Boise Galloway Training – Week 10 (Oct. 10–16) and 11 (Oct. 17–23)

Dear Galloway Athlete,

How did you do yesterday? It was such a beautiful day to get all those miles in!

Mike and Randi will be filling in for me next Saturday while I'm gone. I'm combining two weeks into one email and making it extra short, too!

In this email:

**1. Next Magic Mile: Oct. 30**

**2. Training for Oct. 16 @ 8:00am at Municipal Park**

**3. Training for Oct. 23 @ 8:00am at Municipal Park**

**3. Training tip of the week**

**4. Nutrition tip of the week**

**1. Next Magic Mile: Oct. 30**

Don't forget! We're meeting at the **Boise High School track on Oct. 30th at 8:00am** for our next Magic Mile. If you know you won't be there, please do the MM on your own and send me your time by that day. I won't accept any MM times after midnight on the 30th!

**2. Training for Oct. 16 @ 8:00am at Municipal Park**

*Oct. 16 distances:*4 miles for everyone

**3. Training for Oct. 23 @ 8:00am at Municipal Park**

*Oct. 23 distances:*

10k: 6 miles

Half: 11 miles

**3. Training tip of the week**

[10 motivating fitness mantras](https://fitonapp.com/fitness/fitness-mantras/%22%20%5Ct%20%22_blank)

**4. Nutrition tip of the week**

[10 power salads that are anything but boring](https://www.active.com/fitness/articles/10-power-salads-that-are-anything-but-boring%22%20%5Ct%20%22_blank)

Have a great week, and I'll see you on the 23rd!

Louise