

OpenAI - Advanced Running Subreddit Report

Disclaimer

The following report was generated completely using the OpenAI GPT 3.5 Turbo API through a series of summarization steps. It is important to note that one of the common risks associated with abstractive summarization is hallucination, which is the introduction of content not completely relevant to the source text. Abstractive summarization is not perfect and while there are methods to check the accuracy of an abstractive summary, it is not a guarantee of accuracy. The intent of this report is to consolidate the submissions to a subreddit over an extended period of time and group those submissions into categories identified using NLP analysis techniques. Should some of the topics be of interest, then a further review of the original subreddit posts is recommended. Stephen Drew, 3 April 2023.

Introduction

The Advanced Running subreddit, also known as r/AdvancedRunning, is a virtual hub for avid runners looking to improve their athletic performance. The subreddit was founded in 2011, and since then it has amassed a considerable subscriber base with over 250,000 members as of August 2021. The subreddit caters to individuals who are looking to engage in high-level conversations about running and share their passion for the sport with like-minded individuals.

The Advanced Running subreddit covers a wide range of topics related to running, including training strategies, tips for injury prevention and recovery, performance nutrition, and race strategies. The subreddit is a place where experienced runners can share their knowledge with others, while beginners can seek advice on how to get started. Members of the subreddit frequently post articles, blogs, videos, and podcasts related to running. The subreddit also hosts regular themed threads such as Moronic Monday, Quality Post, and Raceday reports, which allow members to discuss and share their experiences with others. Overall, the Advanced Running subreddit remains an excellent resource for the running community, providing a platform for meaningful discussion, inspiration, and support for both serious athletes and newcomers alike.

A total of 32,634 subreddit submissions and 178,515 associated comments were extracted for the period of 2011-10-31 through 2022-12-31 from the Advanced Running subreddit (<https://www.reddit.com/r/AdvancedRunning/>). Of the total submissions and comments, 22,949 submissions and 178,515 comments were retained after cleanup (short text, null value removal). The following sections summarize each of the top 20 topics identified through topic modeling using the BERTopic library. The sections are formatted as follows: 1) Topic number plus the BERTopic description 2) Themes identified from OpenAI 3) Sentiment analysis results (note that while all sentiment scores are negative, the comments sentiment are generally more positive than the submissions sentiment) 4) Summaries of Submissions (each paragraph represents between 25 - 50 original submissions that have been summarized twice using abstractive summarization) and 5) Summary of comments (a brief summarization of the top 100 comments related to the topic).

Topic Number 1: 0_track_cross_freshman_workouts

Topic Introduction

The articles discussed in this text cover a range of topics related to running, from personal achievements and training tips to coaching advice and stories of overcoming adversity. These articles touch on various issues, such as college recruitment and the challenges faced by disadvantaged runners. Additionally, individuals seek advice on topics such as breaking personal best times, balancing running with school work, and managing injury and burnout. The articles highlight the diverse experiences and perspectives of runners at different levels and stages of their journeys.

Themes

Runner's Training Routines. High School Cross Country/Track	Running Struggles and Goals. Running training advice.	High School Running Challenges. High school running goals
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.3074295	0.6925705	0.5116631	0.4883369

Summaries of Submissions

- **Runner's Training Routines..** The article discusses various topics related to running, including personal achievements, training tips, coaching advice, and even an inspirational story about a runner who overcame adversity. Some of the topics covered include a junior high student's personal best time, the impact of COVID-19 on cross country, coaching differences between XC and track, and tips for getting back into running after a hiatus. The article also touches on issues such as college recruitment and the challenges faced by disadvantaged runners. Ultimately, the article highlights the diverse experiences and perspectives of runners at different levels and stages of their journeys.
- **Running Struggles and Goals..** The article consists of various personal stories and requests for advice related to running. One story follows a college sophomore runner who is experiencing a decline in performance despite efforts to maintain momentum through regular diet and seeing a sports psychologist. Another story includes a high school student looking to transition back into track distances from half-marathon training and seeking advice on workouts and training schedules. An 18-year-old college freshman seeks guidance on how to get back into running after injury and the cancellation of track season due to COVID-19. The article also includes stories of athletes sharing their personal best times, goals, and struggles related to running.
- **High School Running Challenges..** Various individuals seek advice and share their experiences regarding their running progress and training regimes. One high schooler seeks advice on breaking a 5-minute mile, having completed a 400-meter training program. Another high schooler seeks advice on high mileage training, having increased their mileage to 48 miles a week, while a 16-year-old shares their progress towards achieving sub-4:30 and sub-2:04 1500m and 800m times. An author reflects on their high school running career and suggests improvements to their training program. Other topics include a new Reddit bot that provides running statistics, a coach's unique approach to coaching, the struggle with mental barriers during races, and the effects of burnout from consistent training. Additionally, some individuals aim to improve their finishing kicks and 800m times, while others look for advice on balancing running and school work.

- **High School Cross Country/Track.** Various individuals seeking advice related to running have posted on a forum. One individual is searching for guidance on entering the running industry, where they would like to earn at least \$50k, with no direct experience in the field. Another shared their experience of not being mentally or physically prepared during a cross-country race, but aims to improve. A college freshman who suffered from injuries is seeking advice on how to deal with being treated as a walk-on during a competition. A high schooler, puzzled by a competitor's significant improvement, questions how to achieve such progress. Another college student is determined to improve their performance and has focused on strength training to overcome body size challenges. A high schooler seeks advice on managing disagreement with their coach over their training routine. Additionally, a high schooler wants to improve their time in the mile run consistently but is wary of overtraining. The forum also includes posts from individuals considering running for D3 college teams and advice on how to prepare for competition.
- **Running training advice..** The first scenario involves a 20-year-old male runner struggling with a restrict/binge cycle, seeking professional help to establish a healthier relationship with food. The second scenario relates to a 14-year-old male seeking training advice for middle school track, aiming to achieve a sub-5 time this season. The third scenario features a junior college athlete concerned about balancing a career and family while continuing to improve in road racing. The fourth scenario highlights a college athlete struggling with chronic pain after foot surgery, questioning when to stop pursuing running. In the fifth scenario, a high school cross country coach seeks advice on creating a nutrition information sheet without promoting eating disorders. The sixth scenario involves a D3 athlete feeling burnt out from practicing three times a day and considering quitting running. In the seventh scenario, a high school coach is trying to help a talented runner increase their 800m speed, seeking advice on adapting their training regime.
- **High school running goals.** Several individuals have sought advice related to their running goals and challenges. One high school junior is seeking advice on whether it's feasible to break into the 16s and reach a sub-17:00 5k by the end of cross country season in November. Another high school coach is seeking advice on how to approach strength training and mileage during the last four weeks before the state tournament to keep an athlete injury-free. One high school distance runner who is a type 1 diabetic has been advised by his coach to add fiber to his diet in order to manage his lows. A high school senior has set a goal to become a state champion in the 1600m race during the current indoor season. The author had a successful high school cross country career but has struggled to find the same level of success with new coaches. A former runner seeks training advice to break their 5-minute mile goal. Finally, another author is seeking advice on running faster and longer, as they struggle with confidence and pushing through when it becomes difficult.

