

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

Landrunner Mission: To support health and fitness of all ages through recreational running

September 2017 | Issue No. 257

Running After A Rocky Mountain Pie

By Amy Stephens

When our family decided to chase after a Rocky Mountain high this summer -- a mountain vacation to escape the Oklahoma heat and humidity -- I immediately set out to find a Colorado race in which we could participate. Our family was ecstatic to return to Breckenridge, where we'd vacationed two years earlier and had a lovely time. For weeks afterward, our then three year-old son joyfully sang, "Rocky Mountain Pie, Colorado" -- his own version of the John Denver tune. Now, if you've visited Colorado in recent years, you know there are ample, perhaps less strenuous, opportunities to pursue a Rocky Mountain high. But the idea of achieving a runner's high in a majestic setting, even if the high was partly due to oxygen deprivation, sounded groovy enough to me.

After my husband and I registered for the Breckenridge Hunky Dory Half Marathon and 10K, I began to doubt how well we were equipped to run in the mountains. Breckenridge's elevation is about 9,728 feet above sea level, well above the 8,000 feet threshold typically associated with increased likelihood for altitude illness. Also of concern, we are relative running newbies, at least in the ranks of the Landrunners. We've been running with the group since the spring 2016 season, and we just completed our first marathon, the 2017 OKC Memorial Marathon. I began to wonder, just how well does running in the Oklahoma heat prepare one for running in higher altitudes? Will there be bears? Was this all a really bad idea? Is it possible to pass out from oxygen deprivation while running in the mountains? What if I pass out and fall down the side of the mountain to my certain death? So many questions.



Amy & Chris Stephens

I referenced a Runners World article I'd read many months earlier, which espoused the merits of heat training to foster "heat adaptation." The article discussed a study that measured athletes' performance on a cycling session in simulated high-altitude conditions before and after ten days of training in (1) simulated altitude training (14% oxygen), (2) heat training (104 degrees), or a (3) control group. The results demonstrated that the heat training was fairly effective, though slightly less effective than simulated altitude training for improving the athletes' cycling performance. There may be a growing appreciation for the value of "heat adaptation" in the running world, and according to some recent articles, those of us who live at lower elevations may be able to reap benefits similar to that of altitude training by training in the heat.

See **Running**, on page 6

President's Message

By Matthew Wilcoxon, President

Winter is coming. If you're a Game of Thrones fan like me, you probably read that with a dramatic flair of dread. So maybe I'm a little overdramatic but reaching September and seeing the kids go back to school always makes me think summer is gone and winter is just around the corner.

It also means that our club's fall training is in full swing and hundreds of runners are invading the streets and trails of OKC every Saturday morning. We've had some large groups and many new runners have come out to join us. It's great to see this kind of evidence that OKC is moving! Runners have their sights set on fall marathons and half marathons and are logging the miles now that will pay off when they toe the line sometime in October through December.

In addition to the fall training session, your club also has some other events planned this fall. Lindie Slater, our VP, has planned a bus trip to the Mother Road marathon in Joplin, Missouri September 30 to October 1. Forget about the driving and let us transport you to the race the

day before with a bunch of other kindred souls. Spend the night in a nice hotel and wake up refreshed and ready to run. The bus will get you to the start and be there waiting when you finish; all you have to do is run and have a great time then let the bus get you back to OKC. These are always great trips and Lindie does a great job coordinating.

Your club will also put on a great water stop for the Redman triathlon on September 16. So great that we've won the best water stop award for as many years as we've done it! We've been lucky to have many creative people coordinate this event and they've all stepped it up each year so that we've always had something new and different going on to keep those athletes hydrated, nourished, and motivated to get to the finish. Plus it's always a lot of fun for us! This year's theme is Rock and Roll and we're having a live band headed by one of our own runners. I told you this thing gets bigger and better every year! Sign up for a shift on the website and I promise you won't be disappointed.

2018 Board of Directors Nominations

The OKC Running Club Board of Directors shall be comprised of no more than twenty-five (25) members. At the August meeting of each calendar year, the President shall appoint a five (5) member nominating committee who shall develop a slate of Board candidates for the following year. All candidates must be members in good standing of the club. Notice of the elections shall be provided to members in good standing prior to the October meeting. Board members shall be elected by a majority vote of the club members present, in person or by proxy, at the October monthly meeting of the OKC Running Club. Board members shall serve for the calendar year following the election. If a Board member fails to attend three Board of Director meetings in succession, the said Board member shall be considered as having resigned. A vacant member's position may be filled by nomination

and majority vote by the club membership present, in person or by proxy, at a monthly meeting.

