Boise Galloway Training – Week 7 (Sept. 19 – 25)

Dear Galloway Athlete,

I am loving this cool weather! It looks like we're in for more of it this week and next!

I'd like to thank Justin Solace from Hybrid Health for his great presentation. He is such a capable and knowledgeable therapist and I highly recommend him. If you are new to our group, you should know that whenever I recommend someone, I refuse to take any freebies from them. I don't want my opinion colored by free stuff!

In this email:

**1. PGL contact info and communication**

**2. Training for Saturday, Sept. 25 @ 8:00am at Municipal Park (NOT YOYO)**

**3. Change to Oct. 4 training**

**4. Training tip of the week**

**5. Nutrition tip of the week**

**1. PGL contact info and communication**

If you are not going to be at training, please let your PGL know. It's much better to let them know than to let me know.

Here are the numbers of all our PGLs. Please enter her/his info into your address book so you have that information on hand. All these numbers and email addresses are listed on our Members page of the website under "Pace Group Leaders".

SILVER: Juan 208-375-5073*juanlemus23@msn.com*

GOLD: Mike 208-841-5270 *mjseeley1@yahoo.com*

BLUE: Chelsi 208-724-1573 *chelsidurham@gmail.com*

GREEN: Randi 208-830-8800 r*andi.b616@gmail.com*

PURPLE: Wayne 208-841-7124 *wayneriley360@outlook.com*

AQUA: Shari 408-859-4627 *sharig\_99@yahoo.com*

LILAC: Jayne 208-761-3210 *blackjayne2@gmail.com*

NAVY: Hillary 208-515-9082 *hillarybeale@gmail.com*

PINK: Tifany 208-921-2585 *tifdew2@yahoo.com*

PEACH: Lisa 503-781-9644 *krugeror@frontier.com*

Also, if you haven't come to training for more than two weeks, please check in with your PGL and let him/her know what's going on. If you've missed more than a few weeks, it's important that we get you caught up, which we can do, but only if we hear from you!

**2. Training for Saturday, Sept. 25 @ 8:00am at Municipal Park (NOT YOYO)**

Because the FitOne races are now virtual, rather than the YOYO (You're On Your Own) training that's on your schedule, we will be doing 3.1 and 6.2 miles for our 10k and half marathoners, respectively.

Feel free to wear your race bib if you're registered.

**3. Change to Oct. 4 training**

Another change to our schedule is on Oct. 4, which was to be another Magic Mile. I decided it's too close to the last one, so we'll wait until the end of October to do our next one. However, if you feel you would still like to get in a faster group, feel free to do your MM on your own and send me your time. If appropriate, I'll move you!

**4. Training tip of the week**

Justin gave us some great strengthening and gentle stretching ideas yesterday. You can subscribe to his [Hybrid Health](https://www.youtube.com/channel/UCQ3R7jtvqXohuJfxJH9jLkQ/videos%22%20%5Ct%20%22_blank) YouTube channel and watch some of his videos on subjects of all kinds.

PLEASE PLEASE PLEASE remember NOT to stretch on cold muscles. As Justin and Jeff G. and every other expert for that matter will tell you, until you've warmed up for 5-10 minutes, you are at risk of tearing muscles before your run and that is NO FUN!

**5. Nutrition tip of the week**

[10 post-run drinks to fuel fast recovery](https://www.active.com/food-and-nutrition/articles/10-post-run-drinks-to-fuel-fast-recovery%22%20%5Ct%20%22_blank)

Have a great week!

Louise