

Dr. Joe's Training Tips

KNOW THE PRINCIPLES

You know for certain that this year's Peachtree Road Race number is on its way to you courtesy of the U.S. Postal Service. Are you as certain that you have the strength to carry that number in the July 4th heat, over the hills, along the 6.2 miles, finishing in Piedmont Park? Knowing comes from doing and doing means training. As I said in last week's article, training is the activity that can change your body. If training is done correctly for at least two months you should feel confident that you will cross the finish line on July 4thwithout collapsing!

The following principles of training cross all levels of fitness and will help you meet your goal:

- Start gradually, train gently. The principle here is to allow time for training to change you physiologically and prepare you for intense exercise. Pushing too early can lead to injury and the inability to pursue any further training. The importance initially lies in the discipline of daily physical activity.
- First distance, only later speed. The wisdom here is to pursue the capability of covering the distance required, in this race 6.2 miles, but do it within your comfort zone. Only once this is accomplished should intensity and pace be increased in an effort to decrease time. Atlanta's own Jeff Galloway has promoted a walk/run program with this concept in mind. Called Long Slow Distance (LSD), it allows for increasing mileage. The program involves two and a half minutes of running followed by 30 seconds of walking. The change in muscle activity allows for more stamina to cover longer distances over a longer period of time. Achieve your distance first and work on your speed as a secondary goal.
- Alternate hard and easy days. The body needs a period of recovery. Pushing each day without an interval for rest and recovery does not promote the greatest effects with training. Alternate your training cycle. Good hard days, followed by one or two easier

days to allow recovery. Consistency is important and a total abstinence from running is usually not necessary.

- Train the mind. It is not only your legs and lungs that get you to Piedmont Park, but a positive mental attitude and an understanding of what is physically required. It is the mind that allows you to stand at the start line and know you will finish. Training the body also trains the mind and creates the image of success.

Train smart on the roads to the Peachtree and you will carry your number to the t-shirt tables in Piedmont Park; without a stop in the emergency medical tent.

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