



JENNY SPANGLER
RACING

JSR Team News: *Mid-April through June 2017*

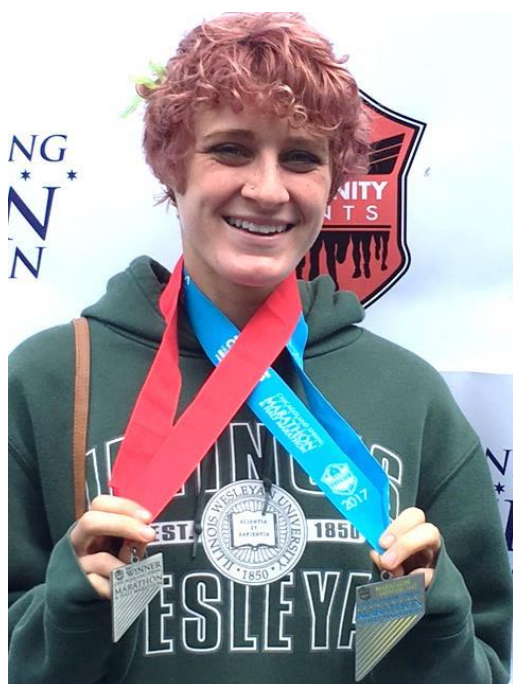
Happy summer everyone! Spring has quickly come and gone (this year, it came on a Wednesday), and we've put away our tights and gloves, and replaced them with Bodyglide and sunscreen. Shirtless running is back, along with ice cream cones, margaritas, campfires, summer vacations . . . and marathon training! The weather has been fairly mild in Chicagoland so far (unlike in Arizona), but we all know that can change faster than a mile repeat.

Much of our team is unable to race at the moment, but others have kept our momentum going and earned some impressive performances and PRs. Read on to hear about some great Spring racing, learn more about Mike and Dave in the spotlight, hear from Jim about our upcoming Boulder trip, get tempo tips from Jenny, and get ready for our first JSR baby pool!



Driving the LF ladies crazy

Team News – Spring Marathons and an Ironman



Amanda Macuiba

After completing the Lake Michigan Marathon in September I was on a confidence high for a while. I ran a 3:08, and it wasn't a difficult 3:08. Through the entire marathon (minus the last two miles) I wanted to go faster, and held back. Even with holding back, I was able to finish as first female. This made me certain I could break 3 hours on the very next try, even if that next try was Boston. Although I was nervous about Boston due to all the horror stories, I had sub-3 locked in my mind.

I trained all winter, and arrived at Boston with fresh (and naïve) quadriceps. As many know, Boston did not go according to plan, on a lot of levels. I ran a 3:30, which felt like a slap in my salt-covered face, or maybe more accurately a firm punch to my quads. Other people, and I, kept telling me how the heat played a big role, as well as it being my first Boston, as you learn a lot on that first go-around.

Although this wasn't a good marathon, it wasn't a bad one either. I *did* manage to have fun along the way (What am I going to do? Mope for 26 miles? No thanks) with the crowd and popsicles and beer. Despite the time, I learned about the value of abandoning the plan when necessary – abandoning the idea of trying to PR allowed me to focus on having fun. However, once I finished, I needed another chance for sub-3, and I needed it immediately. Ending a long season with a marathon like that left me with an almost-literal itch I couldn't scratch, and waiting months to race again wasn't an option.

