Boise Galloway Training – Week 3 (Aug. 22 – 28)

Dear Galloway Athlete,

What did I tell you? Wasn't Hilary the absolute BEST?!? For those of you who couldn't stick around after the clinic and missed the instinctive meditation/yoga session, I am SO sorry because you missed something really special. However, Hilary is offering us another session if we can figure out a good time/day for it that works for the majority. More on that later.

Please remember that if you are not going to be at training, contact your PGL, not me.

In this email:

**1. Message from Jeff Galloway**

**2. Nutrition clinic notes**

**3. FitOne race update**

**4. Shirts/hats are in!**

**5. Training for Saturday, Aug. 28 @ 8:00am**

**6. Training tip of the week**

**7. Nutrition tip of the week**

**1. Message from Jeff Galloway**

Many of you have asked how Jeff is doing after his heart attack and surgery. I emailed him and this was his response:

So great to get your email. What a super group you have cultivated. I am looking forward to coming out there again--hopefully next year. I am continuing to build back my conditioning overall. Every other day I run for 3.5 to 4 miles using 10/10--and log 20,000 steps through walking 5-10 min every hour. On the alternate day I walk, do elliptical and a rower. The running is improving but slowly. I am hoping to be ready for a half marathon by early  next year. During this strange time the good people who are runners are coming together to support one another. There's a feeling of togetherness in our group that is developing in a special way. Keep up your great work--I look forward to running together again--as we did in Ogden. Jeff

For those of you who have never met Jeff, he is a true southern gentleman and one of the kindest people I've ever met. I'm happy that he's doing so well.

**2. Nutrition clinic notes**

Hilary always covers so much in this clinic that it's hard to take notes for those who weren't there. Here are some key points:

* If the training is going to be over one hour, start fueling 30-40 minutes in.
* Continue fueling and hydrating throughout the training.
* Always take in protein and carbs within 30-45 minutes after the run. It helps with recovery.
* For weight loss, do 50 pushups (groud, table, wall) throughout your weekly training.
* It's important to do cross-training, especially for weight loss.

Follow [Hilary on Facebook](https://www.facebook.com/hilary.hortonbrown.94%22%20%5Ct%20%22_blank), Twitter (@spiritfithilary)  and Instagram (spiritfithilary).

Hilary is offering another session on intentional meditation and yoga. I'm going to send out a survey this week to see what works best

**3. FitOne race update**

For all of you who registered for FitOne under the Boise Galloway team, you probably got the announcement that it will be virtual again. Boo! I haven't had a chance to figure out what to do, but I'll be in touch.

**4. Shirts/hats are in!**

I will have them this Saturday.

**5. Training for Saturday, Aug. 28 @ 8:00am**

It's a long one for both our 10k and half marathoners, so be sure you bring nutrition and hydration!

Distances:

10k: 4 miles

Half marathon: 6.5 miles

**6. Training tip of the week**

I'm still waiting for the workout program from Therapeutic Associates, which I will send you as soon as I get it this week.

I strongly encourage you to make that a part of your training schedule at least two if not three days a week. It not only will make you stronger, but it will help prevent injuries.

**7. Nutrition tip of the week**

All the the recipes and lists Hilary talked about are now on the Members Only section of our website, so check them out!

Have a great week!

Louise