

Chapter 1 : The Beginner's Guide to Running at High Altitude - Life by Daily Burn

You're a Runner. It's filled with practical advice and great insights about starting a running program and sticking to it. For instance, Zap! recommends the following to keep your motivation high: 1) Think of your running as a break from your everyday worries and responsibilities.

Twenty20 After recovering from a spontaneous lung collapse in , I spent years rebuilding my cardiovascular endurance. I took great pride in running one, two, and eventually up to seven miles at a time. This consistency meant that while I lived and worked all over the east coast, I never struggled to eke out at least a 5K any time that I ran – regardless of my energy levels or the terrain. So you can imagine my dismay when I moved to the Rocky Mountains earlier this year and discovered in my first week of living at high altitude that I was back to square one. I made it through a painful and painfully slow , walk-break-riddled 15 minutes before dropping onto the trail with my head between my knees, gasping for breath. Read on to learn how altitude affects the body, and how you can speed up the acclimatization process – safely. This means every breath you take provides less of what your muscles need in order to keep working, which requires that your body work harder to distribute oxygen throughout your tissues and process nutrient exchanges. Some people may experience little to no dramatic effects, while others may experience moderate or even severe responses to training at altitude. Additionally, anyone training at high altitude may be at risk for High Altitude Sickness or Acute Mountain Sickness, the signs of which include headache, fatigue, shortness of breath and confusion, says Kirk. These symptoms are more likely to occur at 8,000 feet or above. Not to mention decreased body fat percentage , increased muscle and strength , and improved stamina upon returning to lower altitude, Kirk says. Keep in mind though, while you might feel superhuman when you first head to lower altitudes, these effects are, unfortunately, temporary. Expect your high-altitude acclimatization to wear off within 10 to 20 days or two to three months , depending on the source you consult of arriving nearer to sea level. The more time you spend training at high altitude, though, the longer the benefits will last, says Kirk. [The 11 Best Running Camps in the U.S.](#) [How to Ease the Transition to High Altitude](#) The best strategy for transitioning to high-altitude running varies depending on several factors, says Kirk. These include the amount of time you have to adjust, your age and fitness level. But regardless of your personal situation, a few techniques can help you ease in. Though this may not always be feasible, Kirk recommends acclimatizing over the course of three weeks. This will allow your body to gradually adjust to high-altitude conditions at its own pace. Eat and drink right. One critical factor that may help facilitate the acclimatization process is nutrition, says Kirk. A basic high-altitude nutrition plan should place a strong emphasis on hydration. Because drinking plenty of water is paramount, high altitude runners should aim to approximately double their hydration intake. The rate at which you transition is dependent upon the amount of time you have available as well as the rate at which your own body acclimatizes. The first few times you run at high altitude may be dispiriting.

