

**BOISE GALLOWAY TRAINING**

**SUMMER/FALL 2021 KICKOFF**

**August 5, 2021**

**Welcome & Introductions**

* Welcome, everyone! Thanks for coming and congratulation for taking this awesome step of starting or continuing this program!
* Louise Seeley, Program Director
  + Louise has been participating in endurance events since 2005 and has completed 12 marathons and over 80 half marathons. She and husband Mike, who is a Pace Group Leader, have been coaching runners and walkers for over 14 years.
  + As Program Director, Louise organizes the group runs, sends weekly emails, answers questions and concerns, and makes sure everyone is happy and healthy!
* Pace Group Leaders for this season are: Chelsi, Hillary, Jayne, Juan, Lisa, Mike, Randi, and Tifany. Each is here to help you achieve your goals, keep the pace and intervals during our group trainings, help with any issues you might have – and be your biggest cheerleader!
* If you’re new to the program and a little nervous about what you’re doing, you should know that over 80% of our registered members are Galloway Alumni. Many have been with us for several seasons if not several years, so we must be doing something right!

New members will get a Galloway training shirt. Alumni will get a Galloway hat but if you need a new shirt, too, let me know!

**Explanation of Galloway program**

* Boise Galloway Training started in July of 2012. We started with a 5k/10k program with 19 people. Since the, we’ve successfully trained hundreds of people, with our largest season before the pandemic of 120!
* The Galloway Method of run/walk/run has been successful for hundreds of thousands of runners. People who have hated running in the past are now devotees.
* Why does this method work?
  + We start slowly and build up gradually.
  + We go slow – it helps prevent injuries and build endurance. No huffing and puffing!
  + We take walk breaks often and from the beginning. This helps your legs recover faster.
  + Our Magic Mile insures that you start where you should, not necessarily where you want to be!
* Walking is mandatory on our long Saturday runs, and encouraged on all others!
* Remember: *You get out of the program what you put into it.* If your goal is to get to the finish line injury-free, you need to follow your schedule and our advice. If your goal is to get faster, you need to do all that *plus* the additional speed work in your training schedule.

**Pace Group Leader roles**

* PGLs are the backbone of the Galloway program. Because everyone is placed in a pace group, no one ever runs alone – your PGL is always there!
* PGLs lead our pace groups, tell you when to run and when to walk, and keep you at the correct pace.
* *Never run ahead of your PGL!* His/her role is to keep the pace where it should be, based on the Galloway program policies.
* If you feel the pace is too fast, let your PGL know and he/she will slow the group down (yes, it’s okay – everyone will understand!). If this is a continual issue, let Louise know. You may need to switch to a slower group – and there’s no shame in that!
* Don’t hesitate to tell your PGL if you are not feeling well. Your health and safety are very important!
* If you need to make a restroom stop, do it! It only gets worse. The group will wait for you. You will not be left behind!
* If someone gets injured or ill on the run, the whole group will slow down until Louise or another PGL can take care of the injured person.

PGLs are experienced and will tell you what works for them, but they will not give you coaching or injury advice. Address those questions to Louise or PGL Mike.

**Note:** We do have some doctors and nurses in our group, but most of our members are not. Just as we tell our PGLs, doling out injury and coaching advice is never a good idea. While something might have worked for you, you may not know your teammate’s specific history and your advice could actually cause additional pain/injury.

**Member page contents**

Your training schedule and other material can be accessed from our website using your member login that will be sent to you. Contact Louise if you have any problems.

On the Program Basics page, you’ll find:

* Message from Jeff Galloway
* Link to Galloway eBook download
* Rules of the Road
* Why the Magic Mile
* The Importance of Walk Breaks
* Heat Disease Alert
* Hyponatremia or Water Intoxication

These documents contain very important information; so take the time to read them. Download your Galloway eBook – let Louise know if you have any problem opening the link. The book is filled with great information and training tips.

**Training schedule**

You can find your training schedule in our Members-only pages in our website.

* Your schedule tells you what to do every day to successfully complete your event.
* There are two levels of training:
  + Level 1 (L1) is for members who want to just improve their current level of fitness. You will do two weekday run/walks of at least 30 minutes each in addition to the Saturday group training.
  + Level 2 (L2) is for more experienced runners who have a few races under their belt and want to improve their time. In addition to the Saturday group training, you will train three times during the week, including at least one at race pace.
* Stick with your training schedule as closely as possible. If you want to keep up with the rest of your group, it’s important you do all the scheduled workouts.
* If for any reason you aren’t able to keep up with your schedule, please let your PGL or Louise know. Don’t just stop coming! We will suggest ways to get you caught up and will help you do it.
* Cross-training includes cycling, swimming, cardio machines, etc.
* During the week, do whatever is listed for that day. You can change the days around, but just be sure to leave a rest day before your long Saturday run.
* If you have to miss a training day, especially one of the longer runs, you’ll need to make up the training as soon as possible. Sometimes others from your group may need to miss it, too, so get the word out to your group and on our Members private Facebook page.
* ***Fit your life into your schedule, not the other way around!***

**The Magic Mile**

* The Magic Mile (MM) is a timed mile that we do on our first day of training and is the cornerstone of our program. It is what keeps you injury-free because you will not be going faster than your current ability dictates.
* Because your MM should be done at a pace that would be difficult for you to sustain over a longer distance, your MM time will be calculated to add the distance you are training for.
* Your MM will tell us what your race pace and training paces are.
* Based on your MM time, you will be placed in a group with others at about your same pace, so you’ll never run beyond what you are comfortably capable of doing.
* We will use the slowest MM of your group to determine your group’s pace and run/walk intervals.
* Initially, your training pace will feel very slow but it’s important to remember that Saturday runs are for *endurance, not speed.*
* We will repeat the MM every four weeks to track your progress.
* If you want to get into a faster group, the only way to do that is to do a faster Magic Mile.
* If you improve from the last MM time, you may be able to move into a faster group, but only if you would like to. You never have to!
* If you do a slower MM mile than the last one, but you’re comfortable with the pace your group is going, you will not be moved to a slower group.

