, but you can walk frequently and see quick results!

Age: Younger, you will progress faster. Older, you will need more recovery time in between workouts. Peak athletic performance is about 26 years of age, but improvement can occur at any age! Between ages 25-30, there is a gradual decline in what we are able to do, with more decreases for each decade. The good news is that we can minimize the age related decline with aerobic and strengthening exercise! The old adage: "don't use it you lose it" applies here! More age related decline is from INACTIVITY than actual physiological changes, so move it purposefully!

Hydration & General Nutrition: More on this later, but suffice it to say, the quality of your workouts is directly related to the quality, quantity, and timing of the foods and liquids going into your body!!

Temperature/humidity: If it's hot out, baby, you're generally not! We have a whole page on hot weather running later!

Illness: Work out with less intensity if you've been ill or under the weather. One week off generally will not cause you to lose any ground, but if you push yourself too much, could cause loss of gain.

Sleep: Recovery occurs during rest. Sleep needs vary from person to person, but you should get enough shut eye that you wake up without an alarm most days.

Medications: Blood pressure, heart medications (Beta Blockers), allergy meds all will have an effect. Check with your physician for specifics if you are on any prescription medications.

Mental Health: Depression causes slowing down of metabolism. Likewise, good things happening to you can increase your ability to utilize oxygen! The beauty of exercise is it decreases depression and increases endorphins, making you more likely to be happy!

Overall Body Strength: If we are strong, our capacity for exercise without injury increases, and therefore our performance over time is improved because we can do it!

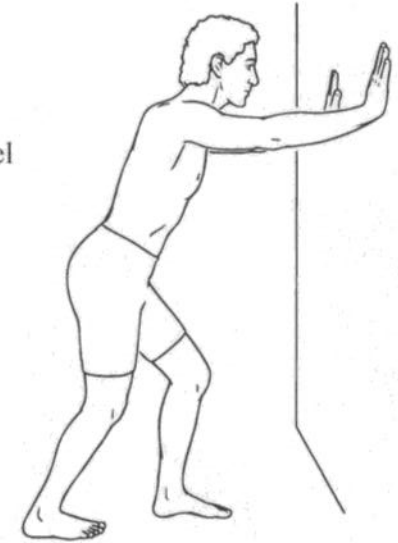
Genetics: While few of us have the genes granted Lance Armstrong or Dean Karnazes, our genes do play a part in our ultimate level of fitness. And, like several of the factors above, we can't change our genes.

**Bottom line** – We can control some factors, some we can't. It's important to ***focus on the things within our control*** to ensure we acquire the best results from our training efforts.

## STRETCHING 5

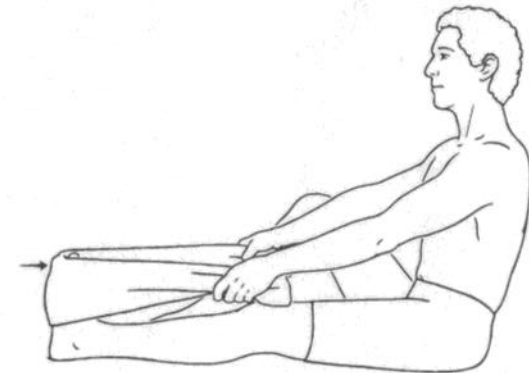
### ANKLE / FOOT - 13 Soleus Stretch

Stand with right foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 15 seconds.



Repeat 5 times per set.  
Do 1-2 sets per session.  
Do 2 sessions per day.

### HIP / KNEE - 63 Stretching: Calf – Towel



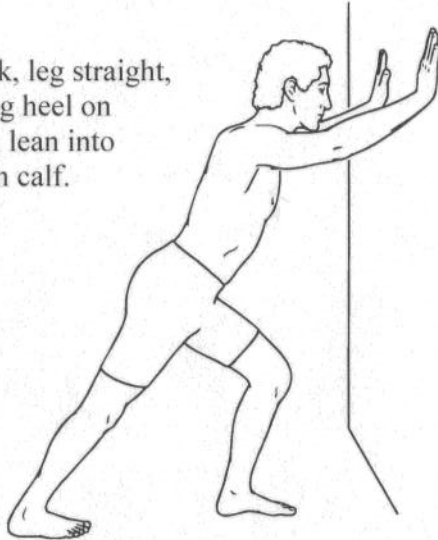
Sit with knee straight and towel looped around right foot. Gently pull on towel until stretch is felt in calf. Hold 15 seconds.

Repeat 5 times per set. Do 1-2 sets per session.  
Do 2 sessions per day.

# STRETCHING 4

## ANKLE / FOOT - 14 Gastroc Stretch

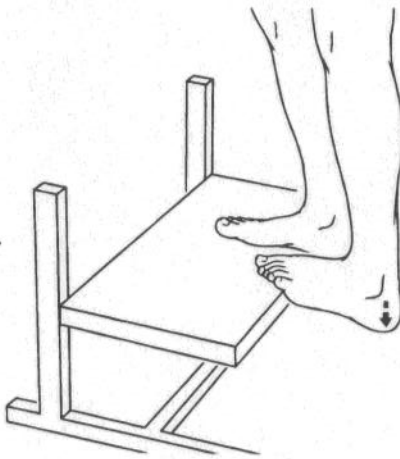
Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 15 seconds.



Repeat 5 times per set.  
Do 1-2 sets per session.  
Do 2 sessions per day.

## ANKLE / FOOT - 12 Plantar Fascia Stretch

Standing with only ball of right foot on stair, push heel down until stretch is felt through arch of foot. Hold 15 seconds. Relax.



Repeat 5 times per set.  
Do 1-2 sets per session.  
Do 2 sessions per day.

# WEEK 4

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Monday 3/21	Walk, Run-Walk, Walk	2 miles (E), ST	3 miles (E), ST
Tuesday 3/22	Walk, Run-Walk, Walk	Rest	3.5 miles (E)
Wednesday 3/23	Walk, Run-Walk, Walk	X-Train 20-30 min.	X-Train 30-40 min.
Pro.Active for Life 5K Kick Off : Noon-6pm at Pro.Active Therapy, 1004 Leawood Dr.			
Thursday 3/24	Walk, Run-Walk, Walk	2 miles (M), ST	3 miles (M), ST
Friday 3/25	Walk, Run-Walk, Walk	Rest	Rest
Saturday 3/26	Walk, Run-Walk, Walk	X-Train 25-35 min	X-Train 30-40 min.
Sunday 3/27	Walk, Run-Walk, Walk	2.5 miles (E)	4.5 miles (E)

## **Hip Bones Connected to the Knee Bone...**

We all know the song, and the implications. While running appears to be a single plane motion (forward and back), there are actually many movements going on within your body during running and walking that help you do the following:

- Absorb ground reaction (shock) forces
- Adapt to uneven surfaces/ground
- Position your muscles for optimal “spring”
- Propel you forward with sufficient push off
- Maintain your trunk in proper alignment

The muscles, joints and nerves of your hip, knee, ankle and toes, as well as of your head, neck and trunk all work together for fluid, healthy movement, IF you have the proper strength, flexibility, form and sensory feedback from your body. Sounds like a lot to think about doesn't it?

Besides decreasing the propensity for injury, (a big deal), proper running form also makes you faster. Want to learn more? Come to the Lunch & Learn this Thursday!