Chapter 2 : Why Running Retreats Are Percent Worth The Investment

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She has some seriously amazing PRs: Thanks to all of you who submitted questions for Nicole and a HUGE thank you to Nicole for taking the time to provide such thoughtful answers! I told her I wished I could have done this in podcast format. Tell us a little bit about you. So, how exactly does someone get up and leave their hometown to run full time? I got into running because of my dad. I was big into figure skating and tennis at the time, so running was a foreign concept to me. What I did like about running was the more I ran, the more I could run. It almost seemed like immediate results! One day I could run 5 minutes at a time, the next week I could run 7 minutes. I was used to practicing my skating technique or slice serve for hours on end and hardly improving. And I got addicted to how I could improve my running, even slightly, in a short period of time. One of my favorite things about running was that my satisfaction was entirely personal. Sure, my dad could run a 6 minute mile and I ran a 10 minute mile. But, my 10 minute mile was the best I could do and it was much better than when I first started. Then I tried out for my high school cross country team and made junior varsity and that was enough for me. I had a place to start, and that was all that mattered. What does a normal day look like for you at Zap Fitness? We typically have practice at 8: This can be anything from answering convos, listing items, or posting to social media. Depending on what practice is that day, it can last anywhere from an 1. If practice was a workout or long run, I try take a short nap after I finish lunch. During camp season we have various jobs to do that can be anything from helping our chef to guiding campers on runs. On a normal day we eat dinner around 6: What do you do to stay injury free? Nutrition Fueling often and properly gives my body the opportunity to recover and as prepare for the next run. Fueling often means eating three smaller but substantial meals and three snacks a day. I have breakfast when I wake up, a snack immediately after I run, lunch, an afternoon snack, dinner, and a snack before bedtime. I do this instead of eating three large meals a day for three reasons. Vitamin D helps absorb Calcium, which in turn helps with bone strength. I take iron for carrying oxygen throughout my body and Magnesium for recovery. Quality Sleep Sleep gives our body and mind the rest and therefore the recovery we need. Unfortunately quality sleep is incredibly hard to come by in this day and age. My best advice for getting quality sleep is to not look at any sort of screen for at least thirty minutes before sleeping. What are your pre-race routines? Go-to pre race meal breakfast and mid-race fueling strategy? In the words of Micheal Scott: Back in high school I used to be extremely strict about my pre-race routine. I had to wear the same shirt, eat the same food, breathe the same number of times, listen to the same song, you name it. I became a lot more flexible pre-race. With that said, my go-to pre-race meal would be oatmeal or bagel with almond butter and honey. I really enjoy surges within my long run. Our coach, Pete, usually wants us to start our surges about 50 minutes into our run and take 7 to 8 minutes in between surges. The surges can be anywhere from 1 minute to 7 minutes, depending on the workout. The surges are designed to start out gently and get naturally more aggressive as the workout progresses. The minutes in between each surge are also intended to be a touch faster than the previous set, not a complete jog or total rest. An example of a long run I did recently: Surges were in minutes and I took 7 minutes in between each surge. I think the best thing about this workout is that everything is on feel. Some days your surges are faster, some days your surges are much slower. It all depends on how you feel, and you end up getting a great workout in regardless. What was your favorite part about running Boston this year? I was soaked to the bone and colder than I have ever been in my life, but I felt like I signed up for it! It really helped knowing that people were cheering for me when all I really wanted to do was walk off of the course and find a dry, warm place and a very large cup of coffee. It felt like every spectator was personally cheering for each athlete. They took the time to read our names on our bib and yell the names of every individual that went by them. It was such an amazing experience, and I now understand why people have a special place in their hearts for the Boston atmosphere. I will let anyone reading this in on a little secret: I really think it helps me to calm by nerves by giving permission to myself to be nervous and remember that everyone is nervous. I like to look at

each race as a challenge and view it as a way to show off all of my hard work. How do you recover? As someone who plans everything, this can be a little challenging. Do you do anything specifically to manage your nutrition? Nutrition is incredibly important to my training, second only to sleep. As a runner, I love to eat. I love trying new things and trying to come up with new and fun recipes. With this being said, I do focus on getting the most vitamins and minerals out of my meals. This requires some thought most of the time. For example, calcium blocks the absorption of iron. If I want to up my iron with a piece of steak and I have a baked potato on the side, I will avoid putting anything with calcium such as cheese or sour cream on the baked potato. As with anything, moderation is key. Running is fun, and we train hard. Do you play any mental games when things get really tough during a race? Mental games have gotten me through all of my recent races. My favorite way to do this is finding multiple points on the race course instead of counting miles or constantly checking my time. How do you recover “ physically and emotionally “ from a really disappointing workout or race? The best advice I could give is to not think about it too much. I also think about how I still get a fitness bump with even a bad workout or race. Plus, I probably learned something about myself that day that will help me know what not to do in future workouts and races! What do you think elites do differently than the average runner? These men and women are up early in the morning to squeeze in a run before work, and then running again after work. They go home and cook, clean, take care of children, or even head to a second job. Before I ran full time for ZAP, I found myself eating in the car, not able to take snack breaks, and relying on coffee as a lifeline. I believe elites just have the time to do the extra things. Instead of fitting in a run, running is the job. What are your hobbies outside of running? One of my main hobbies is working on my Etsy shop. I always thought that Photoshop was a skill I would love to practice and hopefully one day master. I love motivational quotes, and I wanted a way to share what motivated me in a creative way. So, I decided I wanted the main message of my shop to be uplifting, motivational, and often sarcastic quotes in picture form. While I briefly strayed from this idea about a year ago and went into the wedding invitation market and it was fun for a brief stint and I learned a couple of new skills from it , I went back to motivational quotes pretty quickly! I also really like to practice modern calligraphy, which I do on my iPad with an apple pencil as well as with a stylus and ink. I have yet to understand how they make it look so easy. I also love to cook, and I like trying to make challenging recipes. Favorite thing about NC? Moving to NC was an adjustment to me, especially living in a remote area. I also absolutely love the scenery, especially in the fall. Favorite place to eat in Boone or Blowing Rock? Blowing Rock and Boone have some amazing places to eat!