2018 Nominating committee: Chuck Mikkelson (Chairperson), Gena Barnhill, Dana Campbell-Sternlof, Bill Goodier and Kevin Lynes.

If you or someone you know would like to serve on the board, please submit name, email, phone and a brief bio either to a nominating committee member, by email to president@okcrunning.org or use the online nominating link on the website before September 15, 2017.

A list of candidates will appear in the October newsletter and the election will be held at the club's monthly meeting on October 16, 2017.

The 2018 newly elected Board of Directors will then meet in November to elect the Officers and appoint committees for the 2018 term.

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* Qualification Information Account transactions and activities may take one or more days to post and settle to the account and all must do so during the Monthly Qualification Cycle in order to qualify for the account's rewards. The following activities do not count toward earning account rewards: ATM-processed transactions, transfers between accounts. "Monthly Qualification Cycle" means a period beginning one (1) business day prior to the first day of the current statement cycle through one (1) business day prior to the close of the current statement cycle. Reward Information: When Kasasa Cash Back qualifications are met during a Monthly Qualification Cycle, you will receive (1) 3.00% cash back up to a total of \$9.00 on debit card purchases that post and settle to the account during that cycle period. A maximum of \$9.00 cash back may be earned per Monthly Qualification Cycle. You will also receive reimbursements up to \$20.00 (\$4.99 per single transaction) for nationwide ATM fees incurred during the Monthly Qualification Cycle in which you qualified. When Kasasa Cash Back qualifications are not met, no cash back payments are made and ATM fees are not refunded. Cash back payments and ATM fee reimbursements will be credited to your Kasasa Cash Back account on the last day of the current statement cycle. Rates and rewards are variable and may change after account is opened. Additional Information: Account approval, conditions, qualifications, limits, timeframes, enrollments, and other requirements apply. \$25.00 minimum deposit is required to open the account. Monthly receipt of electronic statements is a condition of this accounts. Limit 1 account per social security number. There are no recurring monthly service charges on this account. Contact one of our credit union service representatives for at 405-789-7900 additional information, details, restrictions, processing limitations and enrollment instructions.

Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
9/2	Brookhaven 5K*\$	Norman, OK @ 7:50am
9/9	Faith. Family. Friends. 5K, 10K*\$	Mitch Park, Edmond @ 9:00am
9/16	Swazi 5K*	SNU @ 7:30am
9/16	Recall Run 5K	Pauls Valley @ 8:30am
9/17	Santa Fe Thunder	Santa Fe, NM @ 8:00am
9/17	Heels for Hope 5K\$	Wiley Post Park @ 2:00pm
9/23	Down Syndrome Festival & 5K	Bricktown Ballpark @ 8:00am
9/23	St Jude Walk/Run – OKC	Lake Hefner S&S Park @ 8:30am
9/24	Uptown 5K – Mesta Festa	NW 22nd & Shartel @ 10:00am
9/30	Falcon 5K*\$	Yukon @ 8:00am
10/1	Mother Road 66 Marathon*\$ & Bus Trip	Joplin, MO @ 7:00am
10/7	OKC River Run 5K / 10K*\$	Wiley Post Park @ 9:00am
10/28	Tulsa Credit Union Tulsa Run\$	Downtown Tulsa @ 7:50am
11/11	Choctaw Challenge*\$	Choctaw @ 9:00am

* Denotes Series Races

\$ Club members discount codes are listed on the Members only section @ okcrunning.org

Landrunners In Action

7/16 WILDFIRE HALF MARATHON, TX

BEN WHITEHEAD	2:05:32
TORI DUPHORNE	3:01:02

7/23 SAN FRANCISCO MARATHON, CA

BOB LEMON	3:57:28
JENNIFER MORGAN	2:52:29 – HALF

8/5 HUNKY DORY 10K, CO

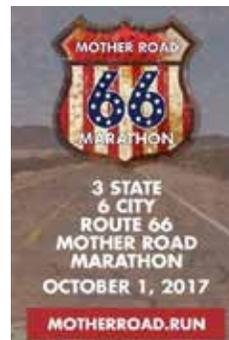
CHRIS STEPHENS	1:17:16
AMY STEPHENS	1:35:43

Click the link on www.okcrunning.org/newsletter page to submit out of state results. Send photos and stories to news@okcrunning.org

*Ride and Run with the **OKC Landrunners***



All runners, walkers, and friends are invited to travel with us to the



When: 9/30 to 10/1

What: Round trip to Joplin, MO Mother Road Marathon
Bus Cost: \$42.00 per person, nonrefundable but transferrable.

