

Running Briefs

474-5493

Running Club North
FAIRBANKS, ALASKA

Volume XIII, Issue IV
Aug./Sept. 2006



Plan nutrition for better recovery

By Joy Huber

Runners understand the importance of resting after intense training or racing in order to improve future performance. Eating the right foods at the right time can accelerate this recovery process and maximize your training gains. The key - as with *all* successful nutrition strategies - is to plan ahead.

The Need

After burning available sugar in the blood, our bodies turn to stored glycogen in the muscles and liver. This glycogen is essential for endurance athletes, and is most readily able to be replenished immediately after exercise. The "glycogen window" - when blood flow and metabolic hormones are increased and the liver can efficiently convert carbohydrate into stored glycogen - begins immediately after exercise and lasts several hours.

For the typical fitness runner, the best nutrition for recovery is simply to eat a balanced diet that includes plenty of fluids. Your best strategy is to plan your post-

workout meal ahead of time, and bring a healthy snack like a piece of fruit or a handful of trail mix to avoid snacking on 'empty' calories.

If you exercise to fatigue several times per week, or exercise more than once per day, your strategy needs to be more focused. In order to ensure that you will have adequate fuel for your next performance, you need to consume carbohydrate quickly and consistently during this window. Incorporating some protein may also help to stimulate glycogen replacement and will assist in muscle repair.

The Plan

Consume 1.5 grams of carbohydrate per kilogram of body weight within 15 minutes of finishing your (90+ minute) work out, and then 1.5 grams/kg every two hours or until your next meal. That means:

55 kg (121 lbs) body weight
= 83 g of carbohydrate

65 kg (143 lbs) body weight
= 98 g of carbohydrate

75 kg (165 lbs) body weight
= 113 g of carbohydrate

The Strategy

While there are a variety of pre-packaged products marketed for recovery nutrition, most energy bars have a very low water content, and you will need to drink additional water if you choose these products. Many simple, wholesome foods do the job just as well, and can help

you better meet your other daily nutritional needs.

Also keep in mind that the amount of carbohydrate needed is greater than what is found in commercial sports drinks, so finish off your sports drink and then follow it with a more concentrated source such as 100% fruit juice or chocolate milk. Beverages like these help your body to re-hydrate as well as restore glycogen.

The key is to choose foods and beverages that meet your carbohydrate needs and *that you will feel like consuming* immediately after a hard workout. A few suggestions:

Bagel, medium = 40g carbs;
Potato, baked = 34g carbs; Chocolate milk, 8 oz = 27g carbs; Cheerios, 1 cup = 20g carbs; Pretzels, 3/4 oz = 17g carbs; Dates, 5-6 = 31g carbs; Apple, small = 16g carbs; Banana, small = 16g carbs; Orange, medium = 15g carbs; Orange juice, 8 oz = 26g carbs; Apple juice, 8 oz = 30g carbs; Grape juice, 8 oz = 39g carbs; Milk, 8 oz = 12g carbs; Fruited lowfat yogurt, 8 oz = 47g carbs; Fig Newtons, 2 = 20g carbs; Honey, 1 Tbsp = 17g carbs; Pumpkin pie, 1/8 pie = 19g carbs

For general nutrition info and links, visit www.eatrightalaska.org

Joy Huber is a dietitian for the Resource Center for Parents and Children (RCPC) and has lived off and on in Fairbanks since 1993. E-mail her at publicjoy@yahoo.com

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c/o Matias Saari
5721 Cascade Road
Fairbanks, AK 99709
matiasalaska@hotmail.com

Getting the most out of your mileage, part deux

How to Use Multispeed Training to Improve Your Running

by Roger Sayre (rwsayre@hotmail.com)

The June-July issue of *Running Briefs* published an article detailing Roger's multi-speed training philosophy. What follows are the training tables that accompany it.

How Much, When?

So how can you put this all together and how do you start?

Intermediate Schedule - Assuming that you've been running for a few months with at least maintenance mileage (10-15 miles per week), you'd want to build up to about 30 miles per week. If you're not doing any longer runs, this is the time to start. Don't do it all at once; take four to six weeks to get there. Mix in some hilly runs along the way. Most of this running should be at the easy pace or as endurance runs.

2 week cycle

mileage: 30 - 60 miles/week (depending on your goals and experience)

Multispeed Level	Pace	Duration (Min)	Distance (miles)	Frequency per 2 weeks	Comments
Long run	easy	90 or More	8 to 20	2	This is the foundation of your training
Recovery	easy	20 to 60	2.5 to 8	2 to 6	50 - 70% of your training
Tempo run	15k (or 5k+ 20 sec/mile)	20 to 30	3 to 4	1	Estimate your 15k pace or use your 10k pace if those take about an hour
VO2 Max	5k	15 to 30 600-2400 m	2 to 3	1	Start at your current 5k pace and progress so each session gets a little closer to your goal pace
Economy	mile	5 to 10 100-600m	0.5 to 1	1	Focus on fast but relaxed running—these are not sprints!

Repeat general pattern for the next two weeks, but you can also increase mileage and pace slightly (no more than 5 to 10 miles per week). You are ready to test yourself in a race! After the race adjust your training pace based on your pace and continue progression toward your goal. You can follow a pattern like this for about two to three months before needing to ease up and return to aerobic training for a month or two.

Intermediate-Advanced Schedule - for the ambitious

3 week cycle—mileage (40 - 75 miles/week, depending on your goals and experience)

Multispeed Level	Pace	Duration (Min)	Distance (miles)	Frequency per 2 weeks	Comments
Long run	easy	90+	12 to 20	2	This is the foundation of your training.
Recovery	easy	25 to 80	2.5 to 8	6 to 10	These are also your foundation. It's okay taking some days <i>very</i> slow
Tempo run	15k-20k	20 to 60	3 to 8	2	These enhance your foundation
VO2 Max	5k or 3k	15 to 30** reps 600 m to 2400 m	2 to 3	2	These callous you to sustain your race pace. Start at your current pace and progress so each session becomes a little closer to your goal pace
Economy	mile	5 to 10** 100-600 m	1 to 1.5	2	These sharpen you and make you a more efficient runner

Repeat general pattern for next three weeks, but you can also increase mileage and pace slightly for the next cycle. Race about once every two to three weeks. Adjust your training pace based on your races, or continue progression toward your goal. You can follow a pattern like this for about three months before needing to ease up and return to aerobic training for a month or two. *(Continued on page 3)*

Example of multispeed pace chart based on your 5k performance (how to figure your workout paces)

5k (V02 Max)	Easy	1 mile (economy)	15k (Tempo)	10k race
18:00 (5:45/mile)	7:30 to 8:30	5:08	58:15 (6:15/mile)	37:40 (6:04/mile)
21:00 (6:44/mile)	8:00 to 8:45	5:57	1:08:00 (7:18/mile)	44:00 (7:05/mile)
24:00 (7:44/mile)	9:30 to 10:15	6:44	1:17:50 (8:21/mile)	50:10 (8:05/mile)
27:00 (8:40/mile)	10:30 - 11:15	7:31	1:29:00 (8:41/mile)	57:15 (9:07/mile)

Some tips for the road (trail and track):

- Step away from each workout knowing that you could do more—leave your best running for the race.
- If workout recovery takes more than 48 hours, then you are probably pushing too hard.
- Train on the track about once per week—but mix up your workouts so you learn to calibrate your multispeed paces on the track.

Find a training partner with similar goals—run hard, but don't compete in the workouts.

Sources and additional reading:

Daniels, Jack. 1998 The Daniels Running Formula

Dellinger, Bill and William Freeman. 1984. The Competitive Runner's Training Book.

Pfizinger, Pete and Scott Douglass. 2002. Road Racing for the Serious Runner

Interior Trails Quarterly seeks for greater trail exposure

Newsletter prompted by concern over increased outlying development

Eric Troyer, a local trail user and freelance writer, believes local trails and those who use them need greater exposure. So Troyer is starting a quarterly e-mail newsletter called the Interior Trails Quarterly, which will act as a clearinghouse for news and views about the trail-using community in Interior Alaska.

Prompted by concerns related to increased housing and industrial development in the outskirts of Fairbanks, Troyer says he's not opposed to development, but is opposed to losing all the

wonderful trails in the area.

"Very few trails in the borough have full legal protection," says Troyer. "Maintaining trails, improving trails, building new trails—those are all great things. But more than anything we have to save the trails that we already have." Troyer describes himself as a non-motorized trail user but says he's an advocate of multi-use trails. His effort reflects a growing awareness nationwide that if trails are to be preserved they need advocates.

To fill the newsletter

Troyer is looking for notes and stories about trail maintenance work parties, trail-related meetings, information on trail-related grants, trail-related fundraisers or other events. He's also got space for stories from the trail. Stories should be no more than 250 words: funny, reflective, dramatic, or all three. He is especially interested in links to stories about interior Alaska trails that are posted online.

Send submissions to: etcl@acsalaska.net. Use the same address to learn more or to join the mailing list.

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c/o Matias Saari
5721 Cascade Road
Fairbanks, AK 99709



Huge PR hands Hildebrandt, one n, Humpty's honors

Dietrich Hildebrandt, a West Valley High School graduate who now spends summers in Fairbanks, shaved 18 minutes off his personal best to win Humpty's Marathon on Aug. 20 in 2:58.10.

The 22-year-old from Spokane, Wash., who picked up marathoning from his father Bob (a veteran of nearly 100 marathons) notched his first marathon win in 29 tries.

Hildebrandt's first marathon was also at Anchorage's Humpty's in 2001, where he required almost five hours to finish and vowed not to run another marathon. Now he makes the race an annual affair and is one of Fairbanks' up-and-coming runners (despite the fact the Anchorage Daily News misspelled Hildebrandt's name -*not* Hildenbrandt- 11 times in a race article).

RESULTS

The following is a non-comprehensive list of recent running results for local runners. The runner's name is followed by the name of the event, date, "chip" or "net" time when available (as opposed to the "gun" time, which would be slower at larger races), overall placing, and for women, place by gender. A runner need *not* be an RCN member to be listed.

Bob Hildebrandt	Humpty's Anch.	8/20/06	5:20.00	144
Dietrich Hildebrandt	Humpty's		2:58.10	1
Jim Madonna	Humpty's		3:58.04	58
Ann Farris	Humpty's		3:43.37	4
Tracey Martinson	Humpty's		4:21.31	20
Karoline Davis	Humpty's		4:37.14	30
John Lyle	Kilauea Volcano, HI	7/29	3:57.00	10
Bill McDonnell	Helsinki, Finland		2:49.10	15
John Gallagher	Yukon River Tr. Mar.	8/6	3:53.15	6
Jerry, Leah, & Allan Lipka	SF 1/2 Mar.	7/29	2:32.37	2910
Dave Cowee	Firecracker 5-miler NY	7/4	38:32	170

Running Briefs is published, generally later than its intended date, six times a year (in February, April, June, August, October and December). Without contributions from Interior Alaska running enthusiasts, newsletter recipients would be subjected to drivel exclusively from the editor. Spare us that by submitting anything of interest to:

Matias Saari, 5721 Cascade Road, Fairbanks AK 99709 or send via e-mail to: matiasalaska@hotmail.com