### **Pro.Active Therapy's Lunch & Learn #2**

*TOPIC: How Proper Running Form Can  
Make You a Better Runner*

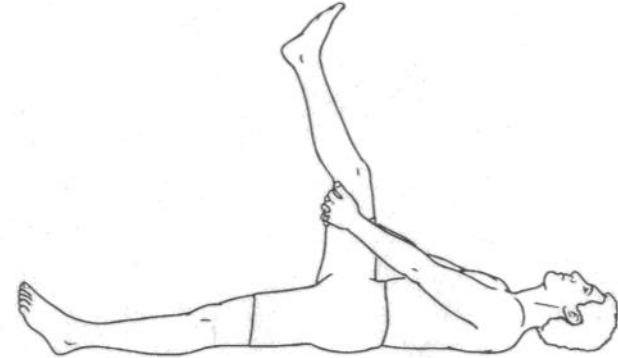
*SPEAKER: Debbie Brown, PT, MSED*

*Pro.Active Therapy Clinic, 1004 Leawood Drive  
Thurs., Mar31, Noon-1:00 p.m.*

Running Gait Analysis is also an option – regionally this can be performed at Cool Comfort Body & Sole (Contact Jim Sheridan – 502.352.2841), Swim Bike Run Shop (Lexington, contact [BethAtnip@yahoo.com](mailto:BethAtnip@yahoo.com) or 859-396-3220) and the University of KY Physical Therapy/Biodynamics Lab (Contact Brian Noehren, PT, PhD – [b.noehren@uky.edu](mailto:b.noehren@uky.edu) or 859.323-1100). The UK Lab is specifically looking for people who have pain from running to develop protocols for correcting problems – so you can be analyzed (for free) and help the world at the same time!

## **STRETCHING 3**

HIP / KNEE - 38 Stretching: Hamstring (Supine)



Supporting right thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 15 seconds.

Repeat 5 times per set. Do 1-2 sets per session.  
Do 2 sessions per day.

HIP / KNEE - 61 Stretching: Hip Flexor (Modified)

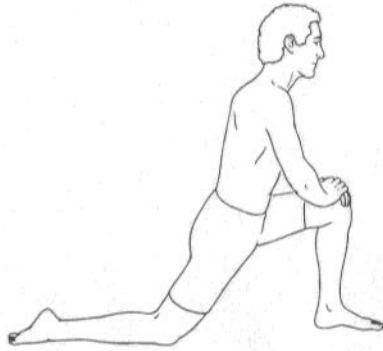
With right leg supported, chair in front for balance, slowly bend other leg until stretch is felt in thigh of supported leg.  
Hold 15 seconds.



Repeat 5 times per set.  
Do 1-2 sets per session.  
Do 2 sessions per day.

# STRETCHING 2

HIP / KNEE - 34 Stretching: Hip Flexor



Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session. Do \_\_\_\_\_ sessions per day.

HIP / KNEE - 61 Stretching: Hip Flexor (Modified)

With right leg supported, chair in front for balance, slowly bend other leg until stretch is felt in thigh of supported leg. Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session. Do \_\_\_\_\_ sessions per day.

# WEEK 5

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Monday 3/28	Walk 60 Min.	2 miles (E), ST	3 miles (E), ST
Tuesday 3/29	Rest	Rest	3.5 miles (E)
Wednesday 3/30	X-Train 25-30 min.	X-Train 25-35 min.	X-Train 30-40 min.
Thursday 3/31	2 miles (M), ST <b>Lunch &amp; Learn #2</b>	2 miles (M), ST	3 miles (M), ST
Friday 4/1	Rest	Rest	Rest
Saturday 4/2	X-Train 30-45 min.	X-Train 30-45 min.	X-Train 30-40 min.
Sunday 4/3	2.5 miles (E)	2.5 miles (E)	5 miles (E)

## **The Kids are All Right, Right???**

This is the first generation in history that supposedly will not live as long as their parents. Thirty seven percent of Kentucky's children are overweight....37%! Heart disease, strokes, cancer and osteoporosis rates are increasing and showing up in younger people. Injuries due to falls are increasing in younger populations. We can preach to our children until we are blue in the face, but the adage "do as I say, not as I do" applies to physical activity as well as other behaviors and habits.

Amy Chua, author of the controversial "Battle Hymn of the Tiger Mothers" makes a very good point that nothing is fun until you're good at it. To get good at anything you have to work, and children on their own rarely want to work, which is why it is crucial to override their preferences. This requires fortitude on the part of the parents because the child will resist; things are always hardest at the beginning. If done properly, the strategy produces a virtuous circle. Tenacious practice, practice, practice is crucial for excellence. Once a child starts to excel at something, they get satisfaction, which builds confidence and makes the once not-fun activity fun. We can apply this to physical activity, even for ourselves, and quite possibly make it fun from the beginning.

Walking local races with our children is one way to have them experience the fun of racing events. Doing things together as a family works well and the Frankfort Parks & Recreation Department has developed free monthly outdoor, get your family moving activities to make this easier. Contact Debbie Bramlage at 513-300-8500 or P & R at 875-8574 for more information. Events are one Saturday per month at 10:00 a.m.; the next few events are:

- March 12 **The Rites of Spring – Cove Spring Park**
- April 23 **Bonding with Your Bike – Folk Bike Recyclery**
- May 21 **Let's Reap What We Sow, Logan & 2<sup>nd</sup> St Community Garden**
- June 18 **Camping 101 – Cove Spring Park**
- July 16 **Can a Letterbox Lead to Ice Cream? East Frankfort Park**

Email Ms Bramlage at [nanstheman@yahoo.com](mailto:nanstheman@yahoo.com) for the remaining calendar of events or for more information. Get your kiddos out the door!

## **STRETCHING 1**

HIP / KNEE - 39 Stretching: Hamstring (Standing)

Place right foot on stool.  
Slowly lean forward,  
keeping back straight,  
until stretch is felt  
in back of thigh.  
Hold 15 seconds.

Repeat 5 times  
per set.  
Do 1-2 sets  
per session.  
Do 1 sessions  
per day.



HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull right heel toward buttock until  
stretch is felt in front of thigh.  
Hold 15 seconds.

Repeat 5 times per set.  
Do 1-2 sets per session.  
Do 2 sessions per day.



## **Rubberband Man (or Woman!)...Proper Stretching for Runners & Walkers**

Very few of us have the hypermobility (excessive flexibility) to avoid the need for stretching. If you watched the movie Chariots of Fire, there is a scene at the Olympics, where the athletes are bouncing away as they stretch in preparation for their upcoming track and field events. You won't see that type stretching prior to running events anymore, but they weren't entirely off base (some of what they did could be "dynamic stretching"!)

Here are the latest "best practices" regarding when and how to stretch and different methods of stretching, followed by pictures of static stretching for all the major muscle groups that tend to tighten in a runner's/walker's body.

1. Never stretch cold muscles. Stretching prior to running actually can cause an increase in the likelihood of getting injured, as it causes a temporary weakening of the muscle to produce power.
2. Always warm up prior to stretching. Do some mild aerobic exercise – brisk walking or light jogging for about 5 minutes prior to stretching.
3. Dynamic Stretching, a type of active stretching, continues the warm up and increased circulation to muscles. Dynamic stretching includes high marching, Frankenstein walking (knees stiff), knee lifts, butt kicks (exaggerated kicking your heels back, as if you were attempting to kick your butt) and scissor trots (instead of running straight ahead, "loop" your forward moving leg across your body, alternating legs). Practice these on an even surface (e.g. a track). Do each one or several of them for about 20-30 yards.
4. Yoga: Yoga is a static stretching that also incorporates core strength and stability. There are some excellent yoga for runners classes that provide better stretching than most runners are willing to do on their own.
5. Static Stretches: Most commonly done by runners, these can be done most anytime, but preferably immediately after a run/walk. Hold each stretch, with no bouncing, for a 15-30 second count. You should not feel pain, and as you hold the stretch, gently try to increase the stretch.
6. Other sports: You may need other sports specific stretches.

## WEEK 6

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Monday 4/4	Walk 60 min.	2 miles (E), ST	3 miles (E), ST
Tuesday 4/5	Rest	Rest	4 miles, (E/M)
Wednesday 4/6	X-Train 25-30 min.	X-Train 25-35 min.	X-Train 30-40 min.
Thursday 4/7	2 miles (M), ST	2 miles (M), ST	2 miles (H), ST
Friday 4/8	Rest	Rest	Rest
Saturday 4/9	X-Train 30-45 min.	X-Train 30-45 min.	X-Train 35-45 min.
Sunday 4/10	2.5 miles (E)	2.5 miles (E)	5 miles (E)

## Running for a Lifetime

In the early 1900's, it was believed that we had a certain number of heartbeats and then, kaput! People did not sweat, at least not purposefully! Even into the 1950's women were not encouraged to exercise. We now know that of all the things you can do to positively affect longevity, keeping moving is near the very top of the list! But can we submit the body to the pounding of *running*???

