

# Coach K Fitness

Train Hard, Train Smart

Patricia's 1<sup>st</sup>



When my rheumatologist gave me the order “No running” and “No jumping” (bad knees) just when I was beginning to enjoy the running part of Coach K’s Boot Camp, I was deeply disappointed. I had just caught a glimpse of the running world. I liked it.

My reality became walking: in my neighborhood, on two dikes, through two parks and the woods, even out on Newberry Road. I walked to help work through the grief of losing a loved one, I walked to recover from surgery, and I walked to celebrate life.

I pushed the distance, one mile, two, and then three and realized I could walk in a 5K.

Coach K insisted we walk laps around the block during class time, trying to improve our speed. He gave us useful tips and exercises.

On March 7<sup>th</sup>, my gym-buddy, Josette, walked with me as we “Ran Amuck with the Duck” behind NFRMC on a beautiful Spring day. We were immersed in a world of slender, healthy, fit people – young and old, runners, walkers, moms with strollers, people with their dogs. The energy level was palpable. The cause, a good one, raising money for lung cancer research. I had so much fun! My immediate goal is to improve my time in subsequent 5K’s. My long range goal is to gradually build up my distance, so that maybe a 10K could change from a possibility to a probability. Why is it such a big deal to me to walk in a 5K? When you are over 70 every “first time” experience is to be savored.



I was nervous for the half-marathon. I tried to reason my way out of it- I told myself running has become a comfortable activity, and I finally felt in control of my pace, stride and breathing. And yet, I couldn't shake my nerves from the time I woke up until just before the race. I think the thing that eventually calmed me down was Coach K's utter nonchalance. He was running the race with me, acting as my pacer. Before the race, as I was anxiously pinning my bib and prepping my gear, I'm pretty sure Coach was napping in the car. Somehow, that was enough to chill me out...

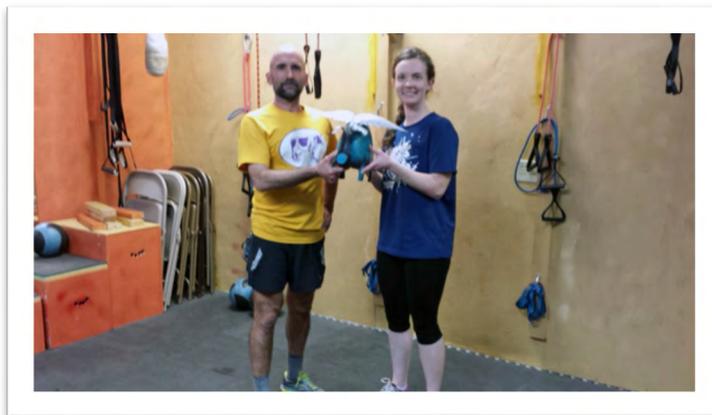
...Until the start line. Against my better judgment, I lined up next to the 2:15 pacer. I had set a vague goal of running the race in less than 2:30, so 2:15 seemed optimistic, especially as I had only gotten up to 11 miles in my training.

But the gun went off, and I kept up with the 2:15 pacer for the first six miles. Then, I passed him at mile seven. The route was nice, there were a lot of turns, so the scenery kept changing and I never got tired of the run...

...Until mile 11. I was way past starting to feel the strain on my joints, and I was lagging. I intended to walk for a few seconds, but decided against it, because it would just take longer if I walked. The last two miles were rough but at least they were around Lake Alice: familiar terrain. As I rounded the last turn and passed the 13 mile marker, I turned on the sprint and crossed the finish line at 2 hours and 13 minutes.

Overall, I had a very positive experience. Not only did I beat my goal, but completing a half-marathon had previously felt like an insurmountable feat, and I feel very accomplished for finishing the half-marathon. —Kathleen

## Flying Pig Award



The Flying Pig Award goes to Kathleen for completing her first half marathon and beating her goal time as well.



I learned a valuable lesson this March: you're never as out of shape as you think you are. After slacking on my running and general fitness training since Christmas, I decided that I needed to sign up for a race in order to get my fitness schedule back on track. And so it was that I ended up Racing the Tortoise at O'Leno State Park last weekend. I had zero expectations going in; all I wanted to do was finish. As an added bonus, the weather was a perfect 45 (ish) degrees the morning of the race and the sun was out and shining. I started the race just enjoying the weather and the general beauty of the Park. But around the 2 mile mark, I really started to feel the lack of training. It became a bit of a struggle, but at that point I became focused on making sure I stayed ahead of the woman behind me. (Side note: if you're running a race and really start hating it, please do not moan loudly and complain the ENTIRE RACE to your friends. It just makes the people around you form an

instant (and probably unfounded) dislike of you.) So I dug in and kept going, and for the last  $\frac{3}{4}$  of a mile was able to keep accelerating and ended up finishing around the 30 minute mark. Although it was my worst race time, I was pleased with my performance. It turns out that after having trained with Coach K off-and-on for a year now, the basics have been successfully drilled in and I was able to fall back on them when needed. It ended up earning me a second place finish for my age group. Even though there were only three women actually in my age group, I'll take it! m —Lauren

**Congratulations!**



## Twila's Ride

**Bermuda, Bike Tour #4 for Women, November 2-7, 2014**

Most women's tour rides are measured in miles per day – this tour, measured in hours per day, was the exception. These five day rides lasted from 3-6 hours daily. The tour followed the Bermuda Railway trail but because of the recent hurricane it required a series of daily adjustments and compromises.

The ride on the old railroad bed should have been an easy day however we later discovered the workers who cleared the traffic roads tossed the debris onto the railroad bed. This resulted in having to ride on the roads much of the time. The paved, narrow, hilly roads had to be ridden on the left side, which was a challenge in and of itself.

When we were able to use the railway there was the constant challenge of moving the branches and limbs. When we were unable to move the obstruction we ducked through "holes" in the debris to continue our trek. The group of 16 women and 2 guides worked together and helped carry the bikes up steep inclines and stairways.

We stopped along the tour at the nature Reserve Wildlife Sanctuary, to see the panoramic views of the Ocean, Gibbs Hill Lighthouse, and Fort Scour. We spent time swimming in the ocean, lounging on the pink sand beaches and kayaking.

My Fifth Ride will be in June, an 8 day tour of Niagara Falls and the Finger lakes.

Go to the Coach K Facebook page and "Like"  
I will be using that to post days off, etc.



**[Coach K Fitness Facebook Page](#)**



[This is What Happens When You Stop Exercising](#)

[Texas Man Sets Pull-ups World Record](#)



## Upcoming Races

- [Trail of Payne 10K](#)
- [Fallen Heroes 5K](#)
- [Stride Against Silence 5K](#)
- [EHS S.T.A.R. 5K](#)
- [Small to Tall 5K](#)
- [Flatwoods 5K](#)
- [2015 LGAA 5K & Corporate Challenge](#)



**Coach K Fitness is a tithing organization in support of various charity groups per Matthew 25:31-46, Quran 2:177, and Wounded Warrior Project.**

