**Boise Galloway Training – Week 8 (Sept. 25 – Oct. 2)**

Dear Galloway Athlete,

Congratulations if you did the FitOne 5k or 10k Saturday! I hope you enjoyed the route yesterday. isn't it fun seeing neighborhoods that you've never seen before?

In this email:

**1. Hill training on your own**

**2. Sue B Memorial 5k/10k to benefit the WCA**

**3. Training for Saturday, Oct. 2**

**4. Training tip of the week**

**5. Nutrition tip of the week**

**1. Hill training on your own**

Our speed training group tackled hill repeats last week for the first time and I was reminded why it should be a part of *everyone's*training. It's not just for the fast runners and it certainly doesn't have to mean running up a mountain.

Hill training will benefit everyone in our group. It improves strength, quickens your stride, develops your cardiovascular system, and helps your running economy and form. Basically, it will make you a stronger, faster and healthier runner.

**Try this once a week:** Find a hill that you think would be slightly difficult to run up. After a 10 minute warmup (walking or run/walking) on the flat, run or walk quickly up the hill. Mark the spot where you had to stop running or walking, then slowly run or walk back down. Walk until you get your breath back, then do it again but this time try to get a little further. Do it three or four times and then finish whatever your training is for the day. If you do this once a week, you'll be surprised at how much stronger you feel, and your next Magic Mile will be a nice surprise!

**2. Sue B Memorial 5k/10k to benefit the WCA**

From PGL Randi:

This coming Sunday, October 3rd represents the start of the 12th annual Sue B 5K/10K Memorial Run. While the event is virtual this year with participants able to choose the date and time of their walk or run any time between October 3 and 9th, a few of us are planning to run together starting at 1 pm that Sunday.

If you would like to join us for either a 5K or 10K run - come meet us at 12:30 down at the WCA offices located at the corner of 8th and Washington (720 West Washington Street). There is plenty of parking and restrooms to use before we begin!

We can gather around the butterfly statue with our Sue B shirts on for a group photo before we take off to follow one of the two routes that Randi has created and mapped out for us, departing and returning to that same location.

Any Galloway team member who has signed up and would like Bea to bring their race packet to our Saturday, October 2nd training run (regardless of whether you plan to join the group on the 3rd) - just let Bea know before Thursday, September 30 and she will pick them up for you.  You can either email Bea at: beamoeblack@cableone.net, text or call her on her cell at 208-870-0246.

Thanks in advance for helping raise awareness about domestic abuse and violence in memory of Sue B.

Check out the descriptive audio files of key Boise landmarks along the routes on the Sue B race page and to learn more about Sue B and the WCA:

[https://runsignup.com/sueb5k10k](https://runsignup.com/sueb5k10k%22%20%5Ct%20%22_blank)

**3. Training for Saturday, Oct. 2**

Distance for all: 4 miles

If you are planning on doing the Sue B 5k or 10k instead of running with the group Saturday, please be sure to let your PGL know. But there's no reason that you can't do both!

**4. Training tip of the week**

[7 quad exercises for runners to conquer downhills](https://www.runnersworld.com/training/a37666793/best-quad-exercises-for-runners/%22%20%5Ct%20%22_blank)

**5. Nutrition tip of the week**

[Fall crockpot recipes for an active week](https://www.activekids.com/parenting-and-family/articles/fall-crock-pot-recipes%22%20%5Ct%20%22_blank)

Have a great week!

Louise