Visit www.okcrunning.org for more details.

2017 Choctaw Challenge



Creating A Family High 5

5k Race & 1 Mile Fun Run

Choctaw Creek Park

2001 N. Harper Road Choctaw, OK

November 11, 2017 at 9:00 A.M.

PRIZES Fee's & Registration

- ◆ T-Shirts for First 200 Registered Runners!
- ◆ Gift Package for Overall Male/Female 5k Finisher
- ◆ 5k Medals 3 Deep in Age/Gender Divisions
- ◆ Award for 1M Best Dressed Pet
- ◆ Raffle Prizes (For Pre-Registered)

A USATF 5k Sanctioned Race with timing by DG Productions

5k: \$30.00

1 Mile Fun Run: \$25.00

(Costumed pets welcome at Fun Run).

Groups of 5-9

Save \$5.00 each, use code SAVE5

Groups of 10+

Save \$10.00 each, use code SAVE10

Register Online:

www.signmeup.com/121652

Register In Person:

14625 NE 23rd, Choctaw, OK 73020

\$5.00 Fee Increase for Race Day Registrants

For Questions Call: 405-390-8131

Running, continued

We arrived in Breckenridge late Sunday night and Monday brought with it some symptoms of altitude adjustment -- a moderate headache, dehydration, and surprisingly, some legitimate dizziness while on our first, small hike. In terms of preparation, my husband and I each had about three moderate runs or vigorous hikes before our race the following Saturday. We tried to stay hydrated and sought safety advice from our concierge. She advised us on survival strategies related to bear and elk encounters. Terrific. We also gained insight from locals, including staff from Breckenridge's local running store, The Vertical Runner: go slow, take it easy, adjust expectations, and plan to walk the steeper stretches. Our final preparation involved a pre-race dinner the night before, much like you'd expect -- indulgent, filling, and accompanied by non-hydrating beverages. We were on vacation, so don't judge.

Because of the anticipated rigors of this race, we conservatively chose the 10K, which started at 9,562 feet, rose to 10,317 feet, and had an elevation gain of 1,519 feet. We ran through a national park and gazed on picturesque vistas. Toward the end of the race, we thought we'd missed a turnoff but the course had simply been measured incorrectly so we even got 2.5 extra kilometers. Despite a little course confusion and some very rocky trails, we enjoyed ourselves.

So how did altitude running compare to running in the Oklahoma heat? You know the adage, "It's not so much the heat, but the humidity". I found the difficulty was not so much with the altitude, but the incline, and to be more precise, it was the high altitude accompanied by steep inclines. I definitely felt my breathing cadence quicken, even on somewhat even stretches of the course, though it didn't necessarily feel like much more "work" until the steep inclines were added. At times I felt as though I was breathing through a straw; my lungs felt thirsty for more air.

It is really difficult to compare heat training to altitude training outside of a laboratory. At least in Oklahoma when one finds heat, one can often find humidity, especially true in late August. Similarly, in elevations above 8,000 feet, I would guess it is fairly common to expect significant elevation changes. In this case, we had another extraneous variable; the Breckenridge Hunky Dory was actually a trail run, definitely outside our typical running conditions. Additionally, there are certainly individual factors

(e.g., health conditions) that runners will cite for preferring one condition over another.

However, in my estimation, most important is consideration of the twin siblings of heat and altitude -- humidity and incline, respectively -- factors that will compound adverse effects on performance.

Overall, we had a great trip and a fun run. The views were amazing, the weather was divine, and despite the small size of the race (< 100 participants), we met runners from Colorado and around the world. I felt like running in the Oklahoma heat all summer had prepared me fairly well for the conditions, though probably not quite as well as if I'd been running in higher altitudes. I'm glad we took the time to incorporate a race into our vacation experience, and I'll count survival as success -- nobody passed out, no bear attacks, and no tripping on a rock and falling down the side of a mountain. We definitely achieved a Rocky Mountain high, and afterward, what better way to celebrate than to enjoy a little post-run Rocky Mountain pie?

