Boise Galloway Training

Week 2 (Aug. 15 – 21)

Dear Galloway Athlete,

I so appreciate all of you who came to training yesterday for the Run/Walk form talk, despite the nasty air and the fact that we weren't able to run. (I also understand why some of you stayed home.) Hopefully, things will improve and we have some cooler weather coming our way. I'd love to hear how things went for those of you who braved the elements and went out anyway!

If you didn't get your miles in yesterday, please make sure to get them in this week, unless the air stays awful. We have a short run next Saturday, so if the air is better you can do it then.

Don't forget to send a request for our [Boise Galloway Members Only](https://www.facebook.com/groups/1764664300444802) Facebook page. I posted a great picture of the group yesterday!

In this email:

**1. Website update**

**2. AQU link**

**3. Run/Walk Form notes**

**4. Strengthening workout from Therapeutic Associates**

**5. Training for Saturday, August 21 @ 8:00am at Municipal Park**

**6. Training tip of the week**

**7. Nutrition tip of the week**

**1. Website update**

The website has been updated and the pages/information have been added to the Member Only page:

* Weekly emails (in case you can't find yours)
* Pace Group Leader contact information
* Additional information under Program Basics

When you are going to miss a training, please contact your PGL and not me. They're the ones who keep the attendance of their group, so it's important that you communicate with them.

If you haven't signed in to the website yet, remember your username is your first name and last initial (e.g. LouiseS) and password is your first name followed by S/F21 (e.g. LouiseS/F21). You can change the password once you sign in.

**2. AQU link**

We are all about keeping our members and PGLs safe and healthy! When the smoke starts creeping into the valley, we need to pay attention to the AQI (air quality index).

Some people are more sensitive than others, so all of our members need to be aware of what category they fall under. You can check here: [Explanation of Air Quality Index](https://www.airnow.gov/aqi/aqi-basics/%22%20%5Ct%20%22_blank)

If there's any question on a Saturday morning about the air quality, before you leave the house check here: [https://www.airnow.gov/](https://www.airnow.gov/%22%20%5Ct%20%22_blank) Enter the zip code for Municipal Park (83712), and if the AQI is 151 or higher, training will be cancelled for the day.

**3. Run/Walk Form notes**

Please read over the attached notes from our talk about run and walk form.

It's so important to pay attention to your form throughout your training. Always check your posture and make sure you have your shoulders back and head in a neutral position. The only lean you should have is from your ankles, not your waste. This will help prevent backaches and fatigue as the mileage increases.

**4. Workout from Therapeutic Associates**

I'll be sending a link to the great cores strengthening workout from TAI later this week.

**5. Training for Saturday, August 21 @ 8:00am at Municipal Park**

Please plan on being at the park, ready to run no later than 8:00am. We have the fabulous Hilary Horton-Brown, who for many years was the nutritionist for all the BSU sports teams, giving us our Nutrition Clinic after our run. Hilary retired from BSU but is now a meditation and yoga instructor. Not only will she give us fabulous nutrition advice for training and weight management, she's going to do a special yoga class for anyone who wants to stick around after. Bring a towel or blanket and prepare to RELAX WITH HILARY!

Because Hilary will start her talk around 8:45, we'll go out for 20 minutes, then return (a 40 minute out-and-back), so we'll all end at the same time. Groups can decide which direction they want to go.

**6. Training tip of the week**

Next Saturday, we'll start doing a couple of cadence drills each week. We'll also be doing acceleration gliders the next time we go to the Boise track for our Magic Mile. Here's Jeff talking about both so you can start practicing on your own: [Galloway drills](https://www.youtube.com/watch?v=UcDqd28h2Ds&t=12s" \t "_blank) (video) He also talks about hill training, which we'll be talking about more next month.

You can also read about them to help understand better: [Cadence drill](https://www.jeffgalloway.com/2016/03/21/cadence-or-turnover-drill/%22%20%5Ct%20%22_blank)  [Acceleration gliders](https://www.jeffgalloway.com/2016/03/29/acceleration-glider-drills/%22%20%5Ct%20%22_blank)

**7. Nutrition tip of the week**

The best tip I can give you? Come to Hilary's Nutrition Clinic next Saturday!

Please remember to wear a mask when you are in a public place. This delta variant is affecting vaccinated people, too. Even though the vast majority only experience minor illness, you can pass  it on to the unvaccinated, most importantly children.

Have a great week and take care of yourself!

Louise