A very dear friend, Mr. Bob Hicks, is 80 something years old. Every year on his birthday, he takes his age, adds the numbers together, and then runs that number of miles! Susan Bradley-Cox, the first woman inducted into the National Triathlete Hall of Fame (from Lexington) is 74 and still competes around the world in swim/bike/run events. My mother-in-law, from Nebraska, is 80 years old and makes it to the county YMCA three times a week for strengthening and treadmill walking. Jim Judge (who you'll meet on the next page) has been running for over 30 years. He has a great quote at the end that expresses HOW we can run for a lifetime....(I won't give it away here!)

To find out more about how you can keep running for a lifetime, come to our Lunch & Learn #3. And if just being able to run isn't enough motivation for you (because we firmly believe that running is just one of many ways to stay physically fit), how about this quote, from Dr. Ronald Peterson, director of the Alzheimer's Research Center at the Mayo Clinic:

***“Regular physical exercise is probably the best means we have of preventing Alzheimer’s disease today, better than medications, better than intellectual activity, better than supplements and diet.”***

### Pro.Active Therapy Lunch & Learn #3

*TOPIC: Running for a Lifetime*

*SPEAKER: Debbie Brown, PT, MEd*

*Pro.Active Therapy Clinic, 1004 Leawood Drive*

*Thurs., April 14, noon- 1:00 p.m.*

## WEEK 16

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Monday 6/13	Walk 60 min.	3 miles (E), ST	3 miles (E), ST
Tuesday 6/14	Rest	Rest	Rest
Wednesday 6/15	X-Train 30-35 min.	X-Train 30-40 min	X-Train 30-40 min.
Thursday 6/16	2 miles (E), ST	2 miles (E), ST	2 miles (E), ST
Race Bag Pick Up and Late Registration: 8am-5pm, Downtown YMCA			
Friday 6/17	Rest	Rest	Rest
Race Bag Pick Up and Late Registration: 8am-5pm, Downtown YMCA			
Saturday 6/18	Activate America 5 Miler	Activate America 5 Miler	Activate America 5 Miler
Race Bag Pick Up and Late Registration: 7-8am, State Capitol			

## **Just Can't Stop This Feeling**

Every once in a while, I return from a run a better person than the one who headed out the door. I may look a little worse for the wear, all sweaty, hair flying sixteen directions, but inside is a joy that, if you've been a runner long enough, I needn't explain any further. It doesn't happen every time, but it DOES happen, that "runner's high", that sense of everything is okay with the world, and when it does, all the health benefits are secondary to why I regularly don my running shoes.

Most days, however, running is a chore. But the thing is, there is a satisfaction, much like when you've finished some spring cleaning, or stuck patiently to your guns with your child who just refuses adamantly to finish their homework or clean their rooms; it's a battle, but when it's all over, it was a battle worth fighting, and you know that life is better because you were willing to invest the time and energy into something or someone. And that investment does matter in the long run.

This is the last official week of our training program for the Frankfort Trifecta Running Series. Saturday morning, we'll gather in front of the Capitol, we'll swap stories with people we've met along the way; we'll run the five miles, have a bagel at the finish line and hope for a door prize. After that we'll go our separate ways, hopefully riding on a runner's high – not just from our run that day, but from the fellowship of being with a group that is taking responsibility for their health – taking care of themselves and hopefully spreading the joy to others, not of what we've done, but of what *they* could do with our encouragement! It's as simple as ABC, which is why we'll close with our ABC's!

*Stay Active, Believe in yourself & others, Cease Dieting, but Eat well, Find your pace, start each day with Gratitude, Hug others & yourself, Increase your workouts gradually, Jump for joy, Kick your feet up, Love somebody, create time to Mentor others, say No to negative thinking, seek out Opportunities, anything is Possible, have an inQiring mind, Relinquish comparing yourself to others, Start each day anew, Tell the truth, Unite with others, Visualize yourself as a Winner, inhale/eXhale, stay Young at heart, live life with Zeal!*

## WEEK 7

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Monday 4/11	Walk 60 min.	2 miles (E), ST	3 miles (E), ST
Tuesday 4/12	Rest	Rest	4 miles (E/M)
Wednesday 4/13	X-Train 25-30 min.	X-Train 25-35 min.	X-Train 30-40 min.
Thursday 4/14 <div style="border: 1px solid black; border-radius: 10px; padding: 5px; display: inline-block;">Lunch &amp; Learn #3</div>	2 miles, ST	2 miles (M), ST	2 miles (H)
Friday 4/15	Rest	Rest	Rest
Saturday 4/16	X-Train 30-45 min.	X-Train 30-45 min.	X-Train 35-45 min.
Sunday 4/17	2.5 miles (E)	3 miles (E)	5 miles (E)

## Meet a Super Alumnus

Name & Age: Jim Judge, age 76

Occupation: Retired Educator & Retired Military, now a hay farmer

Family: Married, will celebrate 55<sup>th</sup> anniversary 17 June 2011, two children, three grandchildren

Longest Run/Walk accomplished to Date: 15 mile run for three years in the "Walk America, March of Dimes" activity in Ashland, KY

Average Time/mile: Now 8:45-9 min./mile in 5K's

How Long I have been Run/Walking: Since 1978 when the military began the 4 mile run as a part of the physical fitness program

Cross Training I do: Farming

Started Run/Walking Because... Required in the military, now because I know it pays to stay active. "Use it or Lose it."

What Keeps Me Motivated... "The Runner's High" and the good feeling doing your best in a competitive run

What I like best/enjoy the most about Run/Walking: A great time to think

My greatest struggle regarding exercise: Finding the time

Favorite Running/Walking Spot: Indian Hills subdivision, my 3.5 mile route, some level and then some like the hill on Chinook Trail

Favorite pre-race food: A meal each of two days prior to race heavy on carbohydrates but no major meals less than 3 hours before a race'

Favorite recovery food: Oranges, bananas, grapes

Best Advice given to me and/or best advice for beginners.... Start while you are young and keep it up, don't try to do too much too soon and work up to a minimum of a 30 min, brisk run at least twice a week

One Thing I did wrong while training and/or during a race.... Backing down before entering the chute and being passed at the last second by someone slipping up behind me

Best/Proudest Running Experience: Each time I can be first in my class

Most Embarrassing/funny/memorable exercise/race/running moment:

Twice experiencing dog bites while running in the subdivision

My Running "mantra" is: There is no excuse good enough to keep us from running when we know that we should "hit the trail"

Why I think you should sign up for the Pro.Active for Life 5K: Participation is good for each runner and it's for a worthy cause; a win/win situation. An opportunity to use competition to encourage each of us to do something good for us.

Anything else you'd like to share: *I run because I can and, I can because I have! I'm so thankful that I can still run. I've vowed to keep it up as long as possible.*

***To which we say: Keep on keeping on, Mr. Judge!***

## WEEK 15

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Monday 6/6	Walk 60 min.	3 miles (E), ST	3 miles (E), ST
Tuesday 6/7	Rest	Rest	4.5 miles (E/M)
Wednesday 6/8	X-Train 30-35 min.	X-Train 30-40 min.	X-Train 30-40 min.
Thursday 6/9	3 miles (M), ST	3 miles (M), ST	3 miles (H), ST
Friday 6/10	Rest	Rest	Rest
Saturday 6/11	X-Train 30-45 min.	X-Train 30-45 min.	X-Train 45-60 min.
Sunday 6/12	3 miles (E)	3 miles (E)	4 miles (E)

## ***A Funny Thing Happened Along the Way..***

*If you run long enough, and with other people, there are sure to be memorable stories to pass along to your family and friends. Here are a few from some of our past participants:*

"Once, when I was running a cross country 5k meet and there was a gator driving ahead of us for most of the course. I started to focus on catching up with it and it veered off course and so did I. I followed it for a while before I realized I was off course and didn't know where I was. I had to follow the sounds of people cheering to get back on track."