Brief Summary of Comments

The given text provides a wide range of advice for runners and coaches. A common theme among the advice is the importance of listening to your body and taking care of your health. It is essential to run at your own pace and adjust your speed according to how you feel. It is also important to not compare yourself to past performance and enjoy the process of running. Starting with 30 minutes of running per day, 3-5 times a week, can help to build a strong foundation. Coaches should focus not only on form but also on the athlete's level and experience. Building a running base gradually with recovery weeks is crucial to avoiding burnout.

Other advice includes incorporating speed work gradually after reaching a mileage target and not overdoing it, focusing on endurance and recovery habits, and being cautious about corporate jobs in the sports industry. Running during COVID-19 carries risks, so it is essential to take precautions. Additionally, it is vital to pursue what you genuinely love and not waste opportunities. The text provides a range of advice for runners and coaches. It is suggested that when getting certified, it's important to ensure that the individual is qualified to give advice and not just paying for a license. The rates charged for coaching are usually between \$100-\$300 a month. To improve long-distance running, it is recommended to focus on time on feet and increase volume with easy running and some faster workouts. A good coach can improve performance and prevent injury. Female athletes should focus on increasing strength over cutting weight, and coaches should be attentive to

diet and nutrition. When coaching track and field, it is important to gain a basic understanding of each event group as specificity of training is important. To achieve a potential sub-5 minute mile, it is suggested to do hard 400 repeats, tempo runs, and easy runs. Additionally, the text advises not to rush building up mileage and instead find a relaxed pace if looking to be a lifelong runner. Finally, the importance of staying focused after achieving a goal and incorporating lifting and core work for better performance is emphasized.

Topic Number 2: 1_fat_calories_diet_stomach

Topic Introduction

This text provides summaries of various posts from different subreddits related to running and nutrition. The posts cover topics such as marathon training, healthy eating habits, nutrition intake, hydration, fueling during runs, weight loss, resistance training, building muscle, and improving performance. Those seeking advice share their experiences and concerns with the community while seeking solutions to optimize their training and nutrition. Ultimately, the authors seek to balance the demands of their training while maintaining a healthy diet to improve their overall running performance.

Themes

Nutrition for Runners. Running Nutrition Suggestions	Long Distance Running Nutrition Marathon fueling and weight loss.	Running and Training Strategies Marathon Preparation
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.2466751	0.7533249	0.3087057	0.6912943

Summaries of Submissions

- **Nutrition for Runners..** This collection of texts covers a variety of topics related to running and nutrition. Some authors share their experiences with marathon training and seeking advice on how to improve their energy levels, hydration, and fueling during runs. Others seek advice on how to maintain healthy eating habits or lose weight while still performing well in endurance events. Some articles discuss scientific studies on nutrition and running, while others highlight issues encountered during races, such as difficulty staying hydrated or fueling. Overall, the authors provide insight into the struggles and triumphs of being a runner and striving for optimal nutrition and performance.
- **Long Distance Running Nutrition.** This collection of posts includes various questions and concerns related to running and nutrition. A Texas-based marathon runner is losing water weight during long runs in hot conditions, leading them to question their nutrition intake. Another runner admits to eating unhealthy foods and seeks advice on dietary changes. One runner wonders if they are overhydrating during races and ponders the frequency of aid station use by other runners. A runner with dietary restrictions seeks recommendations for fuel during long runs. Another runner seeks advice on losing weight while maintaining proper nutrition for increased mileage training. Various posts also discuss topics such as fueling with gels, healthy meal options, maintaining a healthy weight, post-run nutrition, preventing vomiting during long runs, and balancing resistance training with marathon training.

- **Running and Training Strategies.** Various runners are seeking advice on different aspects of their training and nutrition. One runner is trying to lose weight while maintaining energy levels. The International Society of Sports Nutrition recommends a moderate-to-high carbohydrate diet and protein intake to maintain lean mass. Another runner struggles with high-sugar fuel during races and has found a recipe for mashed sweet potatoes with salt as an alternative. Another runner is experiencing shin pain while training for a marathon and is seeking advice on how to increase their mileage. A friend of another runner is severely underweight and experiencing health issues, and they are looking for viable options to support their friend. Several runners are seeking advice on building muscle, weight loss, and improving performance. One runner is considering losing weight to improve their speed, while another is seeking advice on whether shedding weight would help them get faster. One runner wants to know if it's feasible to run a sub-3 marathon with a hydration pack. Lastly, an author has finished their first marathon but hasn't hit their goal and their appetite has been insatiable.
- **Running Nutrition Suggestions.** The Reddit post is a compilation of various requests for advice from runners related to their training, nutrition, and racing. One runner struggles with needing a bathroom break during their runs and has found relief through probiotics, while another is attempting to lose weight to improve their running performance. Other runners seek advice on pre-race dinners and fueling during the race. One runner with Type 1 diabetes needs help managing their blood sugar level during morning races, while another wants to know if it's possible to pre-load electrolytes before a long run. A runner is seeking advice on post-run snacks that won't delay their day, while another wants suggestions for savory, calorie-dense snacks during long-distance running. The post includes a range of questions and concerns from runners of different backgrounds and experience levels.
- **Marathon fueling and weight loss..** A number of different writers on Reddit have posted about various aspects of their marathon training and racing experiences. One writer is running over 100 miles per week in preparation for the Boston Marathon, but isn't feeling physically hungry despite being aware they may not be meeting their caloric needs. Another writer cautions against putting oneself into a calorie deficit while trying to build mileage and ward off injuries, and instead recommends taking a more gradual approach to weight loss. Others are seeking advice on meal planning and fueling strategies, as well as recommendations for caffeine and ginseng supplements. Ultimately, each writer is seeking to improve their running performance while balancing the demands of training and maintaining a healthy diet.
- **Marathon Preparation.** Various runners are seeking advice and sharing their journeys on the advancedrunning subreddit. One runner preparing for their first marathon is concerned about hydration and is unsure how to simulate aid stations in training. Another runner, a surgery resident with limited long runs, is looking for hydration and nutrition strategies to qualify for the Boston Marathon. A third runner shares their weight loss journey and is seeking advice on whether cutting back on miles is worth it for marathon preparation. Another runner is looking for success stories from runners with similar body types to achieve their goal of running under 19 minutes for a 5k. A runner who gained weight after a race in October plans to lose weight before incorporating tempo/speedwork workouts. One runner found success with salt/electrolyte tablets to combat sweating and heat during runs. Finally, a runner with a background in sports and casual running is seeking advice on how to improve performance, including whether to increase mileage or get a coach. Another runner is experiencing increased hunger during their easy runs and wonders if they should eat during their runs.

