



THE RUNNING WARRIOR



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From the Editor – I just returned from a USATF Level 2 Coaches Clinic and learned a great deal of useful information, especially about the jumps. I was fortunate to be able to meet and talk with three Olympians who were prepping for London: Khadevis Robinson (UNLV women's XC and Endurance Coach) 800, Willie Clay (former Univ. of FL) LJ/TJ, and Amanda Bingson (UNLV) hammer.

Amanda said that she was just fine tuning in preparation for London. As she opened up the hammer cage and stretched the safety netting back she said, "I'm doing some full throws, working on turn speed in order to develop power."

Willie was doing some "Flying 30's" in spikes to keep his speed up. When asked when he ditched the pigskin to focus full time on the horizontal jumps (field), he said, "It was my freshman year at Oklahoma. I had just made the top 50 world list in the triple jump. Man, I thought then that I could be the Olympic triple jump champion." He also did some plyometric box drills (assisted) while carrying some pretty hefty weights.

Khadevis, who made his second Olympic team, did a medium

workout. His workout consisted of a warm up, 4 x 100 (at a hard perceived effort) with slow walk back, then 5:00 active rest; 1 X 1200 @ an anerobic threshold pace with a pickup over the last 200; 5:00 active rest; 8 X 150 at 65% of 800m race pace with a 50 jog recovery – non-stop (so, 3200 non-stop). He said, "I never worry about my time, just effort." Accordingly, he took his pulse (counted heart beats for 10 sec. and multiplied by six to get heart beats per minute) immediately after each phase of the workout. You know you are getting in shape when you can do more / faster work with less effort (same or lower heart rate).

Currently, I'm at the *Roy Benson* (my former coach) *Smokey Mountain Running Camp* Coaches Clinic. I'm learning a lot from Roy and the other coaches. I found out that the Westlake coach is talking about adding the steeplechase for his "Early Bird" meet. I also found out that it takes your body 20 minutes to assimilate fluids into the system (increased heart rate during this period). So, prior to a competition, you can have 6-8 ounces of fluid one hour before the competition. Then you can have up to 6 ounces 40 minutes prior to competition. The last consumption of fluid should be no sooner than 20 minutes

before competition and should not be more than 6 ounces (6-8 swallows).

Warrior Run July 21st

We'll have our first Warrior Run Saturday morning July 21st at 9:00 AM at Memorial Park (across from Bobby Jones Golf Course on Northside Drive). This will be a relaxed event where NAHS track and cross country runners can meet and get in some exercise with instruction. We'll have the 400m and 100m straight set up for the track sprinters / hurdlers / jumpers and the 800m, mile and 1.5 mile loops for the endurance runners. We'll have some maps of the routes / areas in Memorial Park (eg., "Devil's Kitchen") so XC runners can get a head start on the season. We'll even play some games. You are welcome to bring a parent, sibling, and / or friend. Just dress out in your running gear and shoes and bring some water or sports drink.

Schedule of Coming Meets:

1. **Georgia Games** July 21at Marietta HS
<http://www.georgiagames.org/tracky.htm>

2. **SMART Beast Showcase**
July 21-22 at Westlake HS
www.coachO.com (includes
1.5 & 3K race walk)
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Field & Track Meets on TV:

Olympic Games 8/3-8/12 NBC

Nutritional Corner



Food: Beets as well as rhubarb and arugula, are rich sources of dietary nitrates, a compound that is converted into nitric oxide. Nitric oxide dilates blood vessels, lowers blood pressure, and allows you to exercise using less oxygen. The amount of nitrates in 7 ounces of beets is an effective dose.

Fuel up while cooling down is a wise mantra for runners who exercise intensely. Immediate replenishment of carbs and protein (can be done with a sports recovery drink or chocolate milk) can decrease muscle soreness and inflammation, plus enhance muscle repair (rest). What you eat before you compete can also effectively reduce post-exercise recovery. In a study, trained athletes consumed two X 10.5 oz. of tart cherry juice per day for every day of the week before an excruciating exercise test. They recovered faster and lost only 4% of their pre-test strength, compared with 22% loss in the group without cherry juice.

Tart cherries (the kind used in baking pies, not the sweet cherries enjoyed as snacks) have both antioxidant and anti-

inflammatory properties. Other foods that have high antioxidant and anti-inflammatory properties include raspberries, blackberries, and strawberries.

Sleep: Sleep deprivation (less than 5 hours / night) erodes well being, has detrimental effects on health and contributes to fat gain. When we become tired, grehlin, a hormone that makes us feel hungry, becomes more active and we can easily overeat. Sleep is a critical element in the recovery phase of running. Sleep deprivation is also linked with Type II diabetes, high blood pressure, and heart disease. (From *National Masters News*, June 2012)

Technical Events

As we stated in the last issue, now is the perfect time to try and learn a new, technical event. What do we mean by a technical event? It is an event where a specific skill is involved. These skills involve coordination and accordingly, can take months or even years to master. Examples of such events include the throws (shot, discus, hammer, and javelin), hurdles, steeplechase, and jumps (pole vault, high jump and the long and triple jumps). It can take upwards of 500-1000 repetitions to engrain a skill (eg, plant, take off, swing, turn and bar clearing body actions required in the pole vault). Accordingly, there is not enough time during the track season to do this. For example, if you wanted to learn the triple jump and started the first week of February when the track season was one week old, you would have only nine practice weeks (subtract one week for spring break) until the region meet. In order to get 1,000 reps

(or in this case, jumps) in, you would have to make 111 full jumps per week. If you did full jumps on four practice days per week, you would need to make 27 jumps in each practice session in order to commit the skill to muscle memory. While this may be possible, it is not practical (eg. no allowance for meets or rest and recovery days). Accordingly, it could take a few years to learn a technical event. The moral of the story is - the earlier you take up a technical event, the sooner you will become proficient in it. Also, you can speed this time up significantly by practicing over the summer and / or during the off season. Most high schoolers shy away from the technical field and track events because of the relatively long time frame involved in learning a skill. Accordingly, you will have a distinct advantage over your competition, if you can muster the mental toughness and diligence to master a technical event early in your career. Contact your coaches to get started now.

Preliminary Cross Country Schedule

1. APS # 1 8/29
2. APS # 2 9/5
3. APS # 3 9/12
4. Roy Benson Double Dip (@ Marist) 9/15
5. APS # 4 9/19
6. APS # 5 9/26
7. APS # 6 10/3
8. City Champs 10/10
9. Region 6-AAAAA 10/27

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NAHS Field and Track / XC Home Page:

<http://ga.milesplit.com/teams/NAtl>