"My daughter's friend ran into a deer during a cross country meet in western Kentucky. Her last name is Buck and she lived on Deer Street! The story made CNN; the Ellen Show wanted her to come on the show but she said no."

"I've been running for 30 plus years, and had a few scares with big barking dogs, but never a bite. Just last week, on a beautiful day, was having a great run, and saw a fluffy little white dog with a pink bow on its head. She was barking away and I laughed to myself thinking "She must think she is so ferocious!! What a hoot!" And then, she bit me!!! Never judge a dog by the color of its bow!

"In my first year of starting to run distance races I decided to run the Downtown Doubler in Louisville. I went to the race alone and it started to pour rain. As I sat in my car very unprepared to run in the rain, I looked at the car next to me and a man was clearly very prepared and getting his trash bag out etc. I decided to ask him if he had an extra hat. He loaned me the hat, but as it ended up much much more than that. He ran alongside me and was a huge inspiration the whole time. He is 70 years old and an awesome runner. We have kept in touch ever since. He looks up my race results before I have a chance to and sends me congrats emails. He came to Frankfort and joined me for the Black Cat and won his age group. He will be running the Boston this year. He is amazing and really keeps me motivated!"

*.....Which just reinforces what we learned from Dave Ward, a local avid runner, who once said, "I've never met a runner I didn't like." To that, we say Amen!*

## WEEK 8

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Monday 4/18	Walk 60 min.	2 miles (E), ST	3 miles (E), ST
Tuesday 4/19	Rest	Rest	4 miles (E/M)
Wednesday 4/20	X-Train 25-30 min.	X-Train 25-35 min	X-Train 30-40 min.
Thursday 4/21	2.5 miles (M), ST	2.5 miles (M), ST	2.5 miles (H), ST
Friday 4/22	Rest	Rest	Rest
Saturday 4/23	X-Train 30-45 min.	X-Train 30-45 min.	X-Train 35-45 min.
Tomorrow's Children 5K - Contact: <a href="mailto:tomorrowschildrenfrankfort@gmail.com">tomorrowschildrenfrankfort@gmail.com</a>			
Sunday 4/24	3 miles (E)	3 miles (E)	5 miles (E)

## Beautiful Bones

Leon Root, M.D, author of *Beautiful Bones* states that “We are in the midst of a global osteoporosis epidemic, and most of us don’t even know it.” For more than ½ of the U.S. population over the age of fifty, osteoporosis (a bone disorder characterized by low bone density, increased bone porosity and brittleness) and low bone mass are a major threat to health and longevity. By the time we reach our friend Mr. Judge’s age, men and women are *equally* at risk of losing bone mass and developing osteoporosis.

Mr. Judge, being male, a runner and a farmer (likely to do outdoor physical work) has significantly decreased his chances for osteoporosis, and if you are a young adult training for our races, chances are you think these couple of pages don’t apply to you. Why should you care? Two very significant things put you at LESS risk – weight bearing exercise and eating well – so do you need to do more? Despite the *possibility* you are taking in the daily recommended amount of calcium, here are some factors that may decrease your body’s ability to absorb the calcium, putting you at *increased* risk. And because our bodies reach maximum bone density and strength between the ages of 25-30, we must give this preventable condition consideration for our children and as young adults. Don’t wait until you get a diagnosis of osteopenia (the precursor of osteoporosis) to get serious about taking care of your bones!

Whether 10 or 20 or 65, male or female, here are some factors related to life in the 21<sup>st</sup> century that will zap the calcium in your body/from your food intake. If any of them apply to you, see if you can modify your choices.

1. Salt Intake: Most of us do not get excess salt from the salt shaker, but from processed foods. It’s estimated that 75% of our sodium intake (and up to 80% of American’s diet) is from packaged/processed foods – which generally will put us way over the recommended daily allowance.
2. Soft Drinks: Many (not all) soft drinks get their fizz from phosphorus, which actually REPLACES the calcium in our bones. The issue isn’t completely the amount of phosphorus, but that if we, at any age, are drinking sodas, we are unlikely to be drinking milk or other calcium enriched drinks. The more soda you drink, the less likely you are getting the calcium you need.
3. Caffeine: Each cup of coffee you consume causes 6 mg of calcium to not be absorbed. You can counter this by using skim milk in your coffee instead of artificial creamers and drinking de-

our psyches, convincing us that taking this time for ourselves is selfish, not possible because of more important things, shirking our ‘real’ responsibilities – convincing us that we just don’t have the time, don’t have the discipline, don’t have the right body, will never improve so why try...oh, those voices! The should should should’s of doing other things, for other people. Being “*virtuous “and self sacrificing! WELL... (and here’s where I clear my throat to deliver the debunking of the above – and I’m not saying I haven’t been there many times myself, but...)* Horse hockey!

First, there are times when other responsibilities do take precedent over exercise. You know when those times are and that’s when you do first things first. But many times our limitations are imposed upon us by no one but ourselves.

Instead of thinking of all the self-sacrificing reasons you cannot exercise, start changing your mindset to what you CAN do. Extra busy this week? Instead of “I don’t have time this week” how about “My time is more limited than usual this week, but I can still go out for 10-15 minutes before I start dinner, I can walk/jog around the ball field while the kids are warming up, I can spend part of my lunch getting some heavy breathing in! Have a deadline coming up? Instead of “I can’t move from this computer screen until this is finished” how about “I can take a brisk walk and mull this problem over, increasing the likelihood of coming up with a fresh perspective on something, I can stand up and do 15 stretches and some deep breathing, I can run this upstairs rather than take the elevator.” Start thinking of WHAT YOU COULD do, DO IT and the guilt inducing SHOULD do’s will be taken care of!

*Instead of giving myself reasons why I can’t, I give myself reasons why I can.*

*Author Unknown*

## Keep On Keeping On...

If you are just embarking on fitness, you may find there are times when it is simply hard to get out the door. You know you should, you know it is good for you; you probably even remember that you almost always feel better after exercising. So why is it sometimes you simply dread the thought of dawning the clothes, heading to the gym, and getting it over with?

There are several things that could be blocking your desire to make exercise a part of your everyday life. Sometimes, we can actually be overtraining and our bodies need a day or two off. One way to see if that's the case is to do what Robin Lawhorn, a previous Pro.Active 5K female overall winner said she does. She has a "7UP" rule...on down days, she makes herself go out to run for 7 minutes. If by that time, the "can't do this" feeling has passed, she continues on. If she's still feeling sluggish she trusts her body's message, and stops for the day.

There are occasionally physiological reasons why you don't feel like working out. You may be dehydrated. Are you drinking enough fluids? If so, your urine should be a pale yellow. If the temperature has suddenly got unseasonably warm your body may not be capable of dissipating the heat, and it will take you about a week to acclimate to running in the heat. Another issue could be anemia (a low red blood cell count), which can only be diagnosed with a blood test. If you continue to feel fatigued despite trying other things to get your engine going, have a physical to determine if something is going on that requires medical attention.

Another inhibitor to exercise is boredom. While many find running and walking a great break from the constant stimulation of work, family and responsibilities, sometimes we need variety. If this strikes a bell for you, encourage a friend, co-worker or acquaintance to join you. Running with others makes the time go faster and can be more fun. You may want to add cross training into your routine. Cross training is any other aerobic exercise (think cycling, Zumba or swimming), and will maintain your conditioning while giving your running muscles a break.

And finally, our minds can create all sorts of havoc with

caffeinated coffee. Caffeine's inhibition on calcium is offset by taking extra calcium (good news for our coffee lovers!)

4. Vitamin A overload: This is one vitamin that most of us get enough of in our diets, yet 100% RDA of Vitamin A is found in most multivitamins. It's also plentiful in egg and, full fat dairy products. Decrease your Vitamin A overload by switching to a multivitamin with less Vit A, and drink/eat non-fat dairy products.
5. Alcohol: More than one drink a day for females and two a day for males leads to decreased calcium absorption, as well as decreased bone remodeling, so if you have a stress fracture, it's very important to limit your alcohol intake (or increase your calcium intake!)
6. Timing of calcium intake: Your body can only absorb about 30% of your total daily needs at a time. So if you're taking a multivitamin with 100% of your daily calcium needs, 2/3's of it is being flushed down the toilet.
7. Hydrogenated Oils: Again, mainly from processed foods and commercially baked goods, these fats are not only bad for your arteries and heart, but impair calcium absorption.
8. Too much protein: One serving size = size of female palm.