Brief Summary of Comments

The advice given in the text focuses on maintaining a healthy balance between running and nutrition, rather than solely focusing on weight loss. It is advised to seek professional help if experiencing sudden weight gain or loss. Cutting weight while running seriously is not recommended as it can increase the risk of injury. Proper nutrition, including carbs, is essential in fueling the body before and after runs. It is recommended to work with a dietician to ensure the body is getting enough energy from a healthy diet. Strength training is suggested as it can improve performance and prevent injuries. Prioritize well-being and finding a training

regimen that works for personal goals. Fueling properly with a balance of carbs and protein is recommended, and it is necessary to monitor calorie intake to ensure not overeating. Don't rely on coaches for weight loss guidance. Proper nutrient timing can promote better recovery and body composition. Finally, set realistic goals based on the current fitness level, and focus on improving gradually. The article offers various tips and advice for improving athletic performance through healthy habits. Seeking guidance from a sports nutritionist can be helpful for improving performance. It is important to not demonize whole food groups and focus on fueling for performance, rather than weight loss. Regularly eating after a hard effort or long run is important for recovery. Additionally, it is important not to focus too much on weight and risk developing an eating disorder. Fasted training can be detrimental to women's health. Experiment with real food options for long runs and listen to the body's needs during training runs. Electrolyte drinks can easily be made at home, and it is not necessary to consume more calories than necessary. Weight should not be a major concern during training. Ensuring the quality of nutrition is important; eating more plant foods and avoiding tea in the morning can be beneficial. Getting enough sleep is imperative during intense training periods, and taking quick walks or stretch breaks in the afternoon can help maintain energy. Lastly, experimenting with diet and hydration to figure out what works best for the individual is key.

Topic Number 3: 2_shoes_nike_pegasus_new

Topic Introduction

This text compiles various discussions on Reddit about different aspects of running shoes. Runners seek advice on which shoes to choose for specific purposes, including long runs, racing, and speed training, as well as for wide feet or avoiding certain heel-to-toe drops. Discussions cover topics such as shoe cushioning and durability, comfort, and brand preferences. Strategies for shoe rotation and building calf resilience are also discussed. Additionally, some articles feature specific individuals seeking advice for their shoe needs, such as a runner training for multiple races, a beginner runner looking for shoe recommendations, and a runner seeking a lighter, faster shoe.

Themes

Running Shoe Reviews Running shoe recommendations.	Running shoe discussions. Running shoe advice.	Seeking Running Shoe Advice Running Shoe Reviews
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.2810226	0.7189774	0.4402596	0.5597404

Summaries of Submissions

- **Running Shoe Reviews.** Various discussions and questions about running shoes have been posted on Reddit. One runner was disqualified from the Vienna City Marathon after wearing shoes that were 10mm too thick, while another wonders if rotating through different shoes can prevent injuries. Some runners experience a negative attitude towards Nike and prefer smaller brands like Hoka or Salomon, while others are looking for specialized racing shoes for marathons. Carbon plated running shoes are believed to assist faster runners, and one runner wonders if consistent use would dampen their benefits. Adidas has announced the release of their new Adizero Pro shoe, featuring new Celermesh technology, while another runner is searching for a shoe suitable for tempo workouts and races.

- **Running shoe discussions..** Hoka One One is known for its maximal cushion soles, with models suitable for both road and off-road running. There isn't much research on the correlation between shoe age and injury risk in running, but some suggest a range of 400-600 miles is too high, with 250 miles being a better option. The writer prefers New Balance for their wide feet and overpronation but is unsure of what to do when their current trusted model is no longer available. Another writer had knee pain in their Nike Pegasus shoes and found Brooks Ghost shoes to be a game-changer, but is now considering a compromise between the two. Other writers seek suggestions on racing shoes, training shoes, and trail shoes, with some considering carbon fiber-based shoes and others interested in the benefits of zero drop shoes. Reviews and opinions are requested for various shoe models, with readers encouraged to suggest shoes for future reviews.
- **Seeking Running Shoe Advice.** This text contains various requests for advice on running shoes. Some runners are seeking recommendations on which shoes to purchase for specific races or training purposes, while others are seeking advice on issues such as overpronation and the best brands for runners. Several runners are also concerned about the durability and comfort of their shoes and are seeking advice on which models to buy. Some authors are looking for shoes suitable for different types of terrain or races, while others are seeking advice on rotating shoes or using inserts to compensate for wider feet or Achilles issues.
- **Running shoe recommendations..** When choosing running shoes, it is important to consider properties such as softness, lightness, drop, and cushioning. Shoes with differing properties can cause discomfort and lead to blisters. It is recommended to choose shoes with similar properties, such as all being cushy or having a specific drop or level of lightness. Runners seek advice on which shoes to wear for long runs, racing, and speed training, and recommendations for shoes suitable for wide feet or avoiding certain heel-to-toe drops. Some runners experience discomfort with certain shoe brands or models, while others have trouble finding specific shoes in their size. Shoe rotation strategies and strategies for building calf resilience are also discussed.
- **Running shoe advice..** The first article discusses a runner training for a road marathon and two 100-mile trail races who is looking for a comfortable road shoe with lots of cushioning. The second article features a 15-year-old boy seeking advice on which shoes to buy for his running goals. The third article asks if switching between zero drop and higher drop shoes every other run or training in zero drop shoes and racing in a 10mm drop shoe would be beneficial. The fourth article discusses deciding when to replace running shoes and seeking advice on shoe durability. The fifth article is seeking advice on switching from Asics Gel Cumulus 20 to a lower drop shoe like Hoka. The sixth article is a runner seeking advice on which shoes to use for a marathon, looking for comfort and speed. The seventh article is a runner wanting a shoe similar to the now discontinued Nike Free design. The eighth article is a beginner runner looking for shoe recommendations for 5k runs. The ninth article discusses analyzing wear patterns on running shoes. The tenth article discusses finding a racing shoe that is reasonably priced, thin, low-drop, lightweight, and can accommodate a slightly wider foot. The eleventh article seeks a faster, lightweight shoe for various types of running. The twelfth article discusses the need for better racing flats for longer distances. The thirteenth article reviews the Saucony Kinvara 11 running shoe. The final article seeks advice on a daily trainer shoe for a runner with high mileage goals.

Brief Summary of Comments

The advice given in the text is centered on how to choose and maintain running shoes. It is recommended that runners rotate different pairs of shoes for different purposes to prolong their lifespan and improve training. When choosing shoes, people should look for signs of deterioration rather than relying solely on arbitrary numbers or recommendations. Individuals who wish to transition into zero drop shoes should do so gradually to avoid injuries. It is also a good idea to buy two pairs of shoes and rotate them to allow the materials to recover from compression, preventing injuries. Runners looking to save money can consider finding ways to get cheaper shoes instead of making them last longer. When trying on shoes, it's essential to visit locally-owned shops and avoid asking irrelevant or repetitive questions. Researching and considering

the ethics and practices of shoe companies before purchasing is essential for individuals who value training ethics. Finally, while finding the perfect shoe may be challenging, it's crucial to prioritize training over shoes because ultimately it's the training that matters. The advice given in the text revolves around finding the right pair of shoes for your training and race needs while prioritizing comfort, fit, and quality. It suggests sticking with a trusted brand like Pegasus for an all-purpose shoe and saving money on expensive shoes for key races. In hot, humid conditions, it is essential to rotate between multiple pairs of shoes to prevent damage and allow for proper drying and decompressing time. The text recommends trying on different models/brands of shoes to improve tolerance to new shoe differences and avoiding a big adjustment all at once.

