

Getting Ready for the Race!

# ADVICES YOU CAN COUNT ON

By Georg zur Bonsen



# Did your Shoes run out before you start running?



It is important that you wear shoes which are fitting very well and assure you to stay on track.



Source: Red Mountain Footcare



Source: Alstom (old shoes push on your brakes)

## Boot-Time Suggestions for your new Shoes:

- When buying new pairs of shoes, schedule an **appointment with a qualified sporting goods store** to carry out a professionally conducted **running analysis**. Inform the staff about your training ambitions and surfaces you will use most commonly. Price shall not be the final criterion.
- You may be advised to **buy inserts** in order to keep your feet and, more important, your knees free of injuries.
- If needed, schedule a visit at a **professional podiatric analyst** able to make more accurate analyses and get customized inserts prescribed.
- Running shoes are typically **OK for 500 – 800 Km** (asics.com). Worn out shoes will score lower and likely increase the risk of injuries. Give your older shoes a 2<sup>nd</sup> life, e.g. gym, cycling, yoga, office and gardening work.
- Register your shoes in your **sports app to monitor the distance run**.
- If you **train more frequently, then buy multiple pairs** which you should use interchangeably so the material can recover.
- **Sneakers for other disciplines** (tennis, soccer, floor hockey, gymnastics, etc.) **are not suitable** for running.

**Good Luck to all of you and enjoy running.**

# Did your Shoes run out before you start running?



It is important that you wear shoes which are fitting very well and assure you to stay on track.

Good morning everyone.

Since more than half of you join the SOLA team for the first time, let me share some interesting advice this and on coming Sundays.

Let's start with your shoes?  
How old are they?

Check out the slide and youtube videos:

<https://youtu.be/2O8nANEM9hI>

Enjoy running, cycling, skiing and working out.

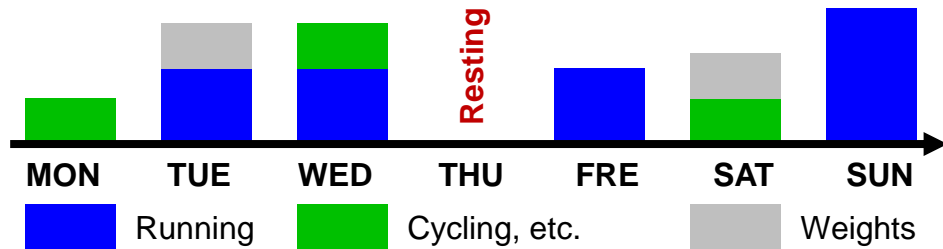
# Plan your Work(out)! And Relax!



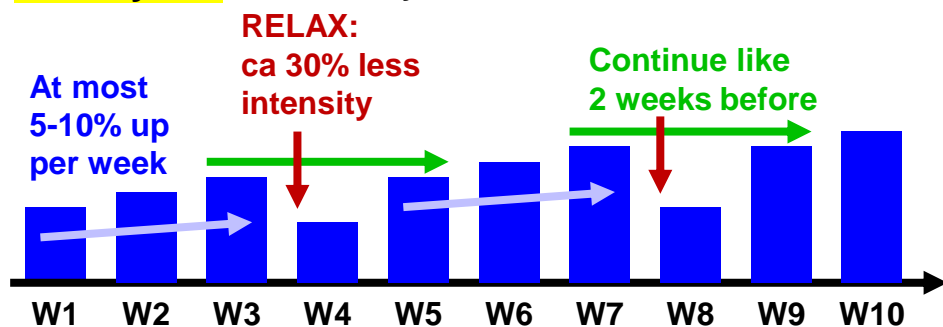
All farm animals like muscles, tendons, ligaments, joints, bones, your mind, etc. need to be in synch.

**Microcycles:** Plan resting days (no running 1-3 x week)

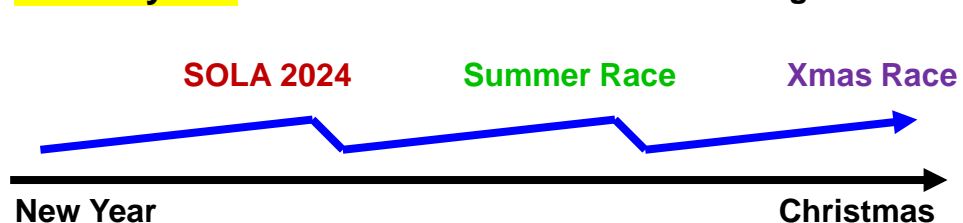
Combine different sports & disciplines to balance yourself



**Mesocycles:** Relax every 4 weeks



**Macrocycles:** Allow some more rest after finishing the race



**You are not only training your calves and your bastard !**

- Plan and track your training (Excel, sports apps, etc.). I can share one.
- Beginner? Start 1-2x / week with limited distance. Stop if you feel pain.
- Increase your intensity moderately** (distance, pace) by 5-10% per week.
- Follow **periodization** concept of **micro / meso / macro / -cycles** to let the training effect fully settle in your body. Resting is part of training.
- Prioritize **frequency** (# days / week) **over distance** (km) **over pace**.
- If you want to add **high intensity** sessions (e.g. intervals) into your program, then be cautious to **avoid overtraining and injuries**. Suggest to limit to **at most 20%** in your overall training program.
- Cross training:** Balance your training with other activities such as
  - Cycling, spinning
  - Swimming, water gymnastics
  - Weight training, Pilates, yoga
  - Nordic skiing (prefer skating over classic), backcountry
  - Machines (elliptical cross trainer, rowing, etc.)
  - Walking (skip a few bus or tram stops every day), hiking, playing golf.

**Good Luck to all of you and enjoy running.**



# Plan your Work(out)! And Relax!



All farm animals like muscles, tendons, ligaments, joints, bones, your mind, etc. need to be in synch.

Hello everyone

You have received your route numbers. It's -7°C outside and want to start.

DO IT GENTLY with training plan and PERIODIZATION strategy and cross training such as cycling so you will be on the right track till the race without overdoing yourself.