### Some things you can do to make sure you are getting enough calcium:

- Read labels and monitor your calcium intake, spacing out calcium rich foods throughout the day.
- Cut down on processed foods – again, read labels – if the ingredients look like they came from your Grandma's cupboard, have at it! If they look like the makings of a chemistry lab, leave it on the shelf. Still want that cookie? Make it homemade!
- Limit the above food items. If your calcium need aren't met by the foods you consume, take calcium tablets 2-3 times daily (33% of RDA each time), preferably with Vitamin D added.
- Get a little sunshine every day possible. It is important to wear sunscreen to prevent skin cancer (and wrinkles!), but about 10-15 minutes/day without it will help your body produce Vitamin D. As we get older, we need additional time; having darker pigmented skin also increases the time in sunshine needed for Vitamin D production.
- Drink calcium fortified juices
- Get to know your fruits, vegetables and other foods. In addition to dairy products, there are many calcium rich, low calorie options!

## **What to Eat, What to Eat?**

From the cover of just one magazine collection, here are some random cover stories: *FOODS THAT FIGHT AGING! 21 HEALING FOODS! HIGH ENERGY FOODS! BETTER BODY FOODS! SUPER-FOODS FOR A 40+ BODY! FOODS FOR A FASTER METABOLISM! FOODS THAT FIGHT HUNGER! FIX IT WITH FOOD! FOODS THAT FIGHT FAT ( or CANCER/DIABETES (YOU NAME IT)!) 20 FOODS FOR YOUR BRAIN!*

There is even a new book at the library called “Your Brain on Food”...Wow! Sounds like food could be the answer to what ails us! It also is the problem that leads to many chronic health issues that ail us! While “what to eat” is beyond the scope of this booklet, thought we’d list some of the foods that are frequently found on the “Foods to Eat Everyday” lists that abound, and since we just finished a section on bone health, some good sources of calcium. In two weeks, Debbie Bell, Registered Dietician, will be presenting more on healthy eating, your partner with exercise in getting fit!

**Top “Super” Foods:** Oatmeal, yogurt, blueberries (most any berry), avocado, broccoli, walnuts/almonds, bananas, salmon, grass fed beef, spinach, watercress, black beans, cabbage, onions, tomatoes, carrots, cherries, dandelion greens, kale, water, eggs, oranges (the list could go on, but these are the ones found on most lists).

**Calcium Rich Foods:** Skim milk, 1 cup cooked greens, 3 ounces salmon, hard cheeses, yogurt, dry beans, peas, lentils, ice cream, ice milk, broccoli, spinach, greens, instant oatmeal (fortified with calcium), almonds, blackstrap molasses, ricotta cheese, tofu prepared with calcium sulfate. Leaving the bone in meats when you make soups also increases calcium in your broth.

Pack some of the above in your brown bag and join us for:

### **Pro.Active Therapy Lunch & Learn #4**

*Three B’s -Bones, Breast & ♥Beats*

*Issues in Women’s Health*

*SPEAKER: Connie White, M.D.*

*Pro.Active Therapy, 1004 Leawood Drive*

*Thurs., April 28, noon – 1:00*

2. **Hill Repeats, Option 1:** Run for 1 minute uphill, rest 30 seconds at the top, run down the hill at a faster than average pace, rest 2 minutes at the bottom. Repeat 4x.
3. **Hill Repeats, Option 2:** Pick a hill. After about 10 minutes of warming up on level ground, run up the hill at a moderately fast pace. At the top of the hill, turn around and walk back down. Continue walking around until your breathing has eased up and then repeat the run up the hill. Time yourself going uphill and try to maintain a pace so your time is equal each time up. (Be careful of hill repeats if you have Achilles tendon problems or plantar fasciitis – always warm up prior to hill repeats to avoid injury!).
4. **Speed Intervals:** Following a warm up walk/run of about 10 minutes, run for 30 seconds as fast as you can, then jog gently for 30 seconds. Repeat for 20 minutes. Cool down with a 5 minute walk or jog.
5. **Things that will increase your speed:** a) having 1-2 cups of coffee about 30-60 minute prior to your run. b) listening to upbeat tempo music, c) running with someone faster than you once or twice a week.
6. **Maintain or work toward your ideal weight.** The heavier you are, the more energy you require to move forward. Work on only 1-2 pounds weight loss/week if you need to lose weight.
7. **Fartlek Workouts:** During your run, surge with burst of speeds of varying distances interspersed with regular running. E.g. between mailboxes, telephone poles, every person you see in a pink shirt. (running or walking)
8. **Go longer distances!** Doubling your usual workout, but at a slow sustainable pace, will recruit more muscle fibers, making them more conditioned to run faster at shorter distances.
9. **Stay nutritionally balanced & injury free!** For RDA of foods, go to [www.mypyramid.gov](http://www.mypyramid.gov). To stay injury free – pay attention to your body. See your physical therapist if you have any pains/discomfort.
10. **Work on your Running Form:** strong, flexible and awareness of your body in space! Make it to Lunch & Learn #2 for more info on running form or come to some of the mentored runs for feedback on your form.

## **Taking It Up a Notch or Two**

Louie Scamperini, the star of Laura Hillenbrand's 2010 bestselling book *Unbroken*, most likely would have broken the 4 minute mile in the 1930's had WWII not broken out. Prior to racing, he would lie face down in the grass and inhale deeply to absorb extra oxygen given off by the green grass. I suspect his quickness had more to do with genetics and God given talent than the green grass, but it is definitely one of the many fascinating facts about this amazing man (who is currently 93 years old and still running!)

If you are looking for ways to get faster, there are other things you can do to increase your speed. Before embarking on speed training, it is important to get a good endurance base by building the amount of time you can run without stopping. Sources vary as to when you should add speed training to your workouts, anywhere from 2 months to a year! Since we are all different in our abilities to sustain workouts, the best advice is: "LISTEN TO YOUR BODY!" Proceed with caution and assess how your body feels the day after a speed session. If everything hurts, you probably need to focus more on increasing the time instead of speed of your run/walks. If you feel pretty good, start incorporating speed work into your exercise program 1-3 times per week. (Note: some muscle soreness is okay)

Here are 10+ things you can do to increase your speed (with either walking or running). Mixing them up or just sticking to two or three ways will eventually increase your speed. Also remember that a certain amount of your ability to go faster is genetic, and if you've got it, what fun! If not, be okay with your other gifts! Another thing to note is that when you speed train, you will generally have a much higher heart rate during the times you're running faster. Therefore, you can have shorter times for your workouts.

1. "Tempo" Runs: 20 minutes of running at a comfortably hard pace (always have a 10 minute warm up of walking or slow jogging & 5 minutes of easy jogging or walking after).

## WEEK 9

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Monday 4/25	Walk 60 min.	2.5 miles (E), ST	3 miles (E), ST
Tuesday 4/26	Rest	Rest	4 miles (E/M)
Wednesday 4/27	X-Train 25-30 min.	X-Train 25-35 min	X-Train 30-40 min.
Thursday 4/28 <div style="border: 1px solid black; border-radius: 10px; padding: 5px; display: inline-block;">Lunch &amp; Learn #4</div>	2.5 miles (M), ST	2.5 miles (M), ST	3.5 miles (M), ST
Friday 4/29	Rest	Rest	Rest
Saturday 4/30	X-Train 30-45 min.	X-Train 30-45 min.	X-Train 35-45 min.
Sunday 5/1	3 miles (E)	3 miles (E)	6 miles (E)

## Water, Water Everywhere...

Most of us are running around (no pun intended) in a slightly dehydrated state. As the weather warms up and you increase your activity level, your chance for dehydration is even greater. How do you know if you are dehydrated? It's very easy; simply check your urine color when you go to the bathroom. It should be pale yellow, pretty much the color of lemonade. If darker, you need to get more fluids into your body. (Some meds/yellow vitamins can cause darker urine also)

Besides urine color, thirst is an indicator of dehydration. Other more subtle symptoms that may be related to dehydration include: headaches, depression, joint pain, heart burn and general sluggishness. Your body is made up of 55-65% water. If the "well is running dry" you are not going to be as effective with exercise or functioning! Drink up!