It also provides suggestions for specific shoe models like Kinvara for versatile runs, Hoka for long runs, Skechers Gomeb and Nike Zoom for racing flats, and Endorphin Pro for tempo runs and races. The advice includes tips for overpronators and those on a budget, as well as the importance of retiring shoes around 500 miles to avoid injuries.

Overall, the text emphasizes that shoes are personal and subjective, and it is crucial to find ones that are comfortable, fit well, and work for you. It suggests having a rotation of shoes with different cushion and weight for different types of runs, and replacing shoes sooner than later to preserve your body.

Topic Number 4: 3_max_bpm_zones_garmin

Topic Introduction

The text discusses various runners seeking advice on heart rate training for improving their running performance. The authors inquire about heart rate ranges, training schedules, and ways to measure heart rate accurately. They also question heart rate monitor devices, zone training, and the balance between aerobic and anaerobic thresholds. The articles highlight the importance of using heart rate as a valuable tool in training for runners and offer guidance on heart rate-based training for achieving desired results.

Themes

Heart Rate Training Techniques	Heart Rate Training Challenges	Heart rate training challenges.
Heart rate training	Heart Rate Training Challenges	Heart Rate Training Challenges

Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.1759511	0.8240489	0.256289	0.743711

Summaries of Submissions

- **Heart Rate Training Techniques.** Various runners inquire about heart rate training, lactate threshold tests, and the scientific benefits of slower running. Some questions include the potential benefits of cross-training on different aerobic activities such as trail running and cycling, the effectiveness and accuracy of Maffetone training, and whether slower heart rates during easy runs are worth the decrease in pace. Additionally, some runners question discrepancies in heart rate readings during racing and training, while others seek explanations on how lactate levels impact marathon performance. Hansons Marathon Method author, Luke Humphrey, also gives his thoughts on using heart rate for training.

Finally, some Fitbit devices have been found to have issues with heart rate monitors, leading serious trainers to seek alternative monitors.

- **Heart Rate Training Challenges.** The post includes multiple runners seeking advice and sharing their experiences with heart rate training. One author questions the relationship between VO2 max and aerobic threshold, while another seeks advice on running in zone 3 too often. Another runner is struggling to maintain their heart rate during zone 2 running, while a blogger using the MAF method is criticized for its efficacy. One author underwent a metabolic efficiency test and seeks advice on how to improve their zone 2 training speed. Others are struggling to determine their correct heart rate zones and question the accuracy of their heart rate monitors. The post also includes a high school sophomore seeking help calculating their lactate threshold and multiple authors discussing the discrepancies between heart rate training zones across different platforms and methods. Finally, one author shares their struggles with the Garmin lactate threshold test and seeks advice on improving their heart rate levels.
- **Heart rate training challenges..** The articles all touch on various aspects of heart rate training for runners. Some discuss monitoring and analyzing heart rate during workouts to track progress and improve performance, while others delve into heart rate zones and how they relate to pace and effort. Several articles also mention factors that can affect heart rate during training, such as temperature, terrain, and physical fitness level. Additionally, there are questions about how to maintain a consistent heart rate during runs, overcoming heart rate spikes, and finding the optimal heart rate zone for individual runners. Despite the variety of topics covered, the articles share the common theme of using heart rate as a valuable tool in training for runners.
- **Heart rate training.** A variety of runners have submitted questions and concerns related to heart rate training. One runner wonders if their heart rate jumping to an average of 205 during fast runs is concerning, while another is struggling to stay within zone 1 for recovery runs. A third runner wonders if flaws in Stravistix are responsible for another runner's higher heart rate reserve average. A fourth runner seeks advice on training in heart rate zones to gradually build mileage and train for longer distances, while a fifth runner seeks information on the professional testing of maxhr. Other runners ask about Maffetone HR training, reaching maximum heart rate, and what heart rate zones are normal for different race distances. Lastly, one runner is considering investing in a heart chest strap or upgrading their watch due to accuracy issues.
- **Heart Rate Training Challenges.** This text is a compilation of posts seeking advice on heart rate training for running. Many authors are looking for recommendations on heart rate ranges, training schedules, and ways to measure heart rate accurately. Some authors struggle with maintaining a slow enough pace to stay within their heart rate zone, while others wonder if they should adjust their zones or use other performance measures such as lactate threshold. Some authors also ask questions about heart rate monitor devices and their accuracy. Overall, the authors seek guidance on heart rate-based training for improving their running performance.
- **Heart Rate Training Challenges.** Seven different individuals have written to a running advice column seeking guidance on heart rate training. One athlete failed to achieve their desired half marathon time using a Garmin training program that focused on pace, asking if heart rate training may produce better results. Another person encountered trouble with heart rate-based training, struggling to reach their maximum heart rate while using Polar products to improve their training. A third writer was unsure about proper heart rate zone training due to the imprecise nature of personal heart rate zones, and how to balance aerobic and anaerobic thresholds in preparation for a marathon. Another runner found it challenging to coordinate their Garmin heart rate monitor and Strava with Pfitzinger's marathon plan. Someone with a higher average heart rate during exercise wondered whether their current level of fitness indicates health concerns. An experienced runner seeks advice on increasing max heart rate by integrating more speed work, asking whether higher intensity becomes more sustainable over time. Finally, a high-level runner was surprised to discover that they registered a consistently high heart rate despite mostly running at a comfortable pace.

Brief Summary of Comments

The advice provided in the given text revolves around different aspects of running training and technique. The first advice suggests not worrying too much about heart rate (HR) but to focus on maintaining comfortable mileage week after week. HR can be used as a tool to prevent over-exertion. Second, the text advises taking deep breaths and matching breathing to the rhythm of the legs if one feels improper breathing. It takes time to gain necessary adaptations for running, so patience and gradual adaptation of muscles, tendons, and bones to high impacts running is required.

Regarding marathon training, the text advises building the aerobic engine, mostly as most activities require aerobic processes. HR may not always correspond to aerobic/anaerobic usage. Breathing is subconscious; therefore, increasing your easy volume and adapting muscles for hard running gradually is necessary. Building aerobic capacity improves everything, including anaerobic respiration. The author also advises using a chest strap for more accurate HR data and testing to determine maximum HR and lactate threshold to set HR zones correctly.

The text suggests not solely relying on HR training and being creative with volume and training methods. However, HR training is useful but has limitations; therefore, using rating of perceived exertion (RPE) as well can be meaningful. Cross-training can maintain aerobic fitness during injury recovery. Lastly, the author advises consulting a doctor before anything if someone has bradycardia. The advice given in the text revolves around heart rate training for endurance runners aiming to improve their performance. The first and foremost advice is to use heart rate as a relative score to track growth over training cycles and adjust heart zones if they feel incorrect. To account for cardiac drift, one should start at the bottom of the heart rate zone and maintain a constant pace. It is also essential to listen to the body and self-regulate running to meet aerobic needs. Formal lactate threshold testing may not always provide accurate results, so runners should use lactate threshold heart rate to define heart rate zones. While heart rate is critical, perceived exertion and pace zones should also be considered. Consistent MAF-style running can lead to significant improvements, and cycling can act as a supplement to running for aerobic work. Additionally, runners should aim to increase their mileage and incorporate regular tempo runs and repeats into their training. Finally, runners should trust their heart rate zones and gather data to develop their own heart rate zones.