(Runners World article available at this link: <https://www.runnersworld.com/sweat-science/training-in-heat-to-prepare-for-altitude>)



EST 2010

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Run for *INCLUSION*



Run with *A PURPOSE*



WHEN:

September 23, 2017; 8 a.m.

WHERE:

Chickasaw Bricktown Ballpark

COST:

\$35 (includes t-shirt and medal)

MORE INFORMATION:

www.dsfestivaland5k.com

Camille Herron Honored By Territorial Capital Sports Museum

By Jenni Carlson

GUTHRIE – On a blistering hot day in July, the welcome for Camille Herron was nearly as warm inside the Territorial Capital Sports Museum.

The museum honored the world-class ultramarathoner at a July luncheon. The packed house included several members of the Landrunners who made the drive to Guthrie as well as members of Guthrie's running community.

Herron spent part of her youth in Guthrie where her father, Jack, was the school district superintendent.

Fresh off her victory in the Comrades Marathon – she became just the third American to win the world's premier ultramarathon -- Herron talked about her running career in a lively and wide-ranging question-and-answer session. She reflected on her earliest memories of running, which included the day that her dad came home to find her zipping around a field near their house.

"What are you doing?" he asked.

"Chasing a rabbit," she said simply.

No word on whether Herron ever actually caught the critter, but it goes without saying that she loved running from her earliest days.

Flanked during the Q&A by her husband/coach, Conor Holt, the duo recounted several behind-the-scenes moments during Herron's run to the Comrades title. Holt was part of Herron's support team during the race, and at one point, the support team had to park nearly a mile from the spot that it would rendezvous with Herron. Once parked, Holt realized that if they didn't hurry, they might miss Herron.

They sprinted nearly a mile to the meet-up point.

Holt arrived at almost exactly the same point as Herron did.

But then, as he handed off Herron's bag of supplies, she told Holt that she'd forgotten to pack something that she needed. Holt and the support team had it, but it wasn't in the bag. He would have to get it, then run out ahead of Herron on the course so that he could hand it to her.

Why?

Because Comrades stipulates that for runners to receive supplies their support team members must be standing still on the side of the course. So, after running nearly a mile to the first meeting point, Holt then had to sprint out ahead of Herron to get her what she needed.

Needless to say, Holt's background as an elite marathoner came in handy that day.

After answering questions for nearly 30 minutes, Herron signed autographs and also donated a pair of signed running shoes that were raffled by the museum.

More pieces of Herron's running memorabilia remain on display at the museum, which is located at 315 W. Oklahoma Avenue. It is celebrating its 20th anniversary and is open from 10 a.m. to 4 p.m. Tuesday through Saturday. Admission is by donation.

OKC RIVER RUN

5K - \$25, 10K - \$30

before Sept. 27th and to guarantee shirt

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2021 S. Robinson Ave, OKC, OK 73109

OCT 7TH

**100% of all registration
fees will go to the
Rett Syndrome
Foundation!**

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FALCON 5K & FUN RUN

SATURDAY, SEPTEMBER 30, 2017

8:00am 1-Mile Fun Run • 8:30am 5K Race

Kids Crafts & Activities!
Post-Race Pancake Breakfast!

Register: <http://bit.ly/falcon5k> • Questions? falcon5k@sjnok.org

ST. JOHN NEPOMUK CATHOLIC SCHOOL

600 Garth Brooks Blvd. • Yukon, OK

Both races will be officially timed. The 5K race is Certified and Sanctioned by USATF. This event will fund new, cleaner water systems for our campus.

Never Ever Running A Marathon

By Anonymous

Running is a humbling sport, a fact I've come to embrace in the last 35 years of my running days. On a recent Sunday I embraced that fact more than ever. I was coming off three straight weeks of half marathon races. I had just read Dick Beardsley's book, "Staying the Course: A Runner's Toughest Race". I heard him speak at Bentonville and almost finished the book by the time I was back home. He had been humbled. I know the feeling.

My training for the Oklahoma City Memorial Half Marathon included something I thought was particularly brilliant. My goal: run the half-marathon in a decent time – for my age. My plan - train with the marathoners. Keeping up with a marathon training schedule should make me fit and confident for the half. Right?