How much water does an individual need? It actually depends upon your size! A good rule is to take ½ your body weight in pounds, and that is how many ounces of fluids you need per day; e.g. if you weigh 160 pounds, you need 80 oz. of water/fluids, roughly ½ to ¾ of a gallon. During exercise or hot weather, you may need to increase your fluids. Remember to monitor your urine color!

Water is an excellent, if not the best, way to get your fluid, but some of our fluids will come from our food choices. The more fruits and veggies you eat (which are usually about 70-90% water), the better hydrated you will be. Juices, milk, soups, broths, teas and coffee also count toward your fluid intake – sodas too but with negative nutritional benefits, so try not to go that route.

Bored with plain water? You do not need to purchase expensive flavored waters (many of which contain almost as much sugar as sodas). What you can do is add any of the following to your water to increase flavor: lemon/lime/tangerine or grapefruit wedges, juice, frozen juice cubes, herbal teas, ground ginger root, cucumber slices, mint leaves, lemongrass or citrus zest.

To increase intake more regularly, try to get into a routine of drinking 8-16 oz of water upon waking and keep a small cup or Dixie cups by your bathroom sink and drink every time you wash your hands. When you get home from work, drink a glass of water before changing your clothes. If your teeth are sensitive to cold, try drinking with a straw. Keep a water bottle at your office - and use it! For specific on race day hydration, refer to the Hot Weather Running and Race Week Pointer pages.

## WEEK 14

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Monday 5/30	Walk 60 min.	3 miles (E), ST	3 miles (E), ST
Tuesday 5/31	Rest	Rest	4.5 miles (E/M)
Wednesday 6/1	X-Train 30-35 min.	X-Train 30-40 min.	X-Train 30-40 min.
Thursday 6/2	3 miles (M), ST	3 miles (M), ST	3 miles (H), ST
Friday 6/3	Rest	Rest	Rest
Saturday 6/4	X-Train 30-45 min.	X-Train 30-45 min.	X-Train 45-60 min.
Sunday 6/5	4 miles (E)	4.5 miles (E)	6 miles (E)

## Hot Weather Running

It takes a minimum of 5 days or up to 2 weeks to acclimate to increases in outdoor temperatures. Increased temperatures and/or humidity will slow you down. It is important to pay attention to your body! Below are some ways to beat the heat and humidity as you train for summer racing:

**Stay properly hydrated** - drink your breakfast (smoothies!), drink your snacks (smoothie, iced tea, veggie or beef/chicken broth), eat more fruits/veggies (80-90% water!), flavor your water with a bit of cranberry/lemon/lime or other fruit juice. Space out your fluid intake so you don't feel like a water tank while running!

**Carry a Frozen Water Bottle with you** - you can sip it as it melts, and occasionally rub it on your neck/arms/legs as it melts to help cool your body.

**Freeze a wet lightweight tea towel**, and put over your shoulders as you run. Use it to wipe your perspiration. If you don't want to carry a t-towel, take a cotton handkerchief with you to wipe your forehead.

**Take Your Time!** As previously mentioned, it can take your body up to 2 weeks to acclimate to the heat. Your cardiovascular system will work harder at lower speeds/intensity the first week or so that you exercise in the heat. Even though you may not feel like you've had a hard workout because you are going slowly, you will!

**Invest in Sweat Wicking Clothing**, if you haven't already. It will pull the sweat away from your body so you cool more efficiently (it will also keep you warmer in the winter in that you won't feel wet from your sweat!)

**Get Outside during the day** for more than just your exercise, if you can. Eat your lunch outside. Spend a little time working on cleaning your garage (15-20 minutes), the trunk of your car or an outside window or two. Use your work break to take a quick walk around your office building. This will help your body adapt to the increased temperatures.

**Think of all the good heat brings...** childhood memories of summer camp and school being out, fresh tomatoes from the garden, color in our world - the rich variety of greens everywhere and flower blossoms! Rosy cheeks and just a little suntan! How refreshing it feels to jump in a swimming pool or lake/creek on a hot day! Appreciation for the tiniest breeze and the occasional shade tree along your running route.

**Give Thanks...** That you have the **FREEDOM** to run in whatever you want (and not have to run in camouflage and boots as many have!).

## WEEK 10

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Monday 5/2	Walk 60 min.	2.5 miles (E), ST	3 miles (E), ST
Tuesday 5/3	Rest	Rest	4 miles (E/M)
Wednesday 5/4	X-Train 30-35 min.	X-Train 30-40 min.	X-Train 30-40 min.
Thursday 5/5	2.5 miles (M), ST	2.5 miles (M), ST	3.5 miles (M), ST
Friday 5/6	Rest	Rest	Rest
Saturday 5/7	X-Train 30-45 min.	X-Train 30-45 min.	X-Train 35-45 min.
Sunday 5/8	3 miles (E)	3.5 miles (E)	6 miles (E)



The 12th annual National Women's Health Week begins on Mother's Day, May 8, 2011. The theme this year is "***It's Your Time***". The goal of the week is to empower women to make their personal health a priority.

To lower the risks of disease and improve physical and mental health it is recommended that all women:

- Get at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both, each week
- Eat a nutritious diet
- Visit a health care professional to receive regular checkups and preventive screenings
- Avoid risky behaviors, such as smoking and not wearing a seatbelt
- Pay attention to mental health, including getting enough sleep and managing stress

Women often serve as caregivers for their families, putting the needs of their spouses, children, and parents before their own. As a result, women's health and well-being becomes secondary. As a community, it is our responsibility to support the important women we know and do everything we can to help them take steps for longer, healthier, and happier lives. Visit [www.womenshealth.gov](http://www.womenshealth.gov) to find out which screenings and immunizations are appropriate for your age.

***A special invite to our women runners & the men, sons, daughters, girlfriends and others who love them to our final Lunch & Learn.***

**Pro.Active Therapy's Lunch & Learn # 5**

TOPIC: What Food is Made of...A Fine Balance.

SPEAKER: Debbie Bell, RD

Pro.Active Therapy, 1004 Leawood Drive

Thursday, May 12, noon – 1 pm

**WEEK 13**

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Monday 5/23	Walk 60 min.	3 miles (E), ST	3 miles (E), ST
Tuesday 5/24	Rest	Rest	4.5 miles, (E/M)
Wednesday 5/25	X-Train 30-35 min.	X-Train 30-40 min	X-Train 30-40 min.
Thursday 5/26	2.5 miles (M), ST	2.5 miles (M), ST	2.5 miles (M), ST
Friday 5/27	Rest	Rest	Rest
Saturday 5/28	X-Train 30-45 min.	X-Train 30-45 min.	X-Train 45-60 min.
Sunday 5/29	4 miles (E)	4 miles (E)	7 miles (E)

## **Girls (& Boys!) Just Wanna Have Fun!**

Who says you have to be serious all the time? There is a fair amount of learning involved in being a good, dedicated runner or walker, but if it's no fun, what really is the point? And would you stick with something for a lifetime if it was *never* fun? Probably not!

We encourage you to have fun with your runs! Take time to join the Frankfort Striders, who are busy this year thinking of different run/walk opportunities to promote fitness for all level runners/walkers. Buy a bicycle! Toss a frisbee, walk your dogs. Join Walk Bike Frankfort, the local non-profit organization that is responsible for many of the new bike and run trails in some of the local parks and along the newer roadways. Run with others! Join a running group. Have a running date. Run along the river, on a trail. Play chase with your children or grandchildren. Dance every year on your birthday (and supposedly never grow old!) Attempt a cartwheel (only if you're sure those beautiful bones in your body will hold up!) Incorporate physical activity, running or otherwise, into your life.

