Boise Galloway Training – Week 6 (Sept. 12 – 18)

Dear Galloway Athlete,

I hope you enjoyed the run yesterday and the beautiful cool morning! We're looking at another week of great weather, so be sure to get those mid-week trainings in!

Did everyone remember to practice that faster walk during Mile 2? (No judgment if your group forgot!) It's pretty amazing how much time you can cut off your minute per mile time just by just picking up your walk pace. Try practicing it at least once during your mid-week runs.

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**1. Sue B registration -- $12 today (Sunday) ONLY!**

From PGL Randi, one of the coordinators of the Sue B 5k/10k:

To commemorate the 12th year of the SueB 5k / 10k, the race fee will be **$12 on September 12**! This virtual event promotes healthy relationships and honors the life of Susan (SueB) Newby who was likely in an abusive relationship and died unexpectedly and mysteriously 13 years ago. All proceeds go to the WCA Endowment Fund to help their mission of safety, healing and freedom from domestic abuse and violence.

Promo day:  Sunday September 12 only

Event week: October 3 -10; it's a virtual event again this year, so you can run/walk at your convenience

More info and to sign up:  [runsignup.com/sueb5k10k](http://runsignup.com/sueb5k10k%22%20%5Ct%20%22_blank)

If you don't want to run the race virtually, we have 5 miles for our 10k members and 9.5 miles for our half marathoners scheduled on Oct. 9. You can run with your group, stop your watch at 3.1 or 6.2 and take a screenshot, then continue with the rest of the miles.

**2. Film at the Egyptian benefiting the Y**

"A Time and a Place" is showing at the Egyptian Theatre on Sunday, Sept. 19 at 6:00pm. The film tells the story of an elite group of Arizona runners training for the Olympic Trials Marathon. All proceeds will go to the Treasure Valley YMCA's Team Idaho Track & Field Program for youth.

Students get in free with student ID. The link to buy tickets is [https://www.showclix.com/event/a-time-and-a-place](https://www.showclix.com/event/a-time-and-a-place%22%20%5Ct%20%22_blank) and the website is [https://www.atimeandaplace-film.com/](https://www.atimeandaplace-film.com/%22%20%5Ct%20%22_blank)

**3. Speed training???**

The following told me they would be interested in our speed training (not counting PGLs): Alicia, Ana R., Lisa H., Lynn, Nina, Debbie, Huette, and Lauren. Please let me know if I missed your name!

That's only eight, so we need two more. Again, this isn't just for "fast" people. Speed work can be modified for every ability, and I promise you will be amazed at how much you improve over those eight weeks in leg strength, speed and lung capacity.

It's still not too late! Please let me know if you're interested so we can get to 10. Besides wanting to do this training to benefit you all, I want Nina to be happy!

As a reminder, we'll meet every Wednesday from Sept. 13 to Nov. 3 at 6:00pm, either at Boise High track or Camel's Back Park. The cost is $50.

**4. Training for Saturday, Sept. 18 @ 8:00am**

An easy/peasy 3 miles for everyone!

Even though it's "only" three miles, plan on coming. We'll be practicing our race pace during Mile 2.

**5. Training tip of the week**

Every time I see someone stretching hard *before* a run, I kind of cringe. All the research I've read, including Jeff Galloway's, has shown stretching cold muscles causes injuries, including torn muscles. Read more here: [Stretch before exercise? Not so fast.](https://www.bu.edu/articles/2015/stretch-before-exercise-not-so-fast/%22%20%5Ct%20%22_blank)

But *after* a run is a different story. There are stretches that will help your muscles recover quicker. But please don't overdo it -- just until you feel a slight stretch. [5 exercises to restore your muscles after a hard run](https://feelpeak.com/5-exercises-to-restore-your-muscles-after-a-hard-run/%22%20%5Ct%20%22_blank)

Dynamic warmups are what you should be doing before a run/walk. Our five minute walk is what gets our muscles warmed up before our group runs. We'll talk more about dynamic warmups next week.

**6. Nutrition tip of the week**

[10 meal prep recipes for a super healthy week](https://www.active.com/fitness/articles/10-meal-prep-recipes-for-a-super-healthy-week?clckmp=activecom_global_recommendedarticles_pos1" \t "_blank)

Have a great week and don't forget to register for Sue B!

Louise