Did I mention not only can running be humbling, it can also distort reality? That's when you clearly formalize a plan in your mind that your body cannot follow through on. I thought I was having a pretty okay year, after some down years, stretches of not even running at all, a hip injury that at one point I thought might prevent me from running distances again, the effects of aging, etc. But this year I had the plan.

Which brings me back to the recent humbling Sunday – the 20 miler. As running goes, so goes the conversation with oneself while running: "this run is starting pretty good, had a small breakfast, got my gel packs, keep up this pace, slow and steady, remember you're doing 20 today, legs feel good, water stop, get some water, not too much though, let's do the gel packs at five, 10 and 15 mile markers, yeah, I think that would be good, oh that girl up ahead is stretching her calf, we haven't even gone 10 miles, she will never make it if she's cramping this early, it sure is hot

even with the gusting wind, can hardly keep my pace steady on this downhill with wind pushing me back so hard, more water, still feeling okay, about ready to start back towards the south, then into the wind, well, you've done wind before, remember that time, yeah, we can do wind. Can't even see the leg crammer, she's a real trooper, now that's stamina and guts. Wow, that wind is really strong, so far so good, heading back east towards Classen, who's water is that, is that our water, I need some water. Wind is getting worse, just make it to Red Coyote, there's a water stop there, oh you guys go ahead. I have to WALK, the dreaded walk, you are miles from the finish and you are walking, aghhhhhh, ow legs are really tight, feeling tired, exhausted, if you walk all the way back to the car it's going to take a long time, these cars on Classen are really going fast, move to the grass, oh grass is sloped, I hope no one I know sees me walking on Classen. Oh man, I'm really getting behind, I hope somebody I know sees me on Classen, catch a ride back to my car, just need to get back to my car, don't see anyone else up ahead, is that a cab, how much money do I have, let's see in my car I have cash, I had a \$20 two days ago, spent, oh great, no one is in the cab, what was the phone number to call for the sag wagon, they should call it the cry wagon. Who's that? runners behind me, wow, encouraging me, telling me I'm doing good. No way, I suck, tell them they are doing good, maybe I can keep them in sight ahead of me. Ok, let's try to run, oh, legs are tight, better walk again, at that sign start running and run to that tree, oh so tired, run slower, maybe you'll last longer, ok maybe I can run/walk to the finish. Finally 23rd street, just have to make it to 5th Street, that's 18 blocks, don't forget still have to go east and then backtrack to the north, so it's really more than

See **Never**, on page 12

10th Annual



5K Run • 1 Mile Walk

*25-Yard High Heel & Feather Boa Dash
Wiley Post Park, 2021 S Robinson Ave.*

On the Oklahoma River

Registration at 12:00 PM

Dash begins at 1:45 PM

Race begins at 2:00 PM

9-17-17

For more information:

www.signmeup.com/120773 • www.heelsforhope.org
Info@heelsforhope.org • Visit us on Facebook!



Proceeds benefit the Heels for Hope Foundation

*In memory of Rosemary Persa,
Ovarian Cancer Warrior*



Never, continued

18, keep run/walking, this might work, just make it to the car, run/walk, run/walk, run/walk. CAR. Cold water – tastes so good. There’s my running buds, can’t walk over there, stay here and stretch a little, ok, now try to walk over there. Hi, ya’ll okay? Hard run, yes, it was. Dr. Tom and a running joke, not funny ... yet. What, something on my face, I don’t know, disintegrated Kleenex, snot, more likely sandy tears, need to get this grit off my face. Limping back across street to car. FLAT TIRE**!!!**! Oh, in so many ways.”

A humbling Sunday indeed.

UPDATE: A few months have passed, and no, I did not give up on running. I took a short breather then signed up for the Summer Sizzlin series. So far I have entered a couple of fall half-marathon races and then I’ll continue training for spring half-marathons. And I have a new PLAN...

Runners Doing Yoga? C’mon Get Serious!

By Tom Coniglione, MD

During my volunteering at the library, I was working with a fellow runner. She said that ten years ago I advised runners should not be doing yoga. Did I still feel that way?

I assured her I no longer felt that way; runners should do yoga. The exact point where I transitioned from being anti-yoga to being pro-yoga was not clear.

