Boise Galloway Training – Week 5 (Sept. 5 – 11)

Dear Galloway Athlete,

Congratulations on that Magic Mile! So many people really improved -- some by a whole lot! We'll be doing this again next month, so if you want to see better results, do your speed work!

Thank you, Ingrid and Debbie, for filling in for your PGLs! And congratulations to the winner of the $20 Shu's gift card: Kat Parker!

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**1. Pace groups**

Attached are the new pace groups, both in groups and alphabetically. Please take a look and let me know if you have any questions or you think you're in the wrong group. Mistakes do happen, so don't freak out if you used to be in the slowest group and now you're in the fastest! Just let me know.

Some of our pace groups have sped up a bit because so many improved, so congratulations if one of them was yours! Everyone working harder helps the entire group sometimes.

**2. Speed training**

I mentioned that I would do additional speed training if enough people were interested. My plan is to have an eight-week session from Sept. 15 to Nov. 3. We'll alternate meeting at Boise High track and [Camel's Back Park](https://www.google.com/maps/place/Camel's+Back+Park/@43.634878,-116.2023442,15z/data=!4m2!3m1!1s0x0:0xa1cabb10dc379c56?sa=X&ved=2ahUKEwjt0JzCweHyAhXCwJ4KHWUnAQ0Q_BIwJ3oECG8QBQ" \t "_blank) at 6:00pm and do track work, hill repeats and hill running.

Everyone benefits from speed training! In order to go faster, you need to go faster but it's not only that. Your endurance, your lung capacity, your leg strength and even your form will all improve with this training. It's short -- no longer than 45 minutes -- but intense. You might not love it while you're doing it, but you'll love that you did it!

The cost for the eight weeks is $50. I need to have at least 10 paying members. **Please let me know ASAP but for sure by September 11** if you are interested.

**3. Change in Sept. 25 training**

You'll notice on your calendar that Sept. 25 is a YOYO run ("You're On Your Own") because that was the day of the FitOne races. Unfortunately, those races are now virtual so we will hold training as usual on that day. Anyone who signed up for either the 10k or 5k virtual race is welcome to run our 3 and 6 miles that day (which will be adjusted to 3.1 and 6.2). There won't be any bells and whistles like at a real race or even our Junteenth Run, but it'll be fun to run together if you want.

**4. Training for Saturday, Sept. 11 @ 8:00am**

Another long one coming up for our half marathoners; our 10k folks are looking at what is becoming an easy one!

Distances:

10k: 4 miles

Half marathon: 8 miles

**5. Training tip of the week**

[5 ways to step up your running](https://www.time-to-run.com/training/articles/step-up-your-running.htm" \t "_blank)

**6. Nutrition tip of the week**

[20 healthy lifestyle habits to keep fit](https://www.active.com/fitness/articles/20-healthy-lifestyle-habits-to-keep-fit" \t "_blank)

Have a great week!

Louise