Enjoy running

Periodization:

[https://youtu.be/iFu\\_uB0S-go](https://youtu.be/iFu_uB0S-go)

Cycling for runners (GTN):

[https://youtu.be/ADENPAo\\_rK8](https://youtu.be/ADENPAo_rK8)

# Have you fed your calves with **nutella** again?



Optimize your nutrition for better energy supply, faster regeneration and staying healthy!

## **Carbohydrates:** Your #1 Energy Source

Focus on the more complex molecules (Green: OK, Red: Reduce)

Bread	Green Veggies	Wheat flour (white bread)
Noodles	Legumes	Industrial sugar
Rice, oat	Cabbage	Fast food, coke, red bull
Potatoes	Pseudo Cereal	Glucose (OK for race fuel)

## **Unsaturated Fatty Acids:** Long term energy storage

Reduces bad cholesterol, OK for blood circulation, cell regeneration

Oils (linseeds, rapeseeds, olives)	Trans fats / hydrated fats (Margarine, Nutella, milk choco, potato chips, etc.)
Linseeds	Lard
Avocado	Deep fried food (French fries, chicken nuggets)
Fish (salmon, herring)	
Nuts (walnuts, macadamia, etc.)	

## **High Quality Proteins:** Recovering, developing Strength

Heals micro injuries, supports training effect, supports antibodies

Eggs, chicken breast	Processed meats (sausages, hot dogs)
Legumes, Oat, Quinoa	Grain fed red meats
Low fat milk products (quark, Greek yoghurt, ...)	Sole focus on protein food supplements (whey, collagen, casein)
Fish (tuna, salmon, sardines)	
Soybeans, almonds, cashews	

## Assign a new revision index to your meal plan

- Prefer **fresh seasonal food**, i.e. visit a farmer's market nearby.
- Eat **plenty vegetables and fresh fruits** (5 different ones per day) to provide vitamins, minerals and antioxidants.
- **Healthy complex carbohydrates** are great energy sources. Prioritize whole grain variants over processed plain variants like wheat. The more active you are, the more energy you need.
- Eat **lean proteins**. They heal your micro injuries and develop strength.
- **Healthy and unsaturated fats** & omega 3 (olive oil, varieties of nuts, etc.) help to lower the bad variants of cholesterol.
- **Limit red meat** (a little is OK because of your iron balance), fast food, unhealthy sweets, potato chips, alcohol, etc.
- Vary your meal plan with **delights from all over the world**. Spices provide trace elements to improve your metabolism.
- Back to Switzerland: **Bircher Muesli** in case you have not heard of it.
- Athletic food supplements may help to improve your fitness, but shall not replace any part of your natural diet plan. Get professional advice for this.

**Good Luck to all of you and enjoy running.**

# Have you fed your calves with **nutella** again?



Optimize your nutrition for better energy supply, faster regeneration and staying healthy!

Hello everyone

Getting hungry?

Runners and triaths like you definitely need more and healthier food than Netflix marathoners. Some little advice to optimize your breakfast, lunch and dinner times.

GTN:

<https://youtu.be/TH0Jjzw2EqA>

[https://youtu.be/040JK\\_zluO4](https://youtu.be/040JK_zluO4)

Runner's World:

<https://www.runnersworld.de/sport-wettkampf-ernaehrung>

<https://www.runnersworld.com/uk/nutrition>

# Let your Bastard feel the **heat** and **chill** !



Warming up and cooling down thoroughly helps prevent surprise injuries and makes you feel better.

## 5 – 10 minutes dynamic warm-up before start

- Benefits: Your blood vessels widen, increase blood flow and O2 intake which will prepare your muscles to perform better.
- Along this, warm-ups increase your body temperature, reduce muscle resistance, improve your physical agility and keep risks of injuries low.
- Do **Dynamic warm-up exercises**.
- Running:  
**Start with slow conversational pace** and accelerate gradually.

## Some Exercises

- Dynamic low lunge (Ausfallschritte), lateral leg swings,
- Windmills, hip motion, etc. Use Youtube to search for some good dynamic stretching exercises suitable for you.

## 5 – 10 minutes cooling down

- During final 5 minutes of your run, gear down to walking or regenerative running pace to return your respiration, heart rate and muscle loading back to normal levels.
- **Do static stretching**. Hold every stretch for ca 15-30 seconds, repeat on both sides, but not provoke unnecessary pain as you may cause injuries. Your tendons and muscles will appreciate these exercises.

## Some Exercises

- Static stretching on hamstring, quads, calf, low lunge, IT band, butterfly, hip, back.
- Hold every stretch for ca 15 - 30 seconds, repeat on both sides

**Good Luck to all of you and enjoy running.**



# Let your Bastard feel the **heat** and **chill** !



Warming up and cooling down thoroughly helps prevent surprise injuries and makes you feel better.

Hello everyone

Outside, it's warming up gradually. How about you?

Suggesting some videos to watch. In the coming days, I will put your names into TRACKMAXX.

Pre-run warm-ups

<https://youtu.be/tXDLy-Jd61s>

<https://youtu.be/McVkfqIqjzg>

Post-run cool-downs

<https://youtu.be/UAcO8sb7KWc>

<https://youtu.be/MCf2QDOsy0E>

# Running drills are not only **military** exercises



**Lauf-ABC - Back to school on motion patterns. It's somewhat like homework, but pays off for the race!**

## Basics

- Divide your running motion patterns into individual "steps", i.e. **building blocks**.
- Improve your **physical coordination** for each building block, your running economy and prevent injuries
- **Exaggerate your motions** in a controlled way compared to normal running in order to enhance the training impact on the coordination, muscles, tendons and ligaments. Focus on correct body motion and don't get into a rush.
- Have a coach, physiotherapist, or a colleague with good running experience watch your exercises and ask for advice for improvements.

## How Often ?

- **2 x / Week advised**. Do after completing the warm-up suggested in my last week's presentation. Suitable before you start tough training sessions.