A few days later while running downtown a fellow runner joined me. We ran a few miles together; she dragged me along. That fellow runner is an experienced well-recognized authority on yoga. She teaches many classes. I repeated the story about me recommending runners not do yoga. Without provocation she said she would agree.

After minimal discussion we agreed - ten years ago runners should not have been doing yoga. Currently, runners should be engaged in yoga.

So what happened? Why the change to now recommending yoga for runners? We both recognized that ten years ago runners were being hurt by certain yoga poses. Runners being so tight and yoga teachers

being ambitious and accustomed to only dealing with super-flexible women was the background for the injuries.

Down dog and planks were hurting the Achilles and plantar fascia. Knee injuries were seen with the various warrior poses.

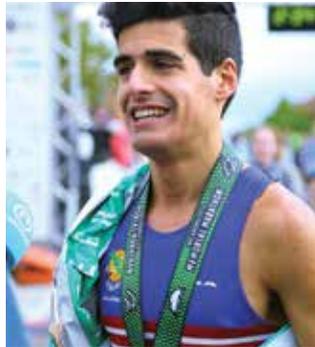
Over the past ten years, yoga instructors became attuned to runners. Yoga instructors now are familiar with the inherit tightness of the running body. Yoga teachers now accommodate the needs of runners far more than they did years ago.

The answer today: runners should do yoga. If not yoga, runners should participate in some other form of activity designed to increase their flexibility.

Here is one final word from an exercise biologist. “Fitness” is defined as strength, flexibility and endurance. Running makes muscles strong. Running is an endurance sport. The last variable is flexibility. Yoga is for flexibility.



OKLAHOMA CITY MEMORIAL MARATHON



MARATHON HALF MARATHON RELAY 5K KIDS MARATHON

APRIL 29, 2018

REGISTER NOW!

okcMarathon.com



Best prices available now!

High Intensity Interval Training (HIIT)

By Tom Coniglione, MD

People who engage in aerobic exercise are healthier. We do not need to go through the entire list of benefits from aerobic exercise. You know what they are.

The research leading to this conclusion is based on **aerobic exercise**.

In 2017, the third most common fitness trend is high intensity interval training (HIIT).

For those of you wondering, the first most common trend is the use of wearable technology. The second most common trend is the use of body weight training.

What is HIIT? Does it have any value in the training program? Simply, HIIT involves a period of high intensity exercise (anaerobic) interspersed during an aerobic workout: exercising at a higher heart rate for a short period of time.

Aerobic workout = exercise with the heart rate in the aerobic zone: VO₂ max less than maximum. In the aerobic zone, muscles use oxygen and sugar efficiently.

Anaerobic workout = exercise with the heart rate so high that oxygen and sugar cannot be used efficiently = developing lactic acid in muscles. Anaerobic workouts are performed at a heart rate where the VO₂ max is exceeded.

HIIT is periods of anaerobic spurts interspersed within an aerobic workout.

HIIT involves the use of higher intensity training for brief periods of time. Usually the higher intensity portion of the workout lasts for 20 – 30 seconds. Then there is a period of (several) minutes to return to a normal intensity workout followed by another 20 – 30 second burst of all out activity.

The bursts of anaerobic exercise can continue for 20 seconds **OR** for several minutes. The duration of the anaerobic bursts depends on your fitness level, how you feel and the gym where you do HIIT; they all seem to have their own formulas.

Athletes routinely do HIIT. Competitive runners do interval training. Many of you have heard the stories about the African marathoners who do 25 x 400 on the track - up to eight times a week. All high school, collegiate and most marathon training programs include some higher intensity (interval) workouts.

Swimmers do intervals in the pool. Soccer players run intervals in practice. Football practice involves a lot of HIIT. Basketball players do line drills - same thing.

The major difference between the HIIT of these athletes and the modern HIIT programs is that the current programs involve many muscle groups, not just those muscles used in that sport.

With the sudden explosion of high intensity training programs, we have to ask the question if they are good for runners?

Let's cut to the chase: **HIIT is good for runners. HIIT can improve your anaerobic capacity and increase VO₂ max.**

The problems related to HIIT are: (1) injuries and (2) how many bursts of intense activity should be included in a workout?

Injuries: there are more with HIIT. Injuries can be addressed later.