And then, take time to relax, socialize and enjoy your community! Join Farmers Bank for the always popular Summer Concert Series, which begins this Friday evening. Concerts are bimonthly, from 7-10 pm (but arrive early because it's a grand social event), kick back and enjoy the music!

### **Farmers Bank & Downtown Frankfort, Inc.** **Summer Concert Series**

7-10 pm, Old Capitol Lawn

May 27                      July 8                      August 5

June 10                     July 22                     August 19

June 24

Frankfort Striders: Contact Leesa or John Unger  
leesa.unger@gmail.com or johnunger@fewpb.net.  
Walk/Bike Frankfort: [www.walkbikefrankfort.org](http://www.walkbikefrankfort.org)

## WEEK 11

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Monday 5/9	Walk 60 min.	2.5 miles (E), ST	3 miles (E), ST
Tuesday 5/10	Rest	Rest	4 miles (E/M)
Wednesday 5/11	X-Train 30-35 min.	X-Train 30-40 min.	X-Train 30-40 min.
Thursday 5/12	2.5 miles (M), ST <div style="border: 1px solid black; border-radius: 10px; padding: 2px; display: inline-block;">Lunch &amp; Learn #5</div>	2.5 miles (M), ST	2.5 miles (H), ST
Friday 5/13	Rest	Rest	Rest
Saturday 5/14	X-Train 30-45 min.	X-Train 30-45 min.	X-Train 35-45 min.
Sunday 5/15	3.5 miles (E)	3.5 miles (E)	6 miles (E)

# Meet an Amazing Alumnae

**Name & Age:** Lynn Whitehouse 37  
**Occupation:** Industrial Hygiene Program Manager for KYOSH Education & Training,  
**Family:** Husband: Darrin Kids: Casey, age 7 Lindsey, age 5  
**Longest Run/Walk accomplished to Date:** Kentucky Derby Festival Mini-marathon  
 13.1 miles '07-'09  
**Average Time/mile:** 10-11 min./mile **How Long I have been Run/Walking:** 10 years  
**Cross Training I do:** kickboxing, rip camp, walking, weight training

**Started Run/Walking Because...** I had been doing aerobic classes such as step and kickboxing and needed a new challenge.

**What Keeps Me Motivated...**my pants fitting 😊 Seriously, but also working out makes your overall life better. Increased energy, better mood, stress reliever, runners high, you just feel better about everything. I've also learned that I do not get sick very often when I exercise regularly and when you do get an illness you handle it much better, quicker recovery.

**What I like best/enjoy the most about Run/Walking...**my pants fitting. No, I like run/walking because you can do it anywhere. You don't have to be a member of a gym, no special equipment or anything. It's just you and the road where you can get lost in your thoughts. At the end of a good run/walk, you know that you've accomplished something.

**My greatest struggle regarding exercise:** A lot of people say that I'm extremely motivated because I work out regularly. I have the same struggles that most people do though. Some days I just don't feel like it or think I don't have time today. It is definitely something you have to plan for but once you get in the habit it becomes a part of who you are. It becomes addicting because of all of the positive changes that you see in your body, mind and spirit. The best way to get over my hump is to always have clothes with me and make exercise a part of your schedule. I usually work out on my lunch hour because I don't have time at night with 2 young kids. It also keeps me from eating lunch out which is a win/win in my book.

**Favorite Running/Walking Spot:** Downtown Shelbyville or Downtown Frankfort. I love running in the downtown areas because of all the wonderful scenery. I love to look at the architecture on the historic homes and the store fronts. It's really nice in the spring when everything is starting to show signs of life again such as blooming crocus, daffodils and tulips. The sights and smells energize you. I also like it that you have to really pay attention to the road surfaces to make sure you don't trip and fall. All of these factors make a run/walk in a downtown area go by quickly and you don't pay as much attention to what your body is doing or what is aching. I do not enjoy running on a treadmill because it is boring to me.

**Favorite pre-race food:** whole wheat toast with peanut butter, coffee

**Favorite recovery food:** Panera cinnamon crunch bagel and fruit.

**Best Advice given to me and/or best advice for beginners....**Running is not easy for everyone, it's not easy for me but I keep doing it because after I get finished I feel great. Don't be too hard on yourself if it doesn't come easy and don't compare your-

# WEEK 12

DATE	LEVEL 1	LEVEL 2	LEVEL 3
Monday 5/16	Walk 60 min.	2.5 miles (E), ST	3 miles (E), ST
Tuesday 5/17	Run	Rest	4 miles (E/M)
Wednesday 5/18	Rest	X-Train 30-40 min.	X-Train 30-40 min.
Thursday 5/19	Rest	ST	ST
Race Bag Pick Up and Late Registration: 3-6pm, Marcus Bldg., 311 St. Clair St.			
<i>The difference between try and triumph is just a little umph! ~Marvin Phillips</i>			
Friday 5/20	Pro.Active 5K	Pro.Active 5K	Pro.Active 5K
Race Bag Pick Up and Late Registration: 8am-6pm, Marcus Bldg., 311 St. Clair St.			
Saturday 5/21	Rest	Rest	Rest
Sunday 5/22	3.5 miles (E)	4 miles (E)	6.5 miles (E)

## **Race Week Pointers**

It's race week! Below are suggestions to follow this week (and the week of the Activate America 5 Miler) for YOU to have your best race ever!

**Stop running 2-3 days before the race.** If you just have to get out, go for a walk, not a run! Rest your muscles so they are ready to burn the pavement come Friday evening! Try to **get to bed a little earlier each night this week**. Avoid doing "just one more thing" – you may find you have the time and energy to get those extra things done more efficiently when well rested!

**Watch what you eat** - go for healthy foods, of course, (% of calories from carbohydrates should be upwards of 60-70% (veggies, pasta, whole grain bread). Lean protein (fish, chicken), calcium (yogurt, milk - important for muscle contraction!), good fats (olive oil, nuts). Avoid saturated fats for a day or two (or the rest of your life - at least minimize!). On race day eat a normal breakfast & lunch, and then an afternoon snack, mostly carbs of about 200 calories (e.g. lowfat yogurt with fruit, peanut butter w/strawberries or banana on ww bread).

**Start HYDRATING!** Drink extra (if you tend to under drink) the day before and of the race. Avoid soft drinks. Have 16 oz. about 2 hours prior to race time so you 1) know that you are hydrated, and 2) can go to the bathroom BEFORE the race starts!

Take some time to **do some long slow stretching of all muscle groups**, especially the legs. Hold the stretches for 1-2 minutes, no bouncing, and easy release. Every time you think about the race, take deep breaths, and repeat as you exhale: "I AM a RUNNER!"

**Set race clothes out the night before.** Don't wear anything new - you don't want to find out race night your new socks fall down into your shoes or the shirt rubs a blister on your underarm! Wear something comfortable you've tested! And women, if you plan to shave under your arms, do so early in the week! Nothings worse than arm pit abrasions!

**Prepare yourself mentally.** Think of landmarks to visualize when/if Friday night gets tough. Have a few mind tricks for the weather (e.g. if it's hot, think ahead of what you will tell yourself, for example: I AM ONE HOT COOKIE - this temperature has NOTHING on me!!) Have a mantra for getting up "Capitol" Hill - e.g. RUN 2-3-4, RUN 2-3-4! You'll be around the Capitol before you know it!

**Arrive early on Friday evening** so you have time to park, get your bib number on, go to the bathroom, mingle and just enjoy the atmosphere!

**Go ahead and pat yourself on your back now!** YOU trained, YOU SIGNED UP; you are going to show up!

self to others. The first year I trained for the mini-marathon, my doctor told me that I was not meant to run and that I should quit. (My knees were really hurting) Needless to say, I finished the mini-marathon a couple of weeks later and ran the whole way and he is no longer my doctor. With any sport there are going to be aches and pains, expect them. I just had to find a smarter way to train . . . which leads to the next question.