**Good Luck to all of you and enjoy running.**

## Exercises (Selection)

- **Better foot strike**
  - Straight leg run, heel to top
  - Landing techniques (avoid overstriding)
- **Hip extension**
  - Knee lift while walking
  - Running in place with high knees at high cadence
- **Leg relaxation phase**
  - Butt kicks
  - Side skips for your adductors

**Runner's World web pages** contain various videos showing the wide variety of exercises you can -- or should -- do.

<https://www.runnersworld.de/lauftraining/lauf-abc/>

# Running drills are not only **military** exercises



Lauf-ABC - Back to school on motion patterns. It's somewhat like homework, but pays off for the race!

Good Morning Good Yawning!

I started skiing vacation in the Alps at plus 11°C.  
Skiing now?

Time to exercise running technique drills to improve flexibility, speed and immunity to injuries.

GTN:

<https://youtu.be/aulXzoCCxc8>

Runner's World:

<https://www.runnersworld.de/lauftraining/lauf-abc/>

Anne Reischmann:

<https://youtu.be/MZm8IIIKiRM>

Hint: 1.2K XC skiing (skating) is energy-wise similar to 1K running. And most of other skaters are long distance runners ("Langläufer" literally), too, as I found out. Give it a try.



# Check your **Landing Gear** !



The right landing strategy contributes to winning and avoiding injuries

## Heel Strike (most runners do this)



### Pro's

- Perceived as biomechanically "efficient", i.e. , energy efficient at slow to moderate paces if done correctly
- Best roll off dynamics

### Con's

- High impact on knees, hips! Visiting an orthopedic surgeon is just matter of time.
- Risk of overstriding (wasting energy, risk of injuries)

## Midfoot Strike



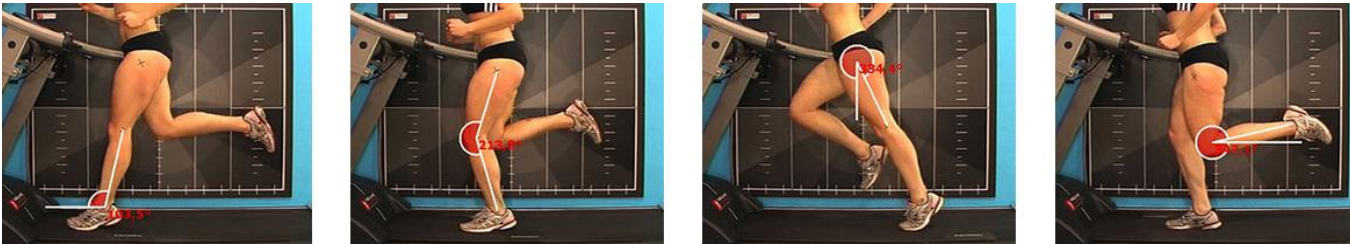
### Pro's

- Good compromise, low injury risk, best for long distances
- More consistent pace, enables higher cadence

### Con's

- Landing may sound loud, but is not an issue (pedestrians once complained to me about this)

## Forefoot Strike



### Pro's

- Best for sprinting and short distance races (< 1K) and steep inclines
- Low impact on knee and hip joints

### Con's

- High impact on calfs, achilles tendons, plantar tendons
- Higher risk of cramping
- Not good for long distances

Observe your landing technique while you are running. **Do not change your technique entirely from one day to another'!** Consult an experienced trainer or physiotherapist to figure out how you can gradually **optimize your running technique**.

**Good Luck to all of you and enjoy running.**

Sources: Dr. Marquardt – Runner's Bible (German), <https://www.matthias-marquardt.com/>  
<https://currex.com/blogs/news/the-right-running-foot-strike-for-every-runner>

# Check your **Landing Gear** !



The right landing strategy contributes to winning and avoiding injuries

Hello everyone.

It's 10 o'clock.

Probably you just returned from your morning exercise. Let's take a closer look on how your feet are landing and if you wish or need to improve.

Dr. Marquardt:

<https://www.matthias-marquardt.com/lauftechnik/ideale-lauftechnik/>

GTN:

<https://youtu.be/g-Jwhbaf1sc>

"Runing Wild" series:

<https://youtu.be/--YU8YcWeUU>

# Injured?



Accidents and injuries are or will become, as bad as it sounds, part of your training life

## Typical Causes

- You **increased your training intensity too rapidly** or had a one-time highly strenuous exercise!
- You did **not** allow for **sufficient resting** days (Overtraining)!
- You **ignored** the benefits of **cross training**!
- You changed your running technique too rapidly!
- **Accidents** (trippings, collisions, etc.).
- Wrong or too old **shoes**!

## Preventive Measures

- **Plan** your training **carefully**. Do not extend your training time because you have more spare time available!
- **Listen to your body** to identify 1<sup>st</sup> indications!
- **Others too fast?** Step out & continue slower on your own!
- **"Run to heal"** is in most cases counterproductive!
- Pay attention to surface patterns and surrounding traffic!
- **Get sufficient sleep** to avoid microsleeps while running!
- **Check and adapt your running technique.**

**Good Luck to all of you and enjoy running.**

## Common injuries (selection)

- **Muscles** (sprains, tears). DOMS (Muskelkater) is early sign to watch.
- **Ligaments** incl. Achilles (sprains, chronicity)
- **Skin**: abrasions, sunburns, frost bites
- **Knees**: runner's knee, jumper's knee / IT syndrome
- **Legs + feet**: shin splints, ankle sprain, plantar fasciitis
- Bone stress fractures

## First Actions (depending on injury)

- Apply **RICE** (Rest / Ice / Compression / Elevation). In German it's **PECH!** (= **Tough Luck!** Pause / Eis / Compression / Hochlagern).
- If needed, use **non-steroidal pain relief** ointment locally, but read the instructions to avoid further problems.
- Disinfect all open wounds and abrasions.
- If pain is unfamiliar to you or persists, **contact a health professional** (doctor, on-duty advance practice nurse, pharmacist, or a midwife near you). For severe cases it is obvious to get emergency help.
- **To achieve 100% recovery**, various injuries require rehab exercises over extended time, combined with running ramp-up, which shall not be ignored. **Attempts to accelerate** this will be **penalized**.

