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.

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**6. Training tip of the week**

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**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" \t "_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