Boise Galloway Training – Week 4 (Aug. 29 – Sept. 4)

Dear Galloway Athlete,

Congratulations for the longest run this season for both our 10k and half marathoners! It was longest I've run for over a year, I think -- and it felt fantastic! This great weather looks like it's sticking around for a while so be sure to get out and enjoy it!

We have our second Magic Mile coming up this Saturday, and before you groan and think of excuses for why you're not coming, let me reassure you of a few things:

* Even if your MM is slower this time, you will NOT be put in a slower group (unless you want to);
* If your MM is faster this time but you love your group already and don't want to move, you don't have to -- just let your PGL know;
* Rather than completing the mileage on the track, after everyone in your group finishes their MM, the rest of the run will be out in the neighborhood; and
* You will get a raffle ticket for a chance to win a gift card at Shu's -- just for coming!

In this email:

**1. Group runs during the week**

For most of us, it’s more fun to run together!

You may have seen a post about a great group that runs from [Payette Brewery](https://www.payettebrewing.com/%22%20%5Cl%20%22hero%22%20%5Ct%20%22_blank) every Monday at 6:00pm. PGL Wayne and the lovely Heidi are part of this great group, which welcomes runners/walkers of all paces. It's an out-and-back so everyone starts and ends together, then hops into the pub for a brewsky. Monday nights are [Kegs 4 Kause](https://www.payettebrewing.com/kegs-4-kause%22%20%5Ct%20%22_blank) at the brewery, and 50% of draft beer sales go to a selected non-profit. It's a total win-win!

Another run that you should talk to your group about is at Shu's on Thursday nights. I'm waiting to get some information from them, but I'll post in on our Member FB page when I do.

**2. REMINDER: We have our own physical therapists on call!**

I just wanted to remind you that you don't have to suffer through an injury, and you certainly shouldn't self-diagnose. Our friends at Therapeutic Associates (208-336-8433, 1520 W. State St. 2nd floor) are there for us. If something is bothering you, call and make an appointment for your free assessment and make sure you mention you're with our group. This is such a valuable resource for us! They have a wealth of knowledge and they are all athletes themselves, so they understand us.

The best way not to get injured in the first place is to follow our training schedule; don't do too much, too soon; and do those workouts Cole gave us for strengthening our core and legs.

**3. Training for Saturday, Sept. 4 @ 8:00am AT THE BOISE HIGH SCHOOL TRACK**

**Distance:** 3 miles for 10k and half marathoners.

We will be completing our second Magic Mile this Saturday, Sept. 4 at 8:00am. Where? **AT THE BOISE HIGH SCHOOL TRACK.**

The format will be different than last time. You will check in with your PGL as usual, and then the fun begins. First two warm-up laps, then the MM. After everyone in your group completes their MM, your group will leave the track together and complete the remaining mile and a half in the beautiful North End.

**If you can't be there this Saturday,**you'll need to do your MM *no later than*Saturday and email it to me by **6:00pm**. I will not take any MM times after that. *Period.* That gives you this whole week to get it done if you know you won't be at training.

**4. Training tip of the week**

[The fitness hacks you need in your life](https://www.active.com/fitness/articles/the-fitness-hacks-you-need-in-your-life/slide-12%22%20%5Ct%20%22_blank)

**5. Nutrition tip of the week**

[10 simple ways to eat more veggies](https://www.active.com/nutrition/articles/10-simple-ways-to-eat-more-veggies/slide-10%22%20%5Ct%20%22_blank)

Have a great week!

Louise