**Disclaimer: The author of this slide assumes no liability for these contents!**



# Injured?



Accidents and injuries are or will become, as bad as it sounds, part of your training life

Hello everyoney

While running, you may be about to run into injuries and accidents! Some happen spontaneously (e.g. ankle sprains), and others very very slowly over months! You can do a lot to prevent this.

See following videos summarizing the most common injuries.

GTN - Summary:

<https://youtu.be/eakmeWlzlhs>

About prevention:

[https://youtu.be/YY-wno8A0\\_w](https://youtu.be/YY-wno8A0_w)

# Adding Supportive Strength

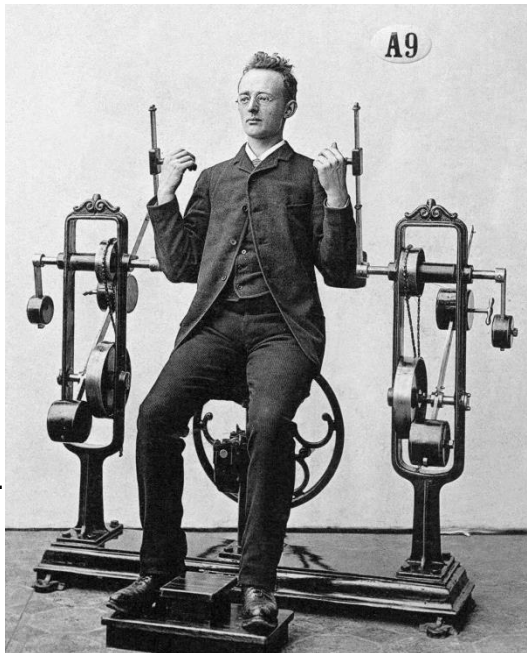


Strength exercises develop your muscles and tendons for good support and body stabilization while running

Back in 1892 Gustav Zander

developed a full range of physiologically mature weight training machines and opened studios in Europe, particularly Germany ... until Aspirin was introduced as an alternative to kill pain.

This "A9" is a biceps machine, equivalent to "H1" at the [KIESER](#) Training studios today.



**Pilates:** Your body provides the weights for your training



Source: [www.popsugar.com](http://www.popsugar.com)

## Good news: No need to do impressive body building

- No matter if machines, free weights, plyometrics or Pilates: If carried out properly with sufficient time and right dosage, all of them are productive, particularly for longer runs.
- If you visit a gym, make an appointment with an instructor to **review your training plan** and machine selection with focus on your running ambitions.
- Carry out the exercises as instructed, with slow and clean movements. Have an instructor or PT **observe** your exercises **and provide feedback**.
- Add further weights only if you can carry out the exercise the movements adequately in the given time frame and without overtraining.
- **Pilates:** Find an experienced colleague to exchange knowledge on how to do these exercises effectively. You will like it as you can do it anywhere!

## When and How Often ?

- **2-3 / Week advised.** Allow min 2 consecutive days between weight trainings, allowing your muscles to recover and capitalize on the training applied.
- If you plan to run on the same day, start with running at lower intensity, then do weight training later. Cycling home after weight training? Do it gently.

**Good Luck to all of you and enjoy running.**

# Adding Supportive Strength



Strength exercises develop your muscles and tendons for good support and body stabilization while running

Hello everyone

Combine strength training to your running to avoid ruining yourself. Watch them at home and not with the Apple Vision Pro while running (or DH skiing where the goggles appear less strange).

GTN (if you tune into 70.3):  
<https://youtu.be/2IR-9qy3hfg>

You may be missing vacation ...:  
<https://youtu.be/9Te82opGhiQ>

Love groove music ?  
[https://youtu.be/yS7r\\_0RSFXY](https://youtu.be/yS7r_0RSFXY)

Plyometrics:  
<https://youtu.be/GcZJhNi2yOM>

In the gym ...:  
<https://youtu.be/ANGJPTGREiE>





# Appropriate Running Attire



Showing (off) your growing calves out in the pasture? Do it right, without staying cold or getting too hot!

## Still Cool Outside

- Dress as if it is 10-15 degrees warmer outside.
- Materials:
  - **Synthetics** – Moisture wicking and evaporating.
  - **Meriono** – Moisture wicking, anti-microbial, more expensive.
  - **Cotton** – Collects moisture but keeps you wet. Forget it.
- **Lousy weather:** Use layering so you can take outer parts off when getting warmer or when rain has stopped:
  - **Base layer** (merino, synthetics)
  - **Mid layer:** E.g. fleece vest, running sweater, tights
  - **Breathable outer shell**, jacket or 2-piece, water repellent.
  - Avoid heavy hoodies and cotton trainers.
- **Warmer weather:** Shorts + short sleeved shirts or tank tops, ankle socks, etc. are OK
- Bandana, light beanie, headband and base caps prevent sun burns and salty sweat flowing in the eyes. Wear sunglasses.

## Safety

- Choose **highly visible colors** with reflecting patterns, particularly when it is dark outside. Consider headlamps.
- Gloves protect your hands from cold temperatures and accidents (falling). Buy machine washable sports gloves.

## Compression

- Choice of compression socks, tights, shorts and shirts recommended for running and post-run recovery.
- Compression should improve blood + lymphatic flow, reduce fatigue and soreness, limit muscle vibrations, speed up recovery, and provide muscle and body posture support.
- Also good **thermal management** (cooling & warming as well).
- Ensures full range of body motion and provides "body fit" look.
- **No solid scientific evidence** available yet based on studies.
- However various runners **gathered positive experience**.

## Appeal

- Choose styles and colors which make you feel proud. Collect nice race finisher shirts, often they are free and you can brag.
- In various cultures, dressing too lightly (no shirt or just tanks, slim shorts, etc.) may be highly inappropriate.