Topic Number 5: 4_race_finish_felt_description

Topic Introduction

The text is a collection of accounts from runners participating in various races, outlining their goals, training methods, and experiences during the events. Some runners strive to achieve a personal record or specific time, while others seek to enjoy the experience. Training routines involve a combination of running, yoga, cycling, and strength training, with some following specific plans and incorporating speed work, hills, and tempo training. Runners face challenges such as illness, weather, and difficult terrain, but they persist and often achieve their goals, setting new personal records in the process.

Themes

Running time trials. Runner's Personal Race Experiences.	Running and racing experiences. Running time trials.	Race Day Achievements Running and racing experiences.
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.3713518	0.6286482	0.6456648	0.3543352

Summaries of Submissions

- **Running time trials..** The text presents a variety of race reports and personal achievements in running. These include goals such as achieving a personal best, completing a beer mile, or finishing a 4x4x48 challenge. The runners discuss their training and preparation leading up to the races and their experiences during the races, including their strategies and techniques. Some runners face challenges during the races but remain determined to finish strong. Overall, these reports highlight the dedication and persistence required to achieve running goals, as well as the satisfaction that comes with accomplishing them.
- **Running and racing experiences..** The texts describe various runners and their experiences in different races. Some runners set specific goals such as achieving a personal record, finishing in a certain time or place, or even setting a course record. They all employ different training techniques, including a combination of running, yoga, cycling, and strength training. Many have followed specific training plans and incorporate speed work, hill, and tempo training. Some races feature difficult terrain, weather, and other challenges, such as humidity and injuries that affect performance. Despite these obstacles, many runners are able to complete their goals and aim to continue training to achieve even more in the future.
- **Race Day Achievements.** The summarized texts are recollections of various races by different runners. These races include the Stillwater 5k race, the Back Cove 5k Series, the Crescent 5k, the Lone Gull 10k, the Alexandria Turkey Trot, the Runaway Houdini 10k, the Lou Cox Memorial 5k, the Lakewood Summer Meltdown 5k, the Fort Ord Trail Run, a 5k fun run in Burlingame, the Napa Valley Marathon, the Wistow 10K, the Destin Marathon, the Oberlin Inter Regional race, the Race 13.1 Greensboro, and the Birmingham Harriers 5k. Each runner had a specific goal in mind, be it to set a personal record, complete the race in a certain time, or simply to enjoy the experience. The runners used various training plans and techniques, and some faced challenges such as illness and wrong turns during the race. Despite these hurdles, they all managed to finish the race and achieved their goals, with some even setting new personal records.
- **Runner's Personal Race Experiences..** The post contains various accounts of runners participating in races and their goals, training routines and outcomes. One runner completed the adidas/Steve Scott Invitational 5000m in under 16:00, while another finished the St. Paddy's 8K in 29:39. A participant in the Four on the Fourth race achieved a negative split but fell short of their goal of finishing under 28 minutes. A high school senior broke through the 17-minute 5km barrier, finishing third in a race with a time of 16:36. Another runner completed the Run 4 the Seas race in Juno Beach, Florida, and placed 2nd in their age group, while a high school freshman is considering qualifying at the Drake Relays with a 1600m cutoff time of 4:29:42 and 3200m cutoff time of 9:49:57. Another runner completed the Rock the Parkway race in Kansas City in under 80 minutes. The post also contains several accounts of participants aiming to break certain times or place in races and reflecting on their performance post-race.

Brief Summary of Comments

The given text provides various tips for runners to improve their performance and achieve their goals. The article suggests taking breaks during a challenge, starting conservatively, building up aerobic strength, gradually increasing mileage, paying attention to cadence, form, and body signals, focusing on mental endurance, practicing pacing and form, implementing sub-threshold runs, and celebrating small victories. runners who wish to perform well in races must avoid ultra-downhill courses and demand a refund if a race did not live

up to expectations. They should share their experiences with others, practice burping for beer miles, and watch the kilometers while running 5K races. While venturing into trail ultras, runners must be mindful of drug tests.

The text indicates that rest is important after long mileage and tough runs. Additionally, runners must take the heat and humidity into account when racing. They can use fellrnr’s calculator to adjust their training and racing strategies accordingly. The article emphasizes physical balance and tempo pace warm-up before shorter races. Thus, it is essential to train hard and smart to achieve goals, keep up consistent training, and have a “why not” goal in case they feel great in the closing section of a race. The text gives a variety of advice for runners, including tips on training, racing, and dealing with various challenges. It suggests that achieving a sub 5-minute mile in a couple of years is possible with a strong motivator. To get back into running, one must put in a lot of work and prepare wisely. Lack of sleep the night before a race is not a major issue if one has been sleeping well all week. Understanding splits is crucial to determine the correct time for a race, and racing often helps improve one’s feel for the distance. Negative splits are impressive but require a strong mental game. While race awards and competitive age groups can be motivating, they do have downsides. Dealing with wind, GPS issues, blowouts during races, running in the heat, and running downhill can be challenging. Running a marathon requires a completely different level of training than shorter races. Finally, gradually increasing the length of long runs can be helpful for half marathons. Overall, the text offers various pieces of advice for runners of different levels and experience.

Topic Number 6: 5_half_marathon_plan_weeks

Topic Introduction

The texts in this collection discuss various topics related to marathon training and racing. The authors seek advice and guidance on training plans and strategies, balancing training with other commitments, and setting goals for future races. The topics range from specific questions about pacing and nutrition to more general discussions of motivation and enjoyment. The authors share their experiences and seek support from the community of fellow endurance athletes. The forums are a valuable resource for readers seeking information and inspiration for their own marathon training and racing efforts.

Themes

Marathon Training Plans	Half marathon training plans.	Marathon Training Plans
Marathon Training Advice	Marathon training advice.	Half marathon training advice

Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.2343215	0.7656785	0.4167474	0.5832526

Summaries of Submissions

- **Marathon Training Plans.** This collection of posts discusses a variety of topics related to marathon training and racing. Some posts explore training plans and strategies, while others seek advice on balancing training with work or other commitments. Many authors reflect on prior races and set goals for future ones, often asking for guidance and support from the community. Topics range from specific questions about pacing and nutrition to more general discussions of motivation and enjoyment.

Readers will find a wealth of information and inspiration among these posts, as well as a supportive community of fellow endurance athletes.