Chapter 3 : Zap! You're a Runner by Greg McMillan | LibraryThing

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Love being part of the cool crowd. The boulevard is freckled with race bibs all through the weekend. Enjoy being a wedding crasher. Reap the benefits of that Runner Perks. Every participant gets a festival-inspired band to wear over the entire weekend. The perks that come with such a token are pretty endless; this is your key to unlocking the best of Vegasâ€”from nightclubs, to dining, to shows, to massages. Kid Rock will rock your socks off or on. Before the marathon and half marathon begin, be one of the thousands of runners that bob to the beats of the Bawitdaba kid. An American badass, the rocker-turned-country-alternative will take over a foot stage to get your engines revved for your race. The epic start line. Flamesâ€”literally there will be fireâ€”and energetic beats will pump you up as you get ready to run the StripAtNight. But take note of your estimated start time before race day. Getting 35, marathoners and half-marathoners through the start line takes time, so hang out in the festival until 30 minutes before you start to save those legs! Surpriseâ€”the expo opens early this year! Plan early so you can spend extra time at the slots. Basically, the entire weekend is a festival for endurance music junkies. Vegas shuts the famed Las Vegas Blvd. The Monorail is your best friend. We do not recommend walking around a lot leading up to your event, especially day of, but we do recommend the monorail. This nifty method of transportation gives you a semi-aerial view of the area, as well as keeps you off your feet as it cruises from one end to the other. The finish-line laser show will zap you with energy to continue partying. There will lasers and music inside the finish area to keep the celebratory moods high during the 0.

Chapter 4 : Greg McMillan – McMillan Running

Zap! You're a Runner by Greg McMillan, May 21, , Road Runner Sports edition, Spiral-bound in English.

Want to run a better marathon? Train the ZAP Fitness way. First of all, how much time should a runner devote to training for a marathon? I always say that the length of a marathon buildup should depend on how fit you are when you go into it. So I think you have to ask yourself that question before you start a marathon training cycle: How fit am I? What place does high-intensity training speed work, supra-threshold interval training have in marathon training? So we wait to introduce it and when we do it is very much the minority as opposed to the majority. What type of training should represent the hardest workouts a runner does in marathon preparation? Or close to marathon pace or occasionally maybe even a hair faster than marathon pace for a third to even half the distance of a marathon. Or, if you like to break things up mentally, three or four two-mile pickups where you run a hair quicker than marathon pace. Could you share a couple of peak workouts that would be appropriate for the experienced runner chasing a marathon PR—something on the intensity side and something else on the endurance side? On the endurance side, a long run that we use here in marathon prep as a fitness booster and a fitness indicator is a long run of 6 miles, to start, that are run very slowly—a minute to a minute and 15 seconds per mile slower than marathon pace. From mile 6 to 12, run 10 to 15 seconds per mile slower than whatever your goal marathon pace is. Then the next 6 miles should be at or perhaps even a hair faster than your goal marathon pace. That takes you from 12 to 18 miles. Then take one mile easy, where you run as slow or more slowly than you did the first 6 miles. And then you run 2 to 3 miles as hard as you can to finish, from miles 19 to 21 or 19 to 21. This is something that you would do once. But mile repeats with a tad more recovery. Finally, how do you recommend that marathoners approach tune-up racing? I was having this discussion with the former Athletics West coach Bob Sevens recently. If you go back to the heyday of U.S. But back then, people raced all the time. I am a fan of racing in the marathon buildup, and—sorry Bob—I am a fan of running the half marathon prep four or five weeks out. But I think athletes need to be of the mentality where they are okay that they might not knock one out of the park. A lot of people end up running well just by doing it that way. Also, one or two shorter races like an 8K or a 10K, if for no other reason than to replace one of your normal tempo runs. And for fun—put a number on it.