When the ordeal that was Boston was over, I asked Jenny if it was crazy to continue the training cycle and run another marathon in a few weeks. Thankfully, she said it wasn't (Fun fact: it kind of is crazy). So I tried to balance resting with more training, and held on desperately to the confidence that was left after Boston. I signed up for the Chicagoland Marathon in Schaumburg in May. It was flat, the weather was good, so I should be fast. And I was, for the first 16 miles. I was on or below pace for all those miles, and then my quads started to feel like they were running Boston hills again, and everything just sort of broke down. I don't need to describe this further because any of you reading this know *exactly* what I mean. This is where my next big lesson comes in. This is when I learned the importance of NOT abandoning the plan. At mile 20 I was going to drop. My legs killed, 6 miles sounded like something I wouldn't wish on my worst enemy, and there was no way I would break 3, which was the only reason I was there. In fact, I was so ready to drop that I stopped and started walking away from the course. So, I guess I did technically drop out for about 4 minutes. I kept scanning to find my dad so he could take me back to the start, but I couldn't find him. After the 4 minutes of searching and not seeing him, giving me just enough time to contemplate what I was doing, I said (pretty loudly, whoops) "F*** IT" and started running again. I wish I was inspirational enough to say I broke 3 hours, but that's false. I ran a 3:10, which wasn't what I wanted, but was yet another valuable experience. I now know how much farther I can push my body, and how much is left when I want to quit, and that gives me a new form of twisted confidence I'll take into the next race. So, thanks Dad, for (for the first time) *not* being there when I thought I needed you, or I would have just gone home. And even with all this soul-searching, I managed to win it, so having two official wins under my belt helps make the pain worth it.



I learned a lot about myself as a runner, a racer, and a person within a month, so I don't regret the decision to double-up on marathons, but I don't think I'll be doing it again any time soon. Thanks for reading!



Brian Falcone

For the past 9 years, I've run the Wisconsin Marathon, along the Kenosha lakefront. The course is nice with lots great views; however, the spectators are few and there are four miles of gravel roads that slow things down a bit. I think the only reason I run it each year is because it's my hometown race. The past few years, I've treated this race as my 'plan B' to other spring marathons, and was still able to finish 2nd and 3rd overall with a 2:42 (2014) and 2:52 (2015). The 2:52 last year was due to 40mph winds, which was the most difficult of the 26 marathons that I've run.

This year's Wisconsin Marathon was my spring 'A race'. My goal was to get to the start line in 2:37 shape and run for the win. The training went well with a few 100 mile weeks, lots of miles at MGP, and PRs in the half marathon (1:16:18) and 8k (27:12) along the way. The legs felt good going into the race and I didn't have any excuses not to at least run sub 2:40. The last thing to worry about was race day weather. Going into race week, the forecasted temperature looked good at 45-50 degrees, but the wind was high, at 14-17 mph.

As I drove to the start, it was breezy but didn't seem that bad. Then I parked on the lakefront and vendors were taking tents down so they wouldn't blow away. Ugh. I knew it was going to be brutal so I adjusted my race strategy to run by feel – meaning I wouldn't get upset by a slow pace into the wind, and I wouldn't get worried about going too fast with the tailwind.

The early part of the race went well as I was able to tuck into groups with the ½ marathoners and keep pace for most of the miles. My stomach wasn't feeling great, but I didn't think it would be an issue. As we approached the half, I was in 2nd place at 1:19:48 and could see the leader about 1 minute ahead of me. In other words, I was not on 2:37 pace nor was I leading, and my stomach was becoming more of an issue. So I made the decision to stop at the next port-a-pot, which cost me 35 seconds. After that, the lead runner was nowhere in sight.



I stuck with the strategy and continued to run by feel out to the turnaround. I had tailwind for 6 miles and knew I was going to pay the price on the way back to the finish. My split at mile 20 was 2:02:20, and if I was able to maintain pace, I could finish close to 2:40. But that didn't happen. The wind was brutal on the way back with gusts of 30mph, so I just put my head down and ran one mile at a time. My pace slowed 20-30 seconds a mile and I began looking over my shoulder for the 3rd place runner. Not a good feeling. Even if someone was there, it's not like I was going to be able to do anything about it. Fortunately, no one was in sight.

I was closing in on the finish and heard the announcer call out my name. I love that feeling so I sprinted in the last ¼ mile; finishing in 2:42:09 and 2nd overall. Another podium finish, but not where I wanted to be. Next year will be my year.