- **Half marathon training plans..** Various runners are seeking advice on their training plans and goals. One high school senior and their friend plan to train for a half marathon this summer, while another runner is seeking input on their training plan for a half marathon in four weeks. A third runner is using the Pfitz 18/55 training plan for their November goal race and is considering adjusting their goal time based on a tune-up race. Another runner seeks advice on achieving their goal of a sub-4.00 marathon in six months. One runner preparing for their first half marathon is running 70-80 miles per week and hoping to finish in under 85 minutes. The author of one post is uncertain how to prepare for a 1-mile race, while another is developing a six-week 10 km training plan. One runner is planning to run their first marathon in April and is considering Hal Higdon training plans. Additionally, various runners are seeking advice on pacing strategies, goal times, training volume, and tapering for races.
- **Marathon Training Plans.** This collection of texts consists of individuals seeking advice on their marathon training and race goals. One runner is asking for opinions on tapering for their first marathon, while another seeks advice for reaching a sub-3 hour marathon. Another runner wants to supplement their mileage for an upcoming marathon, while another is seeking advice on how to incorporate weight training into their routine. Another runner is seeking feedback on their marathon training plan, and another is wondering if competing in shorter races in between longer races could negatively impact their performance. Other texts include runners seeking advice on training for a half marathon, 3k race, and how many miles to run to prepare for a marathon. Finally, one runner with a Type A personality hopes to achieve a sub-3 hour marathon in their first attempt.
- **Marathon Training Advice.** This text is a compilation of different runners seeking advice on their training and race goals. One runner is preparing for a half marathon in June and is looking for additional workout suggestions to help him achieve his goal of finishing in 1:07:00. Another runner is seeking advice on how to approach a upcoming race and beat their personal record. A third runner, who has been using Hal Higdon's "advanced" plan, is considering following the more challenging Pfitzinger 18-week plan in preparation for the Chicago spring marathon. Other runners seek advice on changing their training approach, improving their half marathon times or maintaining fitness without overworking themselves. Finally, some runners are seeking advice and critiques on their training plans as they prepare for upcoming races.
- **Marathon training advice..** The forum includes various posts seeking advice on training for upcoming marathons and half marathons. The runners range from less experienced to experienced, with goals ranging from improving times to preserving lean body mass. Some seek advice on training plans, pacing, modifications, and potential changes to increase mileage. Others inquire about race strategy, nutrition, and rest days. Some seek specific advice on a first marathon or 10k race. One author questions the effectiveness of common training plans and suggests more demanding workouts. Another author shares their 10-week schedule for a half-marathon with a goal of completing it in 1:25. Overall, the forum provides a space for runners to seek and receive advice on their training and racing efforts.
- **Half marathon training advice.** Several authors in different articles ask for advice on various aspects of their marathon training. One author just completed a half marathon and wants to improve their mile time before winter by taking a week off and starting a mile-training program. Another author missed two training weeks due to illness and is unsure if they should revise their schedule or stick to their original plan. A third author seeks advice on how to allocate their time in the different phases of their half marathon training plan. Another writer wants to tune up their fitness before their scheduled half marathon without being too tired on race day, and one is seeking a specific and intense half marathon training plan for a faster half in the future. Two authors discuss their past half marathon times and training routines, and one seeks advice on incorporating a successful tempo run into their routine without overtraining. Another author asks for tips on how to adjust their marathon training with only four weeks left until their upcoming half marathon race. Finally, one author asks for advice on the second to last workout to do ten days before a half marathon, while another is considering

starting the Maffetone method for training and wants to know if they can still train for a half marathon in August if they start in April.

Brief Summary of Comments

The article offers advice for runners preparing for half and full marathons. For a half marathon, it is recommended to do a last long run the weekend before and lower in mileage but a bit faster than usual. During the week, do one day of track workouts and some easy runs with strides, then take 2-3 days off while focusing on sleep and healthy food. For a full marathon, it is advisable to taper before the race and focus on going into the race healthy. Runners should not go too hard on the peak workout, choose an advanced marathon training plan with lower mileage and varieties of speed work, avoid cramming workouts too close to the marathon, not race too close to the marathon, and increase weekly mileage and distance on easy runs gradually. Importantly, runners should focus on general health and stay healthy instead of training too hard for a specific race. The article also suggests incorporating training at faster than 5k pace, like 400m repeats, while doing strength work to increase resilience, reduce injury rates, and support increases in volume and speed work. Also, going out a little slower than the goal pace for the first 10k of a race can help prevent bonking. The advice provided covers a range of topics to help improve running performance. For Saturday runs, it's suggested not to worry about the time of day, as consistency and developing a routine is key. If feeling overtrained while base building, it's important to take a break. Joining a running club can make running in the dark more enjoyable. In terms of training, down weeks with a 5-15% mileage drop and downsize intensity during taper weeks are suggested. Long runs with segments at marathon pace, focusing on current fitness instead of goal time, and being consistent without losing energy during a race are all important factors for success. For specific goals such as a sub 90-minute half marathon, it's suggested to focus on long, hard tempos, increase mileage to 16+ miles for a few long runs, and incorporate intervals such as 10 x 800 and 7 x mile. Factors such as diet, sleep, and incorporating hills and strides are also highlighted as important. Ultimately, base building and consistent runs are foundational for success in training plans, and individual factors such as weather should be taken into account.

Topic Number 7: 6_mpw_peak_prs_workouts

Topic Introduction

The article discusses various posts on Reddit where runners seek advice, share achievements, and ask questions regarding their training plans and goals. The posts cover topics such as achieving specific race times, improving pace, and modifying training plans, with runners of different levels and experience seeking guidance from the community. Setbacks such as injuries and health issues are also addressed. The common thread among all runners is their passion for the sport and their desire to continually improve.

Themes

Running Training Plans Marathon Training Advice	Marathon Training Plans Running Goals and Advice.	Runner's Training Plans. Marathon Training Plans.
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.2360688	0.7639312	0.3903003	0.6096997