**One Thing I did wrong while training and/or during a race....** I over-trained the first year I did the mini-marathon. I followed a training program and it was just too much for me. The next year I ran short runs 2 days of the week, cross trained 2 other days and did a long run on the weekend. The other days I rested. Rest is very important, the muscles and joints need time to recover.

**Best Running Experience:** I'm proud every time I finish a race. One that stands out though is the first mini-marathon I ran in '07. My best friend and I were running the last bit toward the finish line and we saw another friend on the side cheering for us. I got really emotional and started crying, then I started laughing at myself for crying, then I'd cry again, laugh again, etc. A long distance run like that can drain you physically and emotionally. It was awesome! I couldn't believe I ran 13.1 miles. The next two years were easier and I didn't hurt as bad. Never give up.

**Most memorable exercise/race/running moment:** The 2009 Pro.Active 5K- I came in first in my age group (okay, another woman my age had a better time but she had the best time overall so I won by default). I was so excited, it was the most memorable because I ran it with all my heart because I knew in another week I'd be going through surgery, a bilateral mastectomy with reconstruction. You see, I found a lump in my right breast the morning of the KDF mini-marathon last year in April and was diagnosed with breast cancer in May. I had my surgery in mid-June and finished 6 months of chemo on January 18, 2010. I continued to run/exercise throughout the whole process. I've realized that I handled that whole awful experience well mainly because God blessed me and because of my wonderful family and friends but also because of exercise and specifically running. It has made me strong, not only physically, but also mentally. Now that the cancer is behind me, I will continue to exercise so that if it ever does come back, I will be ready to fight!

**My Running "mantra" is:** "one mile at a time" some days its "one step at a time"

**Why I think you should sign up for the Pro.Active for Life 5K:** I think everyone should try run/walking a 5K. If it's your first one, great, don't be scared or intimidated. Participating in races is what has kept me going for the last 10 years. There is an amazing energy you feel when participating in a race, everyone has a common goal, crossing that finish line. It's okay if you're not the fastest, all that matters is that you show up and finish the race.

**Anything else you'd like to share:** Water is very important. Get in the habit of staying hydrated; it makes the big difference in a workout. It's also very important to fuel your body with good food. Oatmeal, fruits and veggies and lean protein, all are very necessary to a strong body.

***Editor's Note: We are happy to report that Lynn continues to run, to encourage others and is living life fully!***

## Fuel for the Road

*The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.*  
Anthony Robbins

We highly recommend you strike the word “diet” from your vocabulary! One thing you will find is that the more you run and/or exercise regularly, the more you will WANT to eat better and the better you eat the better you will run! It’s a WIN-WIN all around, and probably more noticeable with running and walking than other exercises, because with those activities, you can actually measure improvements (in speed and time needed to cover distances). You will definitely, if you are paying attention to what you’ve eaten, feel a difference with certain foods consumed before, during and after running. In this section, we will cover two components of eating – what to eat prior to/after exercise and around race day, and offer some general eating tips for healthier intake.

Food is your fuel for exercise, plain and simple. We push our bodies, they break down, then (if we rest properly) build up stronger – that is the “stress, then rest” principle. We need adequate food intake for our energy needs and liquids for our circulatory system to push ourselves during exercise, and we need the nutritional quality to aid in repair of our body’s tissues and energy recovery after exercise. For optimal exercise performance and recovery, follow these tips:

- Don’t run in the morning without having had something to eat, or later in the day if you haven’t eaten within 5 hours (suggestions: banana, whole grain toast with a T. peanut butter, glass of soy milk, glass of orange juice/tomato juice, bagel, small bowl of cereal w/ banana, granola bar, plain yogurt with fruit, baked potato with cottage cheese, spinach/almonds/salsa).
- In general, if you can, have something to eat within 2 hours of exercise (but everyone is different).
- After a workout, have a light snack that is 75-80% carbs & 20% protein, 5% or less fat (chocolate milk, toast with peanut butter/banana, yogurt/berries/chopped walnut/ground flaxseed).
- Hydration: Water is best! 4-6 oz. every hour. Sports Drinks: get the low calorie ones. Not really needed if you have a healthy diet of whole foods & shorter distance. Increasing distances (10K, mini & full marathons and hot weather, increased benefit with sports drinks).

## One Last Morsel

morsel – n. 1 a small bite or portion of food 2 a small piece or amount; bit 3 a tasty dish – vt. To divide into or distribute in small portions

We’ve given you more than a “morsel” of information to chew on regarding your eating habits! Given that so much of our lives revolve around food, here’s a final point I’d like to make: Focus on changing small things over the long haul, not huge things over a short time. That is the way to a lifetime of healthy eating folks!

Use the space below to jot down the positive things you are doing... maybe one thing a week. No crash course, no crash dieting, just making one “morsel” of change at a time! And by all means, enjoy the gift of eating! It’s all about balance!



5. Eat your veggies first. Try to include a fruit and/or veggie with every meal and snack. Steamed veggies are best.
6. If you are craving certain foods (e.g. pizza), try to think of alternative healthy choices (or go for it occasionally!)
7. Invest in a good scale – you’ll be surprised at the actual weight/size of food servings.
8. Invest in a good blender! Smoothies are great and can pack a big punch nutritionally. (VitaMix – expensive but well worth it!)
9. Purchase smaller plates/bowls for eating snacks. Measure!
10. Increase fiber intake. Psyllium Husk – no cal, fullness.
11. Eat frozen fruit. It goes down slower so you are likely to eat less and has almost same nutrients as fresh.
12. Have a list of healthy snacks to go to when you are tired.
13. Try a variety of foods. Writing down helps you diversify!
14. Supplements – you may need them, but a variety of whole foods packs more nutrients! Check with your physician!
15. Try for a variety of changes, but only a few things per week, e.g. eat breakfast everyday this week or increase the number of veggies eaten this week (going for a rainbow of colors) or slow down your chewing/swallowing of food.
16. Experiment with spices/herbs. Cinnamon on oatmeal instead of brown sugar. Get to know Herb! (and the Spice girls...)
17. Weigh yourself daily (to recognize the daily fluctuations, hydration, foods that “settle”), but record weight only once per week, same time, e.g. first thing every Monday morning.
18. Make gradual changes in going from bad habits to good, e.g. if you love butter, save butter for weekend only and use Smart Balance during the week. OR, mix a little Smart Balance or olive oil with butter, gradually increasing the ratio to healthier portion of good fat. Same with going from whole milk to skim.
19. Always eat breakfast, Have some healthy “to go” morning foods posted on your fridge, for those days when you are too tired in the morning to make a coherent decision re: what to eat.
20. Avoid heavy eating and drinking late at night. A calorie is a calorie, but those contribute to poor sleep patterns, which means you will have less energy the next day, and therefore, less than great workouts!

## Some Food for Thought

The tips and suggestions on the previous pages are very general, and don’t tell you WHAT to eat, but more about how to eat. It’s reported that we make over 150 decisions a day regarding food and eating. One would suspect that those decisions revolve around the following:

- What we eat
- When we eat
- How much we eat
- Emotional connection to what we eat
- Access/availability of the food we eat

You may want to use the weekly pages to record some of your dietary habits, paying attention to any of the above if you want to lose weight or reduce your chance for diseases related to poor eating habits. As you see where you over eat, or what foods you eat too many of (or not enough of), it’s easy to make adjustments. If you need to know what to eat, visit [www.mypyramid.gov](http://www.mypyramid.gov) for dietary recommendations based on age and gender.

Another interesting dietary comparison between cultures found that American women, over a period of one week, ate on average just 30 different foods. Japanese women, by comparison, ate over 100 different foods in a week’s time. Guess which group has the lower incidence of heart disease, arthritis and cancer? Guess which group has the longer average life span? If you guessed Japanese, you were correct!

Here’s a challenge for you. Over the next week, see how many different foods you can include in your eating. For fun, let’s break the components down to percentage of foods we should eat. Record in the grid on the next page. If you have children, have them try this and use colored pencils to record colors of the foods eaten. See if everyone can get their “rainbow” of fruits and vegetables!