Trey Robinson

When asked to write up an article for JSR on my most recent race, Ironman Texas, I thought about a lot of the race articles I had read recently. One thing which I always enjoyed hearing about was an athlete's approach or the process that they went through as a part of their training and racing to get to their end goal. And so for this article I'd like to share my own personal 5 Step process for endurance training and specifically my approach to my Ironman Texas Build.



Step #1: Clearly state your goal.

Step #2: Create a plan (Plan = a strategy and set of tactics to achieve each strategy) in an effort to achieve Step One – the stated goal.

Step #3: Execute the plan (strategy and tactics) from Step 2.

Step #4: Evaluate how you did against Step One, the stated goal. Learn. Adjust.

Step #5: Repeat Steps 1-4.

This basic 5 Step process has been essentially how I think most of us, me included, have approached our training and racing. We state a goal, we put a plan in place to achieve that goal, and then we either achieve or not achieve that goal. Finally, we reflect on what of that plan (the stated strategies and tactics) worked and what didn't work, in an effort to determine what we would do differently the next time around. We typically talk with our teammates, coach, and friends and learn from our peers, pros, research, articles, etc., out there when working through each of these steps.

Here was my approach:

Step #1: (State Goal)

For this Ironman build, I had 2 goals. One focused in on Step #2 of the above process. Having already achieved my bigger goal of qualifying for the Ironman World Championships in Kona, I was more interested in the Ironman training process and outcome of that training process for Texas than I was reaching for a goal like a PR or Kona qualification. For this Ironman I wanted to see what different training strategies I could utilize in an attempt to improve my overall Ironman performance. The second main objective of Ironman Texas was to be a motivating force behind the efforts of a few friends in an attempt to help them achieve their goals of qualifying for Kona.

Step #2: (Create a Plan)

I planned to execute essentially a similar training plan for Ironman Texas as I did Ironman Wisconsin with three notable changes.

1. The first change to my build for Texas was to do a Body Composition and VO2Max test to identify my training heart rate zones and zone wattage. I wanted to ensure that for each and every workout I did, I had a specified goal and had a physiological target for that training session. In



other words, if I was going to invest an hour or three each day for training, I wanted to make sure those hours were as effective as possible. Enter Dan Bergeson and Fit Metrix. <http://www.fitmetrixlab.com/index.html> I started talking with Dan about conducting a VO2 Max test, and body composition test. Dan led me through the test and then laid out in perfect detail my VO2 Max, my training heart rate zones, and my power or wattage targets per zone. Dan also completed a Body Composition Test for me using the Bod Pod. While I didn't do anything specific with these results, it was good information to know and have. I learned my weight, my % body fat, and what my resting metabolic rate was which when multiplied by an activity factor would provide me with a daily caloric target. For example, if I was interested in counting calories to gain or lose weight as a part of my training cycle. If this data is something you are interested in obtaining, I'd highly recommend going and seeing Dan at Fit Metrix, conveniently located in Libertyville.

2. The second change to my build for Texas was the inclusion of Hyper-thermic Conditioning or Heat Training. In preparation for Ironman Kona in October, where the race is more often than not run in hot conditions, I wanted to experiment with inclusion of some heat training to better prepare my body for the conditions of both Texas and

Kona. I had done a lot of research in this arena but found the simplest overview by Dr. Rhonda Patrick of FoundMyFitness the best discussion on the topic.

<https://www.youtube.com/watch?v=aHOIM-wlNjM&t=274s> Through the incorporation of 45min-1 hour sessions in a sauna, 3-5 days a week in the weeks leading into Texas I was hoping to increase my capacity for endurance and to build muscle. There is a lot more to this that can fit into this article, so I'd suggest listening to Dr. Rhonda's discussion.

3. The third and final change to my build for Texas was to adjust the percentages of time I spent training within the three disciplines. Specifically, I wanted to take out a little volume (@10%) of my typical weekly run volume and reallocate that training time to the swim and the bike. I thought if I could 'gain' say 10-15 minutes on the bike and only 'lose' 3-6 minutes on the run, I would come out faster.



Step #3: (Execute the Plan)

I executed this Ironman Build with the three key changes I highlighted above. Like most of us, I had ideal training weeks, and I had less than ideal training weeks, but I went into Ironman Texas prepared and ready for what I expected could be a good day.

Step #4: (Evaluate Results against the Goal)

I combined a 1:13 swim, 4:57 bike and 3:12 run to go 9:30. This was good enough for 10th in my division and 85th overall including the Pro field. While it was a PR, I feel as though I left a little time on the table particularly in the swim (@4-6 minutes) and the run (@6-8 min). That said, I believe that I was successful on my two stated goals. I learned through this experience that having specific training and racing targets with objective data can help me make the best use of my training time. Understanding the numbers Dan provided me has taken some of the guesswork out of the challenges of being self-coached. I whole heartedly believe in hyper-

thermic conditioning and the benefits which it can bring to endurance athletes. Lastly, I think that while my bike and run fitness improved with the added volume or emphasis I placed on them, I wished I had the run fitness from my prior two Ironman builds. I also achieved my other goal of supporting a few friends in their attempts to qualify for Kona. Marty Taylor, Nick Brown and Robin Doyle all punched their tickets for the big island and the Ironman World Championships and I'd like to think my support helped them a bit in getting there.



Step #5: (Repeat Steps #1-4)

This is a work in progress. I'm planning out my training plan & build to the World Championships and Ironman Kona on October 14th, and I'm looking to incorporate what I learned from this build and the ones previous into this next one. I'd also like to solicit the support of my fellow JSR mates in contributing to that plan. As a community of teammates and friends I think we have a lot to offer one another and I'd welcome any support over the coming months to achieve great results. While I realize this was a fairly unorthodox approach to a race recap I sincerely hope it was helpful and informative. Until next time!

River to River

Here's a write-up of the River to River relay from this year's Captain, Dave Z: We won the Masters division and took 3rd overall. I call that a good day at the office. Everyone came to run hard for the team and in doing so I think made it fun for everyone.

I want to thank Mike Terry for asking me to be captain this year. I had a lot of fun pulling friends and runners together and putting all the pieces in place for an awesome team. I COULD NOT have done this without his without his guidance and input. Mike has done this event more than ten times and his experience was invaluable!!



The first leg was cancelled due to weather and road conditions, so our time may seem somewhat fast this year. **We covered 76.4 miles in 8:27:58 for an average pace of 6:38.9/mile.** I still put this in the "kicking a lot of ass" category.

And I'd like to finish with (drum roll) Team Awards:

Hardass Award: Matt Condron. Matt gleefully took on The Hardest legs with a smile. And ran his entire first leg in the rain (possibly even shirtless, we are reviewing tape). And on his last stage when one runner was about to catch him he said "Nice job catching me, but I'm not going to give it to you" and beat him in a sprint finish to the next exchange.



Comeback of the Year: Rob Wiley. First race(s) of the year, and first time back at R2R in about ten years. Rob blasted all of his relay sections (setting two Strava course records in the process), got off to an amazing start, killed himself for the team, and set the tone for the entire day. 5:05 baby!



Gandalf Award: Pat Etherington. With the wisdom and sage advice from many years of racing and in his 4th River to River relay, Pat ran the second most mileage for the day and plowed up and down hills all day long. He took a long shift driving our 15 passenger bus...van...on the way home and through the city, and in between legs when Mike Terry was running. And has an uncanny recall of almost every relay leg and their caveats for every runner.

Hammer Award: Mike Marty. First time at R2R and took on the most miles for the team, including running us into the finish line as Runner 8. He absolutely hammered all his miles, averaging better than 6:00/mi for the day, including

one 5:19 on leg 16. Welcome to River to River, Mike!

Old Faithful Award: Mike Terry. Not old in age, but in experience, Iron Mike put in solid miles on tough sections and did everything he could to help the team. He volunteered to step down from Section 1 when it was cancelled, he drove the van during almost the entire race, knowing the southern Illinois backroads with bewildering accuracy, and surprised no one but himself at how well he ran on his relay sections. Thank you Mike, the relay this year wouldn't have happened without you!