Summaries of Submissions

- **Running Training Plans.** This article summarizes various posts on Reddit related to running, including personal goals, training plans, achievements, and seeking advice. In one post, an author achieved their goal of running a sub-5 mile with the help of the community. Another post shared the results of a running survey, including shoe brand and favorite race. A runner in their mid-late 30s questions why they struggle to perform at the same level as when they were a teenager. Other posts seek advice on training plans, speed improvement, and long-term planning. One post asks if it's possible to compile a dataset of average race speed by age and sex. Finally, a runner shares their training method that led to a 17:47 5K time trial.
- **Marathon Training Plans.** A variety of male runners seek advice on their training and goals. A 47-year-old runner achieved his goal of running a sub-3-hour marathon at Chicago and is seeking advice on how to approach his 2018 marathon season as a master runner. A 16-year-old runner is currently doing base training with the goal of breaking 17 minutes in the 5k this cross country season. A 31-year-old runner is training for the Green Bay Marathon in May to qualify for Boston, and is seeking advice on mental preparation for the later miles and whether he is on track to achieve his goal. A 20-year-old runner plans to run the Dallas Marathon on December 11 in 2:39:59 and is training on hills to achieve his goal. A 26-year-old runner aims to complete the Berlin Marathon in 2018 and break the three-hour mark. A range of other male runners seek advice on their goals, including improving performance in the half-marathon, qualifying for Boston, and achieving a sub-4 hour marathon.
- **Runner's Training Plans..** A 29-year-old runner is seeking advice for his Boston Marathon goal of finishing sub-2:40, unsure of how the hilly terrain will affect him. He believes he is in 16:40 shape for a 5K but wants advice from other runners aiming for a similar goal. Meanwhile, a 24-year-old male runner who has recently built up his weekly mileage to 25 miles is seeking advice on which plan to follow for his May half marathon goal of 1:45, considering Pfitzinger 31-47 miles/week half marathon plan or Hal Higdon intermediate plan. Another 28-year-old male runner with a PR of 3:26 in a full marathon is seeking recommendations on track workouts as he builds his base. Meanwhile, a female runner in her 30s weighing around 110lbs is curious about others' experiences with low calorie burn readings on their Garmin during runs. A 31-year-old male runner following the Hanson HM training plan is seeking advice on how to improve his tempo workouts, questioning whether the lack of rest weeks and taper period is normal in the plan. A 26-year-old male in week three of the Pfitzinger 18/55 plan is debating a switch to Jack Daniel's plan due to concerns about potential injury. Lastly, a 28-year-old female hobby jogger is unsure whether to combine Pfitz 18/55 and 18/70 plans to aim for a 3:20 marathon time or focus on half-marathons and base building.
- **Marathon Training Advice.** A male runner used Jack Daniel's Running Formula to plan a marathon training plan for the San Francisco marathon, achieving a time of 2:59:14 in 2017 and aiming for a sub-2:55 marathon time at Boston. A 19-year-old male aims to beat his previous personal record of 18:10 for the 5k and improve his long-term performance. A 22-year-old male, diagnosed with depression and fatigue, plans to train for a half marathon mid-October, aiming to break the 1:30:00-barrier. A 26-year-old male aims for a 1:50 half marathon in 2017 and a 1:30 half marathon in 2018, considering following a plan to bring his 5k time down to 19:30. Another male aims to revise his estimated marathon time of 3:16 before his second marathon. A 28-year-old male uses the Jack Daniels half marathon plan and is unsure if he can run 5 milers at threshold pace as a t workout. These runners seek advice on their training, goals, and ways to improve their performance.
- **Running Goals and Advice..** A variety of runners are seeking advice on their training goals and techniques. Tips are given for working out with groups of varying abilities, and several runners are seeking guidance on how to achieve specific target times for races and improve their pace. A high school junior is unsure whether he should participate in a race two weeks after the state qualifiers in order to improve his cross country performance. A 27-year-old male runner is looking for advice on modifying the 18/55 plan for a happy medium as he prepares for a half marathon. Another runner seeks advice on whether to run his upcoming race at 100% effort or maintain his mp, while another

seeks advice on what workouts he can do during a family trip to high altitude locations. One runner is trying to determine workout paces in order to achieve a 2:40:00 marathon time, and several others are seeking help to reach specific goals for high school competitions. Finally, a runner is asking for guidance on how to train for the Boston Marathon and reach a goal time of 2:35-2:40.

- **Marathon Training Plans..** A variety of runners with different goals and experience levels are seeking advice and guidance from the running community. Their goals range from achieving a sub-17 5k time to completing a 100-mile race and improving marathon times. Some runners are looking for advice on training plans, while others are seeking tips on pre-race meals or handling crowded start gates. Some are experiencing setbacks, such as blood sugar issues or injuries, and want to know how to adjust their training while still achieving their goals. Despite their differences, all runners are united in their passion for running and their desire to continue pushing themselves to be the best they can be.

Brief Summary of Comments

The advice given offers various tips for improving running performance and avoiding injuries. The first recommendation is to embrace the challenge mentally, followed by incorporating structured training plans and higher weekly mileage. Starting with shorter distances and speed work before transitioning to marathons is also advised. It's important to listen to the body's needs and run based on feel, gradually increasing mileage to avoid burnout and injuries. Sprint training is also important to improve form and technique, with mile time trials being a better predictor of race times than interval training. Strides and racing in workouts can improve performance, and specific training programs like Pfitzinger or Daniels can be helpful. Visualizing running at goal race pace is also helpful for mental preparation. Additionally, it's essential to listen to fatigue levels, keep easy days very easy, and prioritize consistency in training to avoid injuries. It's advised to gradually build up volume and focus on tempo runs, with a focus on 12-18 weeks at a time and picking goal races with a mental and physical break afterward. Finally, it's important to trust training and pace during a marathon and consider going slower in the beginning to save energy. The text provides advice on improving marathon running. Firstly, runners are advised to find the exact 3:00 hour pack and stay with them, however, be prepared for the last 10K to be tough. Additionally, drafting behind other runners is legal and helpful, but it's important not to front-run. Runners doing long-distance races should also not mess up their nutrition. The article suggests that mixing up training can be beneficial, with runners advised to experiment with speed workouts to improve marathon training. It is also suggested to start building up at shorter races and gradually working towards the longer distances. Runners should be consistent with their training and utilize a pacer. They should also try progression runs and focus on shorter distances before moving up. The text recommends running more to improve, and being careful about losing weight and training for faster results simultaneously. Finally, the article recommends that aspiring sub-2:40 marathon runners are able to run a sub-1:16 half-marathon and increase their running mileage to 50mpw.

Topic Number 8: 7_pfitz_weeks_marathon_recovery

Topic Introduction

This collection of forum posts focuses on individuals' experiences following various training plans created by coach Pete Pfitzinger. The posts cover topics such as proper pacing, struggles with injury, and tapering strategies. The authors seek advice and feedback from other members of the forum, showcasing the collaborative nature of the running community. The authors remain focused on their training goals and are determined to improve their performance despite facing challenges. The forum provides valuable insights into the nuances of marathon training and navigating the Pfitzinger plan. Posts seek advice on a variety of topics, including goal marathon pace, choosing a training plan, and modifying plans for specific circumstances.

Themes

Training with Pfitzinger. Pfitzinger Training Plan Adjustments	Marathon training plans. Pfitzinger Training Plans	Marathon Training Modifications Marathon Training Plans
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.2378575	0.7621425	0.3414529	0.6585471

