

Coach K Fitness

Train Hard, Train Smart

Coach K's Big Race



I think the title for this article should be **Learning from Failure**.

This year I went out to the same 100K that I did last fall with the sole intention of having a much faster time. I changed my training a lot to see what would happen.

The short version is that I got to mile 45 and my time was exactly the same as last year-how spooky is that- and realized that the only way to hit my goal was to run the last 15 mile segment (in the dark) in 2 hrs. flat. My best time all day had been 2.5 hrs. So I walked over to the organizers table and handed in my race number. They were shocked as I looked in decent shape and had run in good form. My mind was set, as I could not see any benefit to 3-4 more hours of running to "just finish".

Lessons:

1. I had been doing most of my training runs in early morning while it was cool. While this was great for building up leg strength it did nothing for improving heat acclimatization, which turned out to be the biggest issue. Nothing like running all day in desert and full sun to get overheated and dehydrated.
2. Losing weight- seemed to make no difference. I had dropped 10# based on theory that each pound will shave off 5-8 secs per mile. No such thing happened. I should have kept eating dessert from 706.
3. The new run technique with extra recruitment of "butt muscles" was working, I was able to cruise up hills that other people were walking, and it cut a ½ hr. off the first lap and it felt like I was just in cruise gear and not really running at speed. Big difference was not a single calf cramp and very minimal leg cramps, which is HUGE compared to all the other races in desert.

Coach K's Big Race (cont'd.)

4. AND as I ran to finish line and watched the umpteen people slow trudging or walking (and sure to be out there for many more hours), I took a vow that I will not TRUDGE just to finish. From now on my goal is to have a top 20 finish and train with that in mind. No more training just to finish.
5. This is maybe important—as in my first year of running I ran 7 Ultras and always ran on the streets instead of trails and did just fine. Maybe it is just different in the desert, as the distance seems to just stretch out forever which is very challenging mentally as you have no idea of how close or far you are to next water station/checkpoint. See Photo.

Joyce's Story

My daughter is a runner. She lives in Atlanta, so she races there. When I walked the 10K Peachtree Road Race on July 4, 2015, with her - it poured rain for over half the race. We were so cold - that we had to run part of the way. **I LOVED IT.**

Never in my life did I imagine that I would like to run. And I can't run very far or very fast. Well, actually, there is a correlation between fast & far. The faster I run, the shorter my distance because I get out of breath. But if I stay at a steady pace, I can now

run for one minute. Then I walk, run again - interval training. So how FAR is one minute?

Let's do the math. On October 25, I ran/walked 3.1 miles (5K) in 49.44 minutes. 3.1 miles is 16,368 feet. So I averaged 331.067 feet in each minute. That's 110 yards - wait, I can't run the length of a football field. Or can I?

Well, my math might be wrong, but I know my training program with Coach K is right on target.

Thanks, Coach.

PS-"Next time, I'm aiming for longer run periods and faster walking between runs. And, I plan to beat Betty - first, and only, entry in the over 80 females!" **—Joyce**



Coach K client, Julius Gylys, got 1st Place at the Mind, Body and Sole 5K this past weekend. WOOO HOOOOO!!!



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Makes Us Question
Everything We Know About Cleanliness](#)

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[The FDA Scrambles to Define the Meaning of
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[Coach K Fitness Facebook Page](#)

Upcoming Races

[Countryside Mustache Dash 5K](#)

[Paynes Prairie 5K](#)

[Turkey Trot 2-mile Fun Run & 10K](#)

[Tacky Sweater 5K](#)

[Lumber Around the Levee Trail Run 6.5 Miler](#)

[Little Run on the Prairie 5K](#)

[Hustle for Hope 5K](#)

[First Magnitude 7.2K Springs Run](#)

[UF Relay for Life 5K](#)

[Seasons of Hope 5K/15K](#)

[Newnan's Lake 15K](#)

“In order for man to succeed in life, God provided him with two means, education and physical activity. Not separately, one for the soul and one for the body, but for the two together. With these two means, man can attain perfection”

—Plato

**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.**