Mr. Consistency Award: Josh Rich. Josh's first time at R2R, without batting an eye, took the



baton and silently ran himself to exhaustion for the team. Josh averaged about 5:50/mi for the day including a punishing downhill finish at leg 23 passing three other teams.

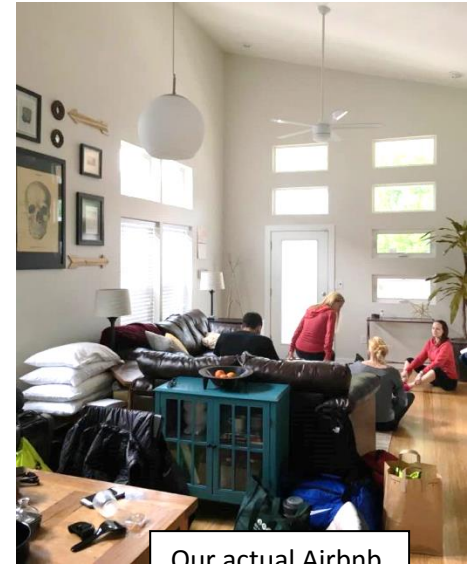
Captain's Award: Kevin Claffey. With unending enthusiasm, Kevin put it all out there for the team. He captured the race on film, thought of "all those things" to keep a van of runners warm, dry, and fed, and provided the "Felix" to Rob's "Oscar" :) No one was happier to be aboard the team than KJC! Kevin, the team baton with pink tape is our award to you as a memento of your first River to River!



Google messing with us

Indy Mini Weekend

In early May, Jim, Kristine, Mesh, Wendy, Dave and Steve road tripped to Indy to run and spectate at the Indy Mini Half and 5K. After an initial scare of Google street view making us believe we had inadvertently booked an Airbnb crack house, we learned that our digs were actually much nicer than we feared, and a good time was had by all. At the race, Dave paced Mesh to a new PR of 1:20:36, while Wendy finished in



Our actual Airbnb

a strong 1:23:18. Jim wasn't feeling right and almost DNS'd, but decided to give it a go anyway. Kristine ran the 5K and won the expecting division. After the race, we hit the town for a great brunch with Bloody Marys, more drinks pre-dinner, and some duck pin bowling (a Hoosier favorite).





Other Races

Good Life Race 5K: Kate DeProsperis, 17:57, 6th OA, 1st AG, PR
 Mesh Rich, 18:09, 8th OA, 1st masters
 Wendy Jaehn, 18:19, 10th OA, 2nd masters

Race for Humanity "5K" (CF):
 Mike Marty, 5:30ish pace

Chase Corporate Challenge 3.5 miler:
 Dave Zeisler, 20:23, PR
 Steve Clark, 22:02

Ridge Run 10K:
 Jason Rush, 35:03, 5th OA, 1st masters, PR
 Mike Marty, 35:33, 9th OA, 2nd masters, PR
 Brian Wakefield, 35:42, 10th OA, 3rd masters
 (and a shout out to Meg Sullivan, 42:40, 4th OA)

Sunburst Races "Half Marathon" (14.8 miles, CF):
 Dave Zeisler, 1:20:57 adjusted time, 2nd OA, 1st masters

Run for the Roses 5K:
 Jason Rush, 16:42, 8th OA, 1st masters
 Wendy Jaehn, 18:29, 4th OA, 1st masters

Lighthouse Run 10 Mile: Brian Falcone, 58:44, 7th OA

Proud to Run 10K: Jason Rush, 35:58, 6th OA, 1st masters

PR Mile: Mike Marty, 4:46.0, 4th OA in Elite division

McHenry County Patriot 5K:
 Kevin Claffey, 19:36, 4th OA

Pleasant Prairie Triathlon, International Distance:
 Trey Robinson, 2:22:08, 18th out of 212 men

(Editor's note: "CF" means "course fail," among other things).



Spotlight On . . . Mike Marty and Dave Zeisler

For this newsletter, we hear from two of our masters men – Mike and Dave.



Q&A with Mike Marty:

How has training been going this Spring?

Overall I've had a good spring. I had an unexpected week of rest in early March to recover from some back pain but between rest, stretching, and getting a new mattress, it has been significantly better. I feel like I've recovered any lost fitness, racing well at the Ridge Run 10K and feeling strong at River to River and the PR mile. I set PRs in the half marathon and 10K so far in 2017 so I can't complain!

Have you tried anything new in your training lately?

Unintentionally, I've slowed down a bit on my easy runs which is probably good. I've been getting back outside more on early morning runs and lacing up early has caused me to run easier.

I also worked with Dan Bergeson to set up a VO2 Max test so I can get more scientific on my tempo runs. As my mileage ramps up this summer, I'm planning to do more marathon pace tempo runs to really get dialed in to the right pace for me. It has been deflating to look at calculators that suggest I should be low 2:40s in the marathon based on shorter distance results. I'd rather use science instead of blind comparisons to determine what I should target this fall. I also plan to work this summer on nutrition and hydration over long runs since in both my last two marathons, I really struggled with proper hydration and felt the impact the last few miles.

What have you been doing lately to stay motivated?

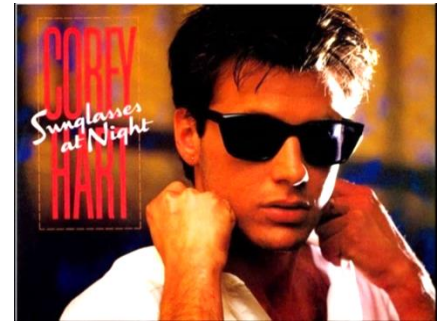
The lure of a marathon hanging a few months out does a pretty good job keeping me motivated. I've tried to find races at various distances every few weeks to have intermediate goals and to force me to run different types of workouts. Having a half in January forced me to run tempo runs through the winter...having a mile road race in June forced me to work the quick twitch muscles and keep my speed up. I prefer the variety as opposed to all long or short races.

What's something that you look forward to later this year or beyond?

I'm really eager to get back to Boston in 2018 and excited about the idea of a JSR team out there. My Boston 2016 experience was tough — like this year, it was hot and I wasn't acclimated. I don't want to remember Boston as a 12 mile sufferfest. Since Bernadette lived in Boston for nearly a decade, we want to bring the kids out there to see the race and the sights that Boston has to offer.

What's your favorite piece of running gear you can't live without?

If you've seen me change shoes after track you know I am hooked on Injinji toe socks. They really help me avoid blisters from toes rubbing together. My eyes are also really sensitive to light so I almost always wear sunglasses, even when it's not all that bright out.



What's new in your life that teammates might not know about?

If you were at the Ridge Run, you met our puppy Martha. She's not ready to run with me on the leash quite yet but has tested my agility chasing her across the house or the backyard when she runs off with my shoe, towel, phone, sunglasses...

Q&A with Dave Zeisler:

How has training been going after Indy Mini?

After running 1:20 with Mesh at Indy without too much trouble and with a disjointed training schedule, I had it in my mind that PR was do-able. Currently, it's a soft 1:19:19 (from March Madness 2011) and coming off a great marathon in December, a PR was realistic. My training hasn't come together like I wanted, though. Jenny put together a great plan for me, but I've been "off the mark" on some key runs. I'm targeting the Sunburst Half Marathon in Olivia's home town of South Bend on June 3, so we'll see how it goes.

Have you tried anything new in your training lately?

Yes, I'm trying the "not being a p****" approach. [Not sure why Dave censored "pansy"] I have a reputation for being careful and methodical, and I still stand by that. But to make new gains you have to try new things. Running with Brian, Jim, and Jason on those early weekday mornings, there's no whining. "Keep up or shut up." OK, maybe some days there's plenty of whining, but don't expect anyone to wait for you. I've also incorporated a lot more hip and core exercises, which is my weakest area as a runner. Cups, side planks, leg lifts. I'm not buff, but I'm stronger than I would normally be.



What have you been doing lately to stay motivated?

I had a phenomenal build up for CIM in December 2016. Again, Jenny put together the perfect plan, and we had a hardcore group training together through October and November. It motivated me knowing that at almost age 44 I can still PR in the marathon. It was the best I'd ever felt in a marathon, so I think I have more in me. If for no other reason, I have to catch Steve. [Bring it!!]

What's something that you look forward to for 2017?

For the first time in years, I've decided this year to not run a marathon for time. I'm part of the pace team again for Chicago in October, then after the first of the year I want to focus completely on Boston for April 2018. An awesome group is coming together, and I can't wait to be a part of it. In the meantime, I want to put up some awesome times at 4 on the 4th, Bix, and I've started training for the fall beer mile, hoping to improve on my 7:59 PR. In fact, I've been training for that one all year.

What's your favorite food/beverage after a race or long run?

I'm hopelessly addicted to coffee. As the meme goes: "I like my coffee like the Death Star: gigantic, evil, and on the dark side." I'll have some sort of coffee or related beverage after a run: latte, mocha, French press, or just plain drip coffee. And many times when I'm packing in the miles in marathon training, after a long run I'll make a scrambled egg bagel sandwich with sriracha sauce.

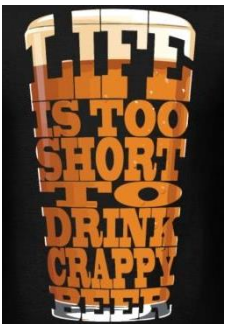
What's new in your life that teammates might not know about?

Right after Christmas, my mom was diagnosed with an advanced form of brain cancer. She's been through a pretty standard round of treatments and is responding well, but this is a marathon and we've only hit the first water stop. My mom is very independent and strong willed, and seeing some of that taken from her has been hard. I'm very grateful for the support we've received from friends, family, and teammates. Thanks gang.

What is your favorite word?

"Nefarious." Also "ubiquitous" and "derivative" are up there too.

What is your least favorite word?



"Whatevs."

What turns you off?

Crappy beer. Narcissim. When people don't try

What sound do you love?

Wind blowing through the needles of coniferous trees on a mountain
A windless night while camping

Kittens

A hand operated espresso machine

What sound do you hate?

That noise a car makes when you try to turn the starter after it's already started.
Whining.

What is your favorite curse word?

F***. I'm a traditionalist. The mixture of soft and hard letters. The versatility. Noun. Verb. It's f***ing timeless. [Don't forget interjection and adverb.]

What profession other than yours would you like to attempt?

Astronaut. Or park ranger. Or Jedi Knight.

What profession would you not like to do?

Politician. Or anything in the service industry. Or data scientist.

If heaven exists, what would you like to hear God say when you arrive at the pearly gates?

"Me and the guy downstairs flipped a coin, and I won."



Boulder Trip 2017 – by Jim

In less than a month, a few of us JSRers, with guests, are embarking on what is going to be an awesome one week trip out to Boulder. The idea for this came one faithful morning at Einstein's in Lake Forest, and Miki and I fed off each other's thoughts and we finally came to the conclusion we needed to make this happen. The main purpose was to provide a means for one week of uninterrupted training for fall marathons, and Boulder just happens to be a place many of us want to do this at. We knew not everyone would be able to make it, but for those that could swing it, why not? We've got an Airbnb house lined up only a few miles from Pearl St Mall (the main street in Boulder). It's also very close to many trails. The gist of the trip will be to have two runs a day, and the rest of the time focus on things we don't normally



get to in our busy lives: strength training, naps, reading a book, stretching, yoga, rolling, massages, doing nothing, etc. Boulder is such a running hub that there's so many resources for whatever we want to accomplish. We're planning to drive out as early as possible (probably 5am) and make it in one day. We'll be in Boulder the night of July 22 and then will be heading back the following Saturday, July 29th. Going on the trip is me, Kristine, Steve, Amanda, Brian W, and Rachel Hyland. Jenny, Miki and Kelli will



also be joining for a few days during the week. Full review to come afterwards with many pictures.

Coach's Corner

TWEAK YOUR TEMPOS

Recently, several people have mentioned that they are feeling “blah” with their training. I have spent some time looking over Strava logs, and have noticed that many of you are basically doing the same tempo workout each week. Even the same distance, pace, and location. I am not disputing the fact that a “pure” tempo is extremely important in your training regimen. I would like to suggest, however, that by putting a little variety and zest into your tempo workout you may just get back that “tempo enthusiasm” that you are currently lacking.



Example: One of my training goals before a marathon is to build up to at least one 10 mile run at goal marathon pace. This workout gives me a lot of confidence heading into the race. Following are several workout suggestions I might do to build up to my 10 mile tempo run:

The following are all done on roads or trail:

- a) 4 x 2K alternating ½ marathon and 10K effort with 90 seconds timed recovery
- b) 5 miles @ ½ marathon effort
- c) 3 x 2 mile with 90 seconds timed recovery (1st mile is marathon effort, 2nd mile is ½ marathon effort)
- d) 2 x 3 miles @ ½ marathon effort with ½ mile active recovery
- e) 6 miles @ marathon effort
- f) Progression Run: 3 miles @ marathon effort, 2 miles @ ½ marathon effort, 1 mile @ 10K effort
- g) 6 miles @ marathon effort, ¼ mile easy, 2 x 800 meters (or 4 x 400 meters) @ 10K effort with 90 seconds timed recovery
- h) 7 x 1 mile @ marathon effort with 60 seconds timed recovery
- i) 7 miles @ marathon effort
- j) 2 x 4 miles @ marathon effort with ½ mile easy between
- k) 8 miles @ marathon effort
- l) Continuous run: 1200 meters @ 10K effort, 3 miles @ marathon effort, 1200 meters @ 10K effort, 3 miles @ marathon effort, 1200 meters @ 10K effort
- m) 6 miles @ marathon effort, ¼ mile easy, 6 x 800 meters @ ½ marathon effort with 60 seconds timed recovery
- n) 9 miles @ marathon effort
- o) 2 x 5 miles @ marathon effort with ½ mile easy between
- p) 10 miles @ marathon effort

Don't hesitate to contact me if you have any questions or would like more suggestions on how to spice up your workouts.

In the meantime.....HAPPY TRAINING!!!!

Burgess Baby Pool

Yes, that's right, it's our first ever JSR Baby Pool! Simply predict a date and time (down to the minute) of the arrival of our newest JSR family member, and if you are closest (whether your predicted time is before or after that actual delivery time), you will win an awesome gift!

Kristine's due date is September 21st. Please email your prediction to Steve and Dave by the end of Sunday, July 9th. Jim and Kristine are eligible to play,



so you'll have to beat someone in the know (kind of?) to win. Steve and Dave have already shared their predictions with each other, so they won't be influenced by the predictions of others. When all picks are in, we'll send out a calendar that shows everyone's predictions, and you can begin counting the days (or continue counting, if your name is Jim or Kristine). The baby pool will be administered by the accounting firm of Clark Zeisler (NOT Pricewaterhouse Coopers or Steve Harvey LLC).



Race Calendar

Here are the remaining races on the JSR race calendar for 2017:

4 on the 4th, Elmhurst, July 4

Gurnee Days 10K, August 12

Chicago Marathon, October 8

Swinging Bridge Trail Race 8K, October 15

Lake Bluff Pumpkin Chase 5K, October 28

Illinois Club XC Invite 5K, November 11 (approximately)

Thanks to all of our contributors. Get those baby pool picks in, and good luck at our upcoming races!