

Boulder Road Runners

Tammy Polombo accepts the BRR check for \$8000.00 raised at the CFS 5K Turkey Trot.



Since 1979 and Still Running!

Calendar

December 7 Lights of December Parade
6 p.m. downtown Boulder

December 8 Sunday Run at Fleet Feet
8 a.m.
20% off all purchases

January 6 First Monday
Avery Brewing
5:30 – 7 p.m.
Guests:
Even and Heather North

CFS 5K Turkey Trot

The Community Food Share 5K Turkey Trot didn't look like it was going to be much of an event. Then registration took an amazing jump with nearly 300-race day registration. The result was 870+ finishers, 900+ cash donated and 971 pound of food collected. Once we determined all the expenses we were able to contribute \$8,000.00 to Community Food Share.

A thank you must go out to our sponsors: Boulder Running Co., Fleet Feet and Le Peep.

Finally, no running event could function with out the volunteers who give their time and energy to make it all work.



Community Food Share

...a little giving goes a long way

BRR Training Report

Lynne Kidder and I recently completed the Lydiard Foundation's Level I&II Coach Certification training, and we want to share with you some of the things we learned.

While we had previously heard of Arthur Lydiard, we knew little beyond the fact he was an outstanding long distance runner and coach from New Zealand. Lydiard died at age 87, while on a lecture tour in the States. He had spoken in Boulder on December 10, 2004, and then went on to deliver a speech in Texas the following day. He died that night, reportedly of a heart attack. Shortly after his death, two Lydiard protégés, Lorraine Moller and Nobby Hashizume, established the Lydiard Foundation to promote Arthur Lydiard's training methods. Most of you know Lorraine, who is internationally renown for her many marathon wins, including Boston and a Bronze Medal at the Barcelona Olympics. Nobby is best known for his elite coaching in Japan. Lorraine and Nobby met in New Zealand and both reside in Boulder today.

Many believe the Lydiard training method requires massive amounts of long, slow running...up to 100 miles per week. Well, we may do half of that, but 100 miles? No way! We quickly learned that this long-distance requirement was a myth. While Lydiard, himself, did run 100-mile weeks, his training approach can be very individualized. One training plan does not fit all runners. Of course, we knew that!

What then is unique about the Lydiard approach? Actually, many of Lydiard's teachings have now become standard in most credible training plans. First,

Lydiard emphasized the paramount importance of first building and maintaining a strong aerobic base. Instead of questioning the contribution of our long, slow runs, we now appreciate that these miles help provide the aerobic foundation that enables the development of strength and speed—as well as recovery. There are no “junk miles” when put in the proper training context!

The second principle is feeling-based training. Self-awareness and being able to gauge one's level of effort and recovery is key to both effective training and performance. Technology can be helpful, but will never take the place of what Lydiard referred to as the *inner coach*. Balancing workouts is Lydiard's third principle and posits that appropriate recovery time following hard workouts is essential for continued improvement in our running. Understanding the body's response to training and then finding the right balance and degree of difficulty for hard workouts and “recovery runs” is hard to do, but listening to our bodies' responses to training should serve as a guide.

Fourth, Lorraine underscored that the development of a runner's various energy systems needed to occur sequentially, with each training phase progressively building upon those that came before. This sequential development of the runner's capabilities, from low to high intensity, maximizes training benefits and minimizes risk of injury. Lydiard's training phases are (1) Aerobic Base, (2) Hills, (3) Anaerobic, (4) an integration or Coordination phase, and (5) the Taper.

Finally, we learned that correct

timing of training phases was very important, designed for the runner to reach peak condition for a specific race date. Lydiard training plans are written from the goal date backwards, allowing ample time for each of the training phases.

This brief review does not begin to capture the whole of the Lydiard Foundation's course. Under the able guidance of Lorraine Moller, and with additional input from Steve Jones (Jonesy) and Dr. Doug Jowdy (sport psychologist), we listened, we discussed, and we practiced sample workouts on Boulder's streets, paths, and the track. It was an amazing learning experience; one that we heartily recommend to you.

What now? We are particularly interested in how best to contextualize the Lydiard principles for the older athlete. We can't speak for others, but we each still have important running goals and have no intention of just watching the young “elite” kids. Perhaps this is the most important lesson that we learned: Our own individual goals matter, and the Lydiard principles can help us achieve them.

Thank you Lorraine, Nobby, and all.

Bill & Lynne
Boulder
November 26, 2013

Lynne just achieved a PR in the Annapolis Half Marathon and will be training for the March 2014 Canyonlands Half. Bill is training for the 2014 Boston Marathon using the Lydiard Foundation's *Running Wizard*.

Coach's Corner
Three Step Breathing
Dr. Johnny

Most of us probably do two or four step breathing. For example we might exhale when our left foot hits the ground every 2nd or 4th step. If you're going slow just starting out, it's probably 4 step. When you build up speed and are short of breath, it's probably 2 step.

For three steps, we have to alternate feet, and this can feel awkward. However, with practice, 3 step can feel OK and add another "gear" to your running. You can get the feel for it by doing 2, 3, and 4 step breathing as you walk. Then incorporate a drill of 3 steps as part of your warm-up. It may take some time, like a year or so, but eventually you'll be naturally shifting between three gears instead of just two.

Dr. Johnny is not a real doctor. (It's a long story). He's not a real coach either. Some say he's not a real photographer, but hey, let's not start a fight. Since this footnote is longer than the article, it's obvious he's not a real writer either.

Seriously though, Bill Buffum said there's a lot of experience in our running group, and we should share what we've learned. So, step right up and contribute to the newsletter. If you have writer's block, talk to a real writer such as Gail Hunter or Mike Sandrock. I think I'll go try to find some photos to contribute.

Thanks, Johnny



A blue banner for the Center for ReSource Conservation. On the left is a black and white photo of a house with solar panels. To the right is the logo, which consists of four icons (a sun, a water drop, a leaf, and a recycling symbol) arranged in a 2x2 grid. The text "CENTER FOR ReSource CONSERVATION" is to the right of the icons. Further right, the text "CONSERVATION STARTS HERE." is displayed in white. Below the logo and text, a white paragraph reads: "Welcome to the CRC! We are an environmental nonprofit with the mission to empower our community to conserve natural resources. We implement programs for the community through three divisions – Water, Energy, and Waste."



These are some of the pictures Johnny contributed...

Community Food Share 5K Turkey Trot