How long should the anaerobic spurt be and how long a period is needed for recovery? To prepare for this article, I talked to several HIIT enthusiasts. It seems every HIIT program defines the intervals differently. They all have convincing arguments why their program is the best: good marketers. None of them had scientific data to back up their claims.

Most authorities recommend five to six bursts during a workout.

Duration of the anaerobic spurts: vary from 10 or 30 seconds to several minutes.

See HIIT, on page 16



**NOV 18-19
TULSA, OK**

MARATHON AND HALF PARTICIPANTS
RECEIVE A LUXURIOUS SOFT FLEECE LINED
FULL-ZIP JACKET

MARATHON RELAY PARTICIPANTS RECEIVE A LIGHTWEIGHT
JACKET TECHNICAL T-SHIRT WITH A FULL-ZIP HOOD

5K PARTICIPANTS RECEIVE A LONG-SLEEVE TECH T-SHIRT

DOUBLE PARTICIPANTS (5K + FULL OR HALF) RECEIVE A
LONG-SLEEVE TECH T-SHIRT PLUS FULL-ZIP JACKET
(DISCOUNTED REGISTRATION RATE!)

Williams'
ROUTE 66 MARATHON
presented by BLUE CROSS AND BLUE SHIELD OF OKLAHOMA

ROUTE66MARATHON.COM



HIIT, continued

Recovery time between anaerobic spurts: vary widely. One program calls for recovery periods lasting minutes. Other HIIT programs recommend spurts and recovery period of equal time. We use the “talk test” to counsel athletes (read on).

HIIT clearly adds biologic value to whatever exercises you are doing. Adding HIIT to your training program increases the VO2 max and enhances satisfaction with your program. It makes your cholesterol and blood lipids better. It helps to reduce your blood pressure.

No, HIIT will not make you lose weight more than aerobic workouts. REPEAT: despite what the programs advertise, HIIT will not make you lose MORE weight than a purely aerobic program.

We have done a fair amount of research on intensity of training, VO2 max and anaerobic thresholds. From all that research and performing oxygen consumption studies on athletes, we have come up with a simple formula: **the talk test**.

When you’re running leisurely, you can talk. You have seen people who talk throughout the entire run. Those are people who are exercising well below 85% of their maximum capacity (maximum heart rate). Of course there are exceptions but this generalization holds true for most runners.

If you are running and you cannot speak more than three to five words, you are close to your anaerobic threshold. If you are exercising so vigorously you cannot utter a word, you are anaerobic. You are now generating lactic acid. You cannot remain here too long.

Monitor high-intensity activity by using **the talk test**.

A heart rate monitor can be used to monitor the intensity of the workout. Swimmers can do this in the pool. They rarely use heart rate monitors.

Basketball practice includes line drills but no heart rate monitors. Heart rate monitors are not necessary: icing on the cake.

Do you have to join a gym to do HIIT? No.

High intensity interval training can be done during routine training runs. The way to do this is to add intervals or fartleks. Fartleks are a form of “speed play.”

Simplistically, pick a spot off in the distance: driveway or tree. That spot can be 50 or 100 yards ahead. Increase the speed of your running to the point where you cannot talk, perhaps even gasping for air. Maintain that intensity until you reach your spot. Then slow down, recover your heart rate and your breathing and do it again.

Notice: slowing down was long enough to regain heart rate and breathing following this fartlek spurt – no time interval was defined.

Those fartlek spurts are the higher intensity workouts that will provide the biologic value.

Intervals on the track are another way to perform HIIT. Coaches love intervals and prescribe them for their athletes. The track-based interval-training programs define a certain number of intervals for a workout session. We often see these as counterproductive.

If the training program calls for 10 x 400 on the track, the athlete will do 10 x 400 on the track irrespective of how he feels. We see (too) many athletes with injuries because they followed the prescribed interval program.

Fartleks may be an easier way to accomplish the same endpoint with less prescription: hopefully fewer injuries.

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After-race party at the 22nd annual Mesta Festa! Runners (21+) receive a beer garden wristband (a \$20 value!) with their run registration (other registration options available, kids are welcome).

Mesta Festa is full of family-friendly activities sponsored by your favorite neighborhood businesses.

The race is chip-timed and certified, with runner prizes for age categories.

Race proceeds benefit Uptown 23rd District Association and the Muscular Dystrophy Association of Oklahoma.

Race details and online registration:

uptown23rd.com/5k



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Landrunner Club Meeting

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