## After the run

- Wash your sportswear after every exercise. Most machines offer fast "sport" programs to wash the sweat out so you are ready for the next day.

**Good Luck to all of you and enjoy running**



# Appropriate Running Attire



Showing (off) your growing calves out in the pasture? Do it right, without staying cold or getting too hot!

Hello everyone

A little late today as I cycled along 3 rivers from Aarau to Zürich, which is a good substitute for a Sunday Long Run with Achilles hopefully recovering.

As the weather is still fooling us, I have attached a slide on the right clothing.

No shoes addressed today, as I did it few weeks ago.

Very good comparison of fabrics.

The studio is likely grandpa's vacation home.

<https://youtu.be/LttgO4lgsnk>

Compression discussed:

<https://youtu.be/p0xAytuXjIE>

# Torture Instruments against Running "Tortour"



Foam Rollers (e.g. BLACKROLL®) provide relief with your fascia pains caught out in the forest!



Standard foam roller



Tougher ones  
made by Sveltus



Hard  
foam ball



Duoball



Fascia Gun  
(Not an ESWT  
substitute)



R8 Deep Tissue Massage Roller  
(Promoted by NY Times)



Pasta type fascia rolling pins (The one in the kitchen does, too)

## Aches after Intensifying your Running Program?

- It may come along with aches, soreness, some stiffness and probably local muscle inflammations in your legs and other parts of your body.
- Hard foam rollers in **different sizes, shapes and surface patterns** become very useful to relieve pain and improve your performance if applied correctly.
- Suggest to start with a standard cylindric roller Ø 15-20 & L 30-45 cm.

## Benefits

- Your muscle contains fascia which are thin membranes which surround muscles and other organs and provide frictionless surfaces so different structures can optimally slide on top of each other.  
**Sticky fascia tissues are typical sources for pains.**
- Rolling also improves **blood circulation, lymph drainage** and allows to fill up with **fresh and nutrient-rich fluids**.

## How to exercise ?

- Follow the manufacturer's instructions and watch their online videos.
- If pain persists or you have other issues, then call a health professional.

**Good Luck to all of you and enjoy running.**



# Torture Instruments against Running "Tortour"



Foam Rollers (e.g. BLACKROLL®) provide relief with your fascia pains caught out in the forest!

Hello everyone

The idea on torture came from a visit in a **castle in Germany** where I saw the stretch bench useful to squeeze out confessions from a rival runner on his running technique so I can improve on it. Abusing the equipment in the gym does it, too, rather than going to JUMBO to buy all the wood to assemble one on my own.

Seen "The Great Read" mail sent yesterday? More affordable torture instruments help to relieve the pain and not the other way around.

When I bought new running shoes at Ochsner Sport and mentioned my ambitions to achieve more, I got the suggestion also to buy a foam roller and use it regularly, which I did not regret.

Link to videos by Blackroll

<https://blackroll.com/exercises>

Rolling with Cloe de Winter

<https://youtu.be/KWGsSq0J1Bk>

Tom Peto / Cool music

<https://youtu.be/oICzmVpNPp0>

Triggerpoint Promotion

<https://youtu.be/DzSU2FiFKTM>

Very good explanation

Sunday excursion advice: In case you convinced your children on the benefits of history in physical exercises and torture: Visit **SCHLOSS KYBURG** <https://schlosskyburg.ch/en/> which has a traditional torture chamber, amongs other exhibitions. You could run it (5.9K, 340 hm from SBB Winterthur), and others could walk or cycle if they wish. Weather should be OK.

# Spring Break is Coming – Time to Travel



Continuing training at your travel destination – some advices

## Climate and Health

- Anticipate **different climatic conditions**, even in the Alps.
- Pay attention **not to get dehydrated**, as most places are warmer or drier than here. Applies to high altitude, too.
- Take **health precautions in tropic and humid environments** (e.g, risk of mycosis, malaria, dengue fever, etc.).
- Do not underestimate the **risk of sunburns**.
- Check locally if tap and fountain water is **safe for drinking**. Also check on food safety (e.g. meat and milk adequately processed, meals properly cooked, peel fruits if needed).
- **Alcohol** may impact you more, so avoid or limit it.
- Locally purchased sports **food supplements** may contain substances which are unhealthy and **illegal here** (doping).
- Some destinations suffer from **very poor air pollution** where advices have been given to limit any strenuous outdoor activities.
- Crossing **multiple time zones**? Running at specific hours and bright sunlight can jointly act as zeitgebers to realign your biological clock, but don't overdue on the first few days after arrival.

## Safety and Security

**Switzerland and a very few other countries and regions are considered very safe, and you do not need to take any specific precautions. But be vigilant.**

- **Prepare your route carefully**. Ask the hotel reception or hotel sports manager for recommended and safe routes and local safety advices.
- If place is unfamiliar, **take along a map** and inform others where you plan to run.
- **Take along a photo ID card\***, the hotel business card and some cash for a return ride in a taxi or public transport. Store the phone numbers of the hotel, a trusted taxi operator and local emergency numbers in your phone.
- If possible, **run with someone else** or a local running group. Staff in a local sports store can help you. Run at night only if locals consider the neighborhood very safe.
- **Pay attention to traffic** (e.g. unfamiliar left-hand traffic, less polite driving behavior, missing sidewalks) and observe other safety issues (crime, stray animals)
- **Be a role model in good touristic attitude**: Comply with local customs & rules: appropriate clothing, not disturbing ceremonies, prayers, markets and bazaars, and not misusing cultural objects (crossing temples, bathing in historic fountain pools, ...).
- **Taking shortcuts** over privately owned pathways and land **is trespassing** and seen as serious criminal offenses in several countries. This even applies for rural areas.

**Good Luck to all of you and enjoy traveling and running.**

\* **Photo ID's**: Leave your primary document (passport with visas) locked in the hotel safe deposit box. Use something else which is official, for example your driving license.