Chapter 5 : Cheering On Your Runners – Charlotte Marathon

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Nov 2, Written by guest contributor, Ambassador, Liz Foster. So instead of pounding the pavement, my preparation looks more like studying. Pick your spot The first step is deciding where to go. There are advantages to staking out a spot and cheering as runners pass by. You can stake out a spot or you can join an official cheer station. These cheer stations, registered with Run For Your Life in October, compete to be the best, just like the runners. In addition to bragging rights, the top three cheer stations, voted on by the marathon runners, get money to give to charity. Cheer stations can be as simple or as complicated as the organizer desires. One of the most popular cheer stations surrounds the infamous wall in NoDa. Another must-see cheer station is in Plaza Midwood. Runners pass through this popular neighborhood around mile Those spots and many others along the route turn into a party for the ones who are cheering. If you join a cheer station or just stake out a spot, be sure to dress appropriately for the weather, bring chairs and blankets, snacks, music, noise-makers and posters. Cowbells are a staple along the route. They are given away for free at the Marathon expo , this year scheduled for Friday, Nov. The expo, at the Charlotte Convention Center, is open to the public, or your runner can grab a few when they get their packet. If you make a sign, feel free to get creative. And prepare to get chatty as you wait. It takes a long time to run a marathon. But be prepared to exude high energy the whole time. The most important part is picking the right spot. Check out some of the bright spots along the course here. Roads along the route are closed for the race. Check out PAGE 2 of the marathon course for details on which roads are going to be impacted at what times by the runners. There are lots of people cheering for the half marathoners. The second half of the route gets mighty lonely. Picking a spot there may mean a longer wait and fewer runners, but your efforts will mean more for the runners you encounter. Repeat cheerleader Another way to really show your support is to show up more than once. The timing worked perfectly to see Christa, her best friend and her sister between Mile 3 and 4. The family then jumped in the car and popped in several spots along the route to cheer. Phipps used technology to plan all the spectator surprises. By using Find My Phone, he always had a general idea where Christa was along the course. Ask them their planned pace and calculate how long it will take to get to a preplanned spot on the map using that pace. This pace map will let you know how long it will take the runner to get to each mile marker, which you can find on the course map. For even the speediest of runners, a full marathon takes a few hours. Open from 8 a. Entry includes the new VIP tent, a private spot to take photos with your runner, heated bathrooms, food, and finish line views. No matter where you go, cheering is fulfilling for those on the sidelines, too.

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Chapter 8 : Zap You're a Runner PDF - Video Dailymotion

Runners definitely share special bonds and sometimes have traits, habits, or idiosyncrasies that only other runners can understand. If you're a runner, you may be able to relate to or appreciate some of these descriptions.

Chapter 9 : ZAP Your Marathon Fitness: Exclusive Interview With Pete Rea – Competitor Running

Maybe you're a bookworm, or a member of student government, or a budding scientist (maybe you're all three). You participate in a number of clubs and volunteer organizations.