If you can’t be at this Saturday’s training, I will be doing a makeup Magic Mile on Thursday, August 12, at 6:00pm at the Boise High School track. Please let me know if you’re coming.

Alumni can do their Magic Miles on their own and get it to me no later than Thursday, August 12.

As always, no MM -- you’re with the last group.

**Mid-week training**

Our program requires a minimum of two other trainings during the week of 30 minutes for Level 1, and an additional day for Level 2 participants of up to 45 minutes. It is vital that you make these mid-week trainings a priority!

During these mid-week trainings, you can either do the pace and intervals that your group does on Saturdays, or you can experiment with different intervals and paces. If you’re an experienced runner, you can even run without any walk breaks at all, but only if you can do so comfortably and finish at the same pace you start or faster. See what works best for you.

There are opportunities around town to meet up with different groups, which we’ll be telling you about in the weeks to come.

We recommend everyone, no matter what level, do some form of cross training (XT) – strength training, cycling, swimming, cardio machines (which don’t stress your legs), or walking.

Make sure you have at least one rest day, hopefully the day before your long run. Rest days are just as important as training days!

If there is enough interest, we will do an additional Speed Training session beginning the first full week of September. Details to come!

**Saturday group training**

There’s more to group trainings than just getting running. Before we start our run each week, we will have a clinic or a brief talk about running/walking form, cadence, speed drills, pacing, nutrition, hydration, and other important topics.

This information will help you with your training, injury prevention and success, so please try to make it to as many group trainings as possible.

***Group training is for endurance, not speed.***

* We meet every Saturday at 8:00am at Municipal Park (except for the Saturdays marked on your calendar for Magic Miles when we meet at Boise High School track @ 8:00am).
* Saturdays are for LSD (long slow distance) runs. We will be training at a much slower pace than you may be used to with other programs.
* LSD runs are alternated with shorter runs every other week. These will be run at a slightly faster pace, so it’s important you practice a little faster during your mid-week runs.
* ***Always bring water.*** There are many options for hand-held bottles and hydration belts, but until you get one, just bring a bottle of water with you to all group trainings and whenever you go out on your own.
* We always start *promptly*, so plan on getting to the park early to use the restroom and check in with your PGL. If you’re late, you’ll miss some of the important information we discuss at the beginning; later in the season, you might miss the whole group!
* We train in all weather because we never know what the weather will be for your race. During the summer, exceptions are lightning, which we will wait out, and poor air quality.

Air Quality: On smoky days, check the air quality at [AirNow.gov](https://www.airnow.gov/?city=Boise&state=ID&country=USA). Enter the zip code 83712 (Municipal Park). If the index is over 150, we will not be training that day. If you have issues with breathing, please check the [Air Quality Basics](https://www.airnow.gov/aqi/aqi-basics/) to see what category you fall under. You will need to decide what’s best for you.

* **Please leave your cell phones off!** This is yourtime (unless it’s an emergency, of course!).
* Walk breaks are taken from the very beginning to the very end of your run.
* Remember: *You can’t go too slowly on your long runs.*

**Clinics**

We offer clinics throughout the season and strongly encourage you to attend as many as possible.

***Injury Prevention Clinic***

Saturday, Aug. 7 @ 8:00am at Boise High School track

This clinic is given as early as possible to prevent any injuries before we even get started! Please plan on attending. If you can’t, make sure you carefully read the notes and links that will be sent afterwards.

***Shoe Fit/Gear Clinics***

Wednesday, August 11, at 6:00-7:00pm at Shu’s Idaho Running Co, 1758 W. State St.

We strongly encourage you to attend. Not only do they fit you with the proper shoes, they will look at your current shoes to let you know whether they are the right ones for you. There is no pressure to buy, but there will be discounts and giveaways, so you don’t want to miss it.

The most important piece of running equipment you own, and one you shouldn’t scrimp on, are your shoes. The correct running shoe can be the difference between a successful season and a crippling injury.

Shu’s always gives us some great deals the night of the clinic. PLEASE SIGN THE SHEET IF YOU INTEND TO COME TO THE CLINIC!

***Nutrition Clinic***

Saturday, August 21 after our run.

Hilary Horton-Brown, dietician and nutritionist for the Boise State athletes, is our go-to nutritionist for the Galloway group. Don’t miss Hilary clinic about nutrition during training, meal planning, great recipes and shopping tips, and weight loss.

Other clinics, usually held before our Saturday runs, include run/walk form, strength training, hydration, gear and anything else we might think will help with your success, including meditation/yoga, massage therapist, and other exercise professionals.

**Weekly emails**

* An email will be sent out by Monday of each week and will include a wrap-up of whatever we discussed at training on the previous training day and will have information about our upcoming group or mid-week training.
* ***If you don’t receive an email, please let us know – we may have an incorrect address for you!*** Please let Louise know so the problem can be fixed.
* It’s important that you read these emails! The information sent out will be important (otherwise, it wouldn’t be sent!).
* If you can’t make it to group training, be sure to read the weekly email, which will go over what was discussed at training. (Even if you were there, it’s always a good idea to read everything again.)
* There will be times when a response from you is needed, in which case the words **“Please Respond”** will be on the subject line. A quick email yes or no, or whatever information is requested, will be greatly appreciated.

**Questions**

Please do not hesitate to contact Louise with any questions or concerns. I will answer all emails within 24 hours.