# Spring Break is Coming – Time to Travel



Continuing training at your travel destination – some advices

Hello everyone

Some of you may have plans to travel during the Easter Holidays, as close as Pizol or as far as New Zealand.

See the slide and YouTube videos for some good advices. I also added a slide which includes our former colleague touring Africa.

Tips for frequent business travelers:

<https://youtu.be/Vtnz4RCdftc>

(Loves Zürich - great for long haul flight stopovers)

Amusing how he packs his suitcase (running gear includes an electric saw and a LEGO spaceship)

<https://youtu.be/4xrMCaDQQpg>

Some cool music ...

<https://youtu.be/NLEhzeXGdW4>

Hello Nashville ...

<https://youtu.be/JQVNtb0BbpQ>



# Activate Your On-Board Entertainment



The Captain speaking: We have now reached our cruising pace ...

Especially your Weekend long runs may take as much time as flying from **Zürich to Helsinki, Porto or Athens**, you want to enjoy some on-board entertainment.

Luckily, **your smartphone** offers the full range of communication & entertainment features at your fingertips, however ... :

## Your Equipment: Phones and Head-Phones

- Keep your **hands free**, i.e. stow your phone / device in a pocket or runner backpack. Or use autonomous headphones.
- Do not use backpacked boom boxes as they annoy others.
- Your noise suppression phones used in the office will just get full of sweat, particularly the ear cushions. Disgusting!
- Use headphones which **do not isolate** you from **ambient noise** (e.g. road traffic, race instructors). Open-ear bone induction headphones (e.g. Shokz OpenRun) are a good choice. You can wash them afterwards.
- Some race organizers explicitly forbid closed type headphones.



Source of top-left image "Economy class":  
<https://www.feldmanphysicaltherapy.com/10-tips-for-the-traveling-athlete/>

## Your Program: Best Music Making you Run Faster

- Prepare a playlist before starting. Select less distracting instrumental music. Or something relaxing and meditating.
- Consider a **beat rate** which can synchronize with your running cadence and/or HR. Typical range: 120-150 bpm. If you run 180 steps per minute, choose 120 bpm music and synch yourself with every 3<sup>rd</sup> step.
- Spotify has **dedicated playlists for runners**.
- Alternatively, listen to interesting **podcast talk programs** made for runners, e.g. Runner's World, MTA Podcast, etc.

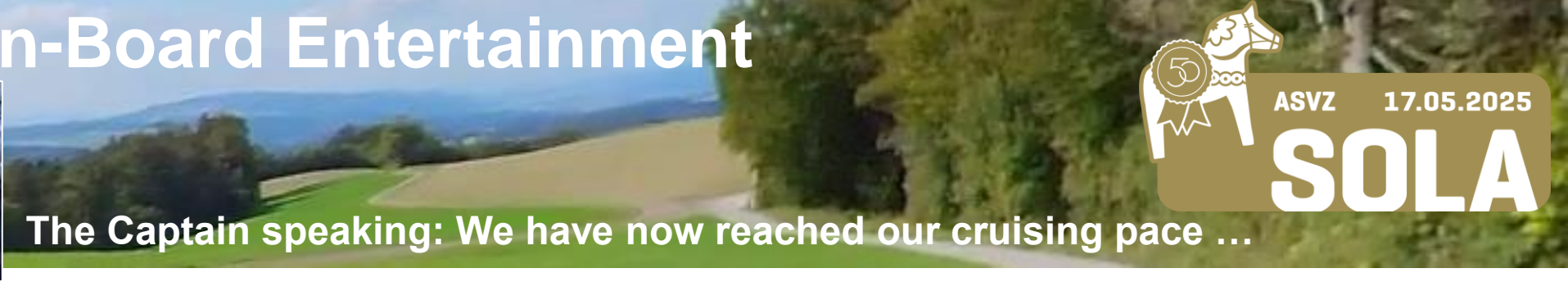


## Not Advised

- **Watching movies and videos**, ... and gaming.
- Checking your **mails** and **chatting**. Risk of tripping and falling down.
- Watching a Netflix series marathon on a treadmill screen. Go outdoors.
- Participating in **TEAMS meetings** while running. Your boss may probably not be amused seeing you sweating for fun and not for work.

**Good Luck to all of you and enjoy running**

# Activate Your On-Board Entertainment



The Captain speaking: We have now reached our cruising pace ...

Hello everyone

Happy Easter Holidays.

Some tips for your personal on-board entertainment system while running or traveling, particularly on headphones and contents. If your pendule chimes 9x, then advance it.

Headphones reviews

<https://youtu.be/-VmHs3dfCgc>

<https://youtu.be/z6ViWg6eumo>

Economy Class Travel for Athletes:

<https://youtu.be/nXvV9F48QQo>

<https://www.feldmanphysicaltherapy.com/10-tips-for-the-traveling-athlete/>

... and some contents ...

A 2024 Playlist for Runners

<https://youtu.be/qTy8-CkK-4Y>

Charlie Chaplin Trail Running

<https://youtu.be/pwLMgjQdTFQ>

# Train the Brain – Mental Training

A strong mind and a relentless attitude are as important as a strong body



Photo: Jamie Street, Unsplash

## A situation you may probably be facing

- Your initial motivations to achieve your targets got defeated, ... and you are about to decide stopping for good.
- You are missing your bastard, i.e. a personal motivation driver.
- 3K behind and intimidating 9K (or 39K or 9'997K) still in front?

**A good mental toughness** keeps patience, stamina and motivation high during the entire run, aiming to finish and reach your personal targets and become even stronger.

### Some hints:

- **Don't find excuses** for not running today (e.g. weather, too sleepy, ...). Try and finish your exercise in your today's plan.
- **Think positive**. Turn your negative messages (I am finished!) to positive messages (I can do it! I will finish it!).
- **Create positive images** in your mind, e.g. being a strong hero crossing the Finish line. Or divide your route into shorter sections and celebrate your intermediate targets (e.g. highest elevation behind, river bridge comes next).
- Pain evolving? Distract yourself. Do some day-dreaming. Enjoy landscape, count streetlamps, funny spectators, etc.