Summaries of Submissions

- **Training with Pfitzinger..** This collection of posts on a running forum features individuals discussing their experiences following various training plans created by coach Pete Pfitzinger. The posts cover topics such as proper pacing for workouts, struggles with injury, and concerns about tapering strategies. Many of the authors seek advice and feedback from other members of the forum, highlighting the supportive and collaborative nature of the running community. Despite facing challenges, the authors remain focused on their training goals and are determined to improve their performance.
- **Marathon training plans..** The forum discussion revolves around various aspects of the Pfitzinger training plan, including choosing the right plan, optimizing training, balancing work and marathon training, pacing, heart rate monitoring, and more. Runners are seeking advice on a variety of topics, such as whether to aim for a 3-hour marathon, training for a race that's only 3 weeks after another, calculating paces and heart rate training, structuring long runs, and more. The authors are sharing their training experiences, seeking feedback, discussing their challenges during the training, and seeking guidance from experienced runners who have done Pfitzinger's plans before. Overall, the forum provides valuable insights into the nuances of marathon training and navigating the Pfitzinger plan.
- **Marathon Training Modifications.** Various individuals following different Pfitz marathon training plans seek advice on various aspects of their training. One is unsure whether to target their goal marathon pace or run based on relative heart rate percentages. Another is considering switching from Hanson's plan to Pfitz 55 mpw plan. Another is concerned about swapping their long run for a race and wonders if their legs will be too tired. Another wonders if they should take action before their marathon or wait out soreness and slowness after taking a break. Another is considering the Pfitz 18/70 Full Marathon plan for their next training cycle and is seeking advice on its midweek mileage and includes doubles. Another wonders if the Pfitz 18/55 plan is suitable for their first marathon. Another is seeking advice on how to fuel during higher mileage runs. Another wonders how best to add approximately 5 miles per week to their 18/70 plan without risking injury. Another is seeking advice on how to dial in their marathon goal and whether a sub-3 is realistic. Another is looking for advice on improving tempo runs. And finally, one is midway through a Pfitz 18/55 marathon plan and wonders about choosing the length of a tune-up race for physiological benefits.
- **Pfitzinger Training Plan Adjustments.** The author has been following various Pfitzinger training plans, including the 30 mile base plan, 5k/10k plans, half marathon plan, and 18/70 marathon plan. They have experienced some injuries and are seeking advice on balancing high mileage with cross-training to prevent future injuries. They also seek advice on adjusting their schedule to accommodate time constraints, as well as balancing tune-up races with heavy training weeks. The author's ultimate goals include achieving a sub-19 5k time and qualifying for the Boston Marathon. They are also considering stepping up to the 18/85 marathon plan to improve their chances of achieving a sub-2:45 marathon time.

- **Pfitzinger Training Plans.** The author is seeking advice on which Pfitzinger training plan to follow for the Barcelona marathon, with a goal of breaking their personal record of 3h 24m and possibly achieving a sub-3-hour time. They are considering the 18/55 plan for safety due to a lack of base-building time since their ultra, but are also contemplating the 18/70 plan to reach the next level. The author is also seeking advice on modifying the Pfitzinger 55mpw plan to peak at 65mpw on 5 days a week. Another author is seeking advice on whether running long runs too fast will hurt their progress and how to maintain a slower pace during outdoor runs. Another author is planning to increase their weekly mileage to 50 and then start Pfitz 18/55 training for a marathon with a stretch goal time of sub 3:15 and base goal time of sub 3:30. There are also authors seeking advice on recovering from injuries, maximizing training benefits while avoiding overtraining, and modifying Pfitzinger plans for specific circumstances such as finding races on Sundays or running on hilly terrain.
- **Marathon Training Plans.** The Pfitz training plan recommends slower paces for long runs and general aerobic runs to boost volume. The author of the first paragraph seeks confirmation of their reading on pace for their upcoming marathon training, as they have improved their half-marathon time significantly. The second paragraph asks for advice on pacing and pace groups for the New York City Marathon. The author of the third paragraph is experiencing knee pain during the base building period of the Pfitz 18/55 plan and seeks advice on taking time off or running through the pain. The author of the fourth paragraph is unsure whether to continue doing easy runs on rest days during the taper period for the Chicago Marathon or to follow the taper as stated. The author of the fifth paragraph is transitioning to the Pfitz 5k program and seeks advice on perceived effort substitutions without a heart rate monitor. The author of the sixth paragraph seeks advice on modifying the Pfitz 18/70 plan for a half-marathon 12 weeks before the marathon. The writer of the seventh paragraph seeks advice on creating a new 18-week plan or using the 12/70 plan to meet their sub-3 hour marathon goal. The author of the eighth paragraph is unsure whether to run at goal marathon pace or at marathon heart rate for their upcoming marathon pace workout, and also needs to create a caloric deficit for an upcoming party. The author of the ninth paragraph seeks advice on whether to run the 10 mile or 20 mile option for an upcoming tune-up race. The author of the tenth paragraph has recently started using a heart rate monitor and seeks advice on whether improvements come later in the training cycle. The author of the eleventh paragraph is following a hybrid of Pfitz 12/70 and 18/70 and seeks advice on pacing for their upcoming Boston Marathon, aiming for sub-3. The author of the twelfth paragraph seeks advice on pacing for the CIM marathon after making modifications to the Pfitz 18/55 plan, wondering whether to go for 3:15, 3:10 or 3:20.

Brief Summary of Comments

This text offers a range of advice for runners looking to enhance their performance and avoid injury. It emphasizes the importance of recovery, body maintenance, and sufficient sleep to help the body cope with increased mileage while avoiding extreme soreness. The text cautions against relying on ideal or tapered race results and encourages runners to adjust their training plans to match their personal needs, fitness levels, and terrain. To prevent injury, runners are advised to identify and address the source of underlying issues, such as overuse or incorrect form, and to gradually ease into higher mileage plans. They should also be flexible with workout scheduling, listen to their bodies, and adjust training accordingly. The text suggests using pace as a guide for training, but not at the cost of compromising proper form. Runners should also prioritize hitting paces on the workout day and aim for comfortably hard LT effort after a long run. The text emphasizes the importance of patience, consistency, and a positive mindset when training for a race. The following text offers a range of advice for marathon runners. The text suggests that runners start with a comfortable pace and gradually train into a faster pace for best results. They should communicate and compromise with their loved ones to fit in training and look to build duration instead of distance to avoid injury. Speedwork is important for meeting time goals, and beginners need to focus on endurance gains with higher volume. It is essential to focus on run quality rather than adding more mileage, and runners should use HR or training charts to decide on paces. Race readiness can be gained through a 15k or 10k race or a time trial. Runners should eat enough calories and listen to their bodies, dropping out of races if they are injured. They should take time to heal fully before running a marathon and should adjust their schedules to

fit individual needs. Runners should aim to be happy and avoid overthinking or religiously following a plan. Finally, running a marathon at 80% effort can be a good strategy.

Topic Number 9: 8_boston_marathon_qualifying_miles

Topic Introduction

The text discusses various articles and posts related to the Boston Marathon, covering topics such as off-season training, personal goals, logistics, race course difficulty, and COVID-19's impact on marathons. Runners seek guidance and advice on topics such as race-day nutrition, pacing, training plans, injury recovery, and acclimation to weather conditions. They also discuss the fairness of races with a net downhill course and seek opinions on training for ultras while targeting a personal best in marathons. Overall, the text portrays runners as dedicated and eager to participate in the Boston Marathon, willing to seek advice and guidance from experienced runners.

Themes

Boston Marathon preparations Training for Boston Marathon	Boston Marathon Runner Advice Boston Marathon Training	Marathon Running Goals Boston Marathon preparations
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.3415712	0.6584288	0.4369867	0.5630133

Summaries of Submissions

- **Boston Marathon preparations.** Various articles discuss the Boston Marathon, including the off-season training of runner Eliud Kipchoge, discussions on training and personal goals, logistics of the race, cancellation of other marathons due to COVID-19, expected weather, and the race course's difficulty. Some articles provide personal experiences of runners participating in the Boston Marathon, while others discuss how the Boston Athletic Association is handling the event, such as changes to entry fees and the use of rolling starts.
- **Boston Marