Boise Galloway Training – Week 12 (Oct. 24 – 30)

Dear Galloway Athlete,

As much as I know we all welcomed the rain over the past few days, it's good to know that Saturday is predicted to be sunny! Cool, but glorious.

In this email:

**1. Magic Mile this Saturday**

**2. Boise Galloway's 10k/Half Marathon coming up -- PLEASE RESPOND!**

**3. Training for Saturday, Oct. 30 @ 8:00am -- MEET AT BOISE HIGH TRACK!**

**4. Training tip of the week**

**5. Nutrition tip of the week**

**1. Magic Mile this Saturday**

As you know, we're doing our Magic Mile as a group this Saturday at the Boise High track. If you know you will not be at training on Saturday but would like to get into a faster group, please send me your MM time no later than Saturday night. I will not take any MM times after that.

Remember, the Magic Mile is to see how you're improving. You do NOT have to change groups if you don't want to, so please don't skip this training day.

**2. Boise Galloway's 10k/Half Marathon coming up -- PLEASE RESPOND!**

I am starting to plan for our 10k and half marathon on November 20. Because I want to make sure we have bibs and medals for everyone and enough goodies for our water stops, I need to know how many will be doing each of the races.

**PLEASE RESPOND** to this email to let me know whether you:

* are doing the half marathon
* are doing the 10k
* are not doing either
* are not doing either but would like to help
* haven't decided yet, but will let me know no later than **November 13**!

**3. Training for Saturday, Oct. 30 @ 8:00am -- MEET AT BOISE HIGH TRACK!**

Distance for all: 5 miles

We'll start right at 8:00am with our warm up (2 laps = .5 miles), then split into pace groups for the MM (1 mile). After your group has finished, you will go out into the neighborhood for the remaining 3.5 miles.

**4. Training tip of the week**

The dreaded plantar fasciitis can bring your game to a complete halt and running through the pain is not a good idea (believe me, I've tried!). There are many ways to treat this problem, but the best way is to never get it to begin with. Here's a great article about treatment and prevention: [Running with plantar fasciitis](https://www.runnersworld.com/health-injuries/a19578652/plantar-fasciitis/%22%20%5Ct%20%22_blank)

**5. Nutrition tip of the week**

I really like this! [Why Exercise Is More Important Than Weight Loss for a Longer Life](https://www.nytimes.com/2021/09/29/well/move/exercise-weight-loss-longer-life.html?referringSource=articleShare" \t "_blank)

Have a great week!

Louise