- Be flexible and consider activating your contingency plans when you feel not to achieve your initial targets. E.g. rather than tackling the original time target, gear down and enjoy the remaining route with a little more relaxation.
- **Meditate** (no need to be a Zen Buddhist)! Concentrate on your breathing, cadence, your body, mind, etc. But don't fall asleep.
- **Formulate a personal mantra** (मन्त्र – a spiritual verse) for yourself which cultivates your focus and accompanies you through trainings and the race. Use 2nd person singular, keep it short, and positive energetic words. Integrate this mantra into your rituals. Cite (self-talk) it repeatedly like a rotating prayer wheel.
- Alternatively: Let a known or made-up motivating piece of music play repeatedly in your inner mind.
- **Look forward to the Finish line and think about the reward**, e.g. a cool beer, free snacks, refreshing shower, receiving lots of kudos in your Strava social network, family and friends congratulating you, etc.

**Russell Cook will be doing this tonight (07.04.2024).**

**Good Luck to all of you and enjoy running.**



# Train the Brain – Mental Training

A strong mind and a relentless attitude are as important as a strong body



Hello everyone

Signed your annual PMC objectives with your boss, including "Run Africa within 1 year"?

Russel Cook did so and will finish today afternoon. Fulfilling challenging targets requires personal endurance, patience and mental stamina, even if you objectives are a little less far-reaching.

Mental training provides a supporting pillar helping you to achieve them.

Mentally Preparing for Africa(A 'Must Watch'!)

<https://youtu.be/q31ZoFJLrsE>

Youtube "Russell Cook" to see all videos.

Mental Toughness

[https://youtu.be/o4\\_VbTMGn3E](https://youtu.be/o4_VbTMGn3E)

Elite Runner Mindsets

<https://youtu.be/4T60NWPS0jE>

Legal Mental "doping"

<https://youtu.be/zBgYzmLoUdk>

A banner image featuring a scenic landscape with rolling green hills and a blue sky. Overlaid on the right side is a graphic with a white horse silhouette, a gold medal with the number 50, and the text 'ASVZ 17.05.2025' and 'SOLA' in large white letters on a gold background. A red line with a camera icon at the end points from the text 'Track Your Track' to the landscape.

A banner image featuring a scenic landscape with rolling green hills and a blue sky. Overlaid on the right side is a graphic with a white horse silhouette, a gold medal with the number 50, and the text 'ASVZ 17.05.2025' and 'SOLA' in large white letters on a gold background. A red line with a camera icon at the end points from the text 'Track Your Track' to the landscape.

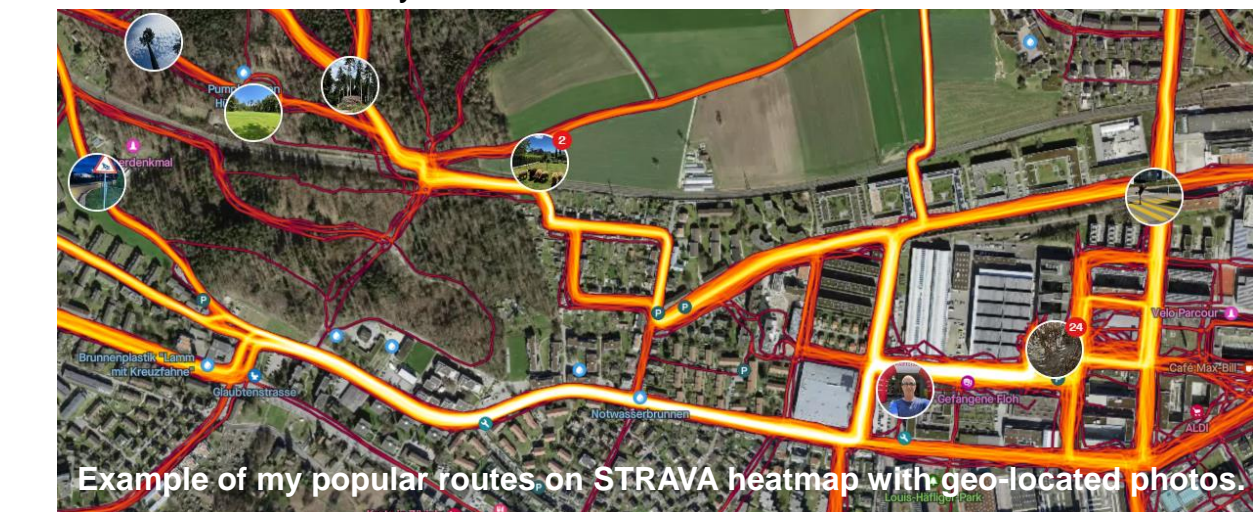


## Sports Watches

- ## Sports Watches
- Buy a GPS enabled watch which **resists the harsh environment** in all seasons and weather conditions, including swimming, skiing, or doing an obstacle run with muddy sections.
  - Good watches provide **sufficient battery capacity** to track longer lasting exercises such as a full-day cycling tour, something like an UTMB or a weekend-long backcountry ski tour.
  - The watch may display a lower speed in areas with poor GPS quality which includes urban canyons and forests.
  - Pulse measurement is more accurate with an **external heart rate monitor** integrated on a chest belt. Advanced devices will also record your running dynamics accurately such as cadence, left-right imbalance and vertical movement accurately.
  - A dedicated app from the watch manufacturer helps to download data into their database and, if desired, to forward them to athletic social networks automatically.
  - Create and download training plans onto your watch.
  - Get familiarized with the health-related parameters generated by the watch. Some parameters, e.g.  $VO_{max}$ , are just approximations. If you are interested in more accurate information, consider a spirometry assessment.
  - **Take resting times** suggested by your watch **seriously**.

## Social Networks for Athletes

- ## Social Networks for Athletes
- The networks allow you to record your activities, make long-term training analyses, visualize them on maps and share them with other colleagues.
  - The software will also track your "**personal records**" and declare you as "**local legends**" if you pass favorite routes more frequently than others. You can also add and share your photos taken. Ask for consent if you want to post photos with other colleagues shown.
  - Once you have registered, carefully **check and customize your privacy settings**. You can hide routes close to your home (to keep bicycle thieves off your garage) or suppress medical data such as your heart rate so your doctor will not follow you.



**Good Luck to all of you and enjoy running.**

# Track Your Track



Been there! Record your performance and share your pride with others

Hello everyone  
It's 10 now! 20 days to go!  
Running shoes on?

Don't forget to explore and clock your routes and record them. 9 Colleagues have entered their records, 19 still missing. The attached slide provides some hints on GPS watches and dedicated social media in order to track yourself and share your performance and photos with others.

Top 10 Watches 2024  
<https://youtu.be/HwFIhoVtrl>

Best HRM Monitors compared  
<https://youtu.be/WBoflsyFIFE>

Check out [www.tagesanzeiger.ch](http://www.tagesanzeiger.ch) as this newspaper floods us massively with articles on running.



# Tactical Nutrition Facts

Keeping your batteries charged, don't hit the wall before finishing, and stay healthy!



## Before the Race Day – Carboload

- **Plan** your tactical nutrition at least **1 week before the race**.
- **Study the locations of the aid stations** and water access. Check for the producing company of nutrition provided, particularly gels.
- **Try out the gels** during a run **before the race** to check if they are compatible with your digestion. No experiments during the race!
- **Estimate the calories needed for your race**. It should be in the range of 700-800 kCal / 10k, depending on your pace and size. If it's cold outside, you will need more "**auxiliary power**" to stay warm.
- There is **no evidence** that an initial **carb depletion** before doing a full battery recharge makes you more competitive.
- **Carboload**: Spend at least 1-2 days eating carbon rich food. Italian pasta dishes have a great reputation. Make reservations at a restaurant early enough as you are one of many doing the same.

## Race Day – The Quiet before the Storm

- **Eat a light breakfast** which digests easily and quickly to "top off" your tank. E.g. croissants with honey, coffee, O-juice, peanut butter.
- Allow for **at least 3 hours** between your last meal and race start.
- Take some **magnesium** dissolved in water to avoid muscle cramps.
- Expect to visit dry WC booths before the race. Take along a sanitizing cloth or two for wiping off.

## During the Run – Maintain your Energy and Fluid levels

- **Stop at the aid stations**. Use gels only if compatible with your digestion. Pieces of bananas are OK and highly recommended!
- **Drink** at every aid station, even **if you do not feel thirsty!** Prefer electrolytes over water for your salt balance and **avoid H<sub>2</sub>O poisoning**.
- Tip: Consume a pack of gel ca. 300 meters before reaching the next aid station so you can drink to swallow down the disgustingly artificial taste.
- No gels needed for race distances below 15K. But important for 42K.

## After the Run – Start Regeneration

- Eat and drink something **rich of proteins and carbohydrates** soon after the race to make use of the open recovery window. Eat sports bars based on natural ingredients. Continue drinking, but wait for a while with a beer.
- Insider tip: Eat **Mousse au Chocolate** and fresh fruits when back at home!
- Maintain a vitamin-rich diet to boost recovery of micro-injuries from the race.

## Runner Backpacks – They add Weight

- Some like runner backpacks worn like snug-fitting vests and equipped with water reservoirs. **My tip**: Discard the rubber squeeze bottles and plastic camelback tanks as they release plasticizer chemicals and germs. Instead, put two 0.5 liter PET bottles with fresh drinks into the two front-side pockets.
- **Add a knife tip of sea salt** to the drinks to maintain your salt levels.

**Good Luck to all of you and enjoy traveling and running.**

# Tactical Nutrition Facts

Keeping your batteries charged, don't hit the wall before finishing, and stay healthy!



Hello everyone 13 Days to go. Its' Marathon Day in Zürich and all over Europe.

**Tactical nutrition** is not only to top off your batteries before the race, but also to develop in-race performance and a productive recovery afterwards.

Carboloading:

[https://youtu.be/KzBXYFXC\\_FU](https://youtu.be/KzBXYFXC_FU)

Fitpage:

[https://youtu.be/rkq2l\\_7qxiw](https://youtu.be/rkq2l_7qxiw)

A Must-watch: After-race recovery food to boost physical repair and injury protection:

<https://youtu.be/vZ5jvoUQS18>

<https://youtu.be/R7XVDgTFMVc>

# Slow Down for the Tapering Week



Change from Full to Slow Speed to join our Race without risking any last minute injuries

**It's the Final Week before the Race, with abstinence from speeding.**

**I got the picture taken at a neighbor who received a vintage machine telegraph from a Russian vessel.**

**I have set it to "slow", the bell is ringing while the reporting hand is still at "full speed ahead".**

You have likely spent some time training outside for a while and developed good endurance, speed and robustness.

Now the final week is starting, with the great event on coming Saturday. The idea of tapering is to:

- Sustain your physical shape achieved
- Avoid any risks of accidents and injuries
- Avoid getting exhausted
- And be mentally at the top edge

Reduce your training intensity by at least 1/3 (slower pace, more resting days), stay in healthy condition and prepare for carboloading in the final 1-2 days before. E.g. on Friday, consider an easy shakedown run only.

**Good Luck to all of you and enjoy running.**



# Slow Down for the Tapering Week



Change from Full to Slow Speed to join our Race without risking any last minute injuries

Hello everyone

The last week is not the week to top off your performance levels.

Start tapering.

It pays for distances below 21K, too. Set your machine telegraph to a slower pace to capitalize on your training volume achieved.

GTN: Tapering for a tri

<https://youtu.be/8PAhP-uKZaY>

Additional tips:

<https://youtu.be/exfmN9Dt5SA>

Please don't forget to record your timings if not yet done so. Monday EOB (sunset) is deadline. Thank you very much.