



SUMMER MARATHON TRAINING: WEEK 4

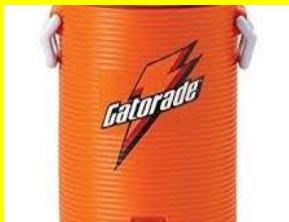
"Just give me the "deets"

Route: North/Mileage: 9m (Novice) 11m (Intermediate) 13m (Advanced)

Hydration:

Parking Lot

Oak Spring: 4.1 miles



Please consider helping us with hydration this year. Go to our website [@nsdrc.net](http://nsdrc.net) and click on the hydration link to sign up.

Make sure that you bring a hydration belt or collapsible cup as we will not have disposable cups at the site or on the course.

Mark your calendar Injury Prevention Happy Hour

Where: Tighthead Brewing Co.

When: Thursday, July 14th from 6-7:30pm

Sponsored by: Rush Physical Therapy

We will utilize their outdoor space to go over a dynamic warm-up, a quick series of strengthening exercises for injury prevention and some static stretching.

No equipment is required but feel free to bring your foam rollers.

The class will last approx. 30 minutes. Pizza will be provided after the class.

No need to freak out if you miss a workout.....

At the beginning of each training season, I post the training schedule on my refrigerator. My goal is to check off each run as I progress through the training. This works for about a week or two and then something comes up that takes priority. Whatever the interruption, there are just times when life is going to get in the way of running.

It's going to happen, you'll miss a workout because something more important comes up, and if it does, there is no need to panic, you won't lose as much fitness as you think!

First and foremost, make peace with the fact that running is only a hobby and that it's only one aspect of your life requiring your attention. If you are consistent the majority of the time, you can afford a few missed workouts without losing any fitness.

Remember that it takes two weeks of no running at all for your muscles to start experiencing any atrophy.

Establishing a strong running base of up to 15 to 25 weekly miles before starting to train for a marathon will better prepare you for the bumps in the road (missed workouts) that almost always occur during marathon training.

COVID GUIDELINES:

- Until persons are two weeks post full vaccination for COVID19, they are expected to wear a mask or face covering when gathering pre- or post-run. Fully vaccinated participants are not required to wear a mask or face covering while gathering pre or post-run. Masks or face coverings are not required during the run for any participants.
- Do not participate if you are feeling sick or ill, and or have a fever, or if you are unvaccinated and have been in contact with someone unrecovered from COVID-19.
- Persons from high-risk groups for COVID-19 complications should consult their physician before participating.
- Participants are encouraged to avoid traditional forms of physical contact (handshakes, high-fives, hugs, partner stretching, etc.), as well as close group gathering (group pictures, etc.).
- Do not spit or blow nose while running in group.
- Do not share personal items, such as hydration, energy gels, towels, etc

“Running is not, as it so often seems, only about what you did in your last race or about how many miles you ran last week. It is, in a much more important way, about community, about appreciating all the miles run by other runners, too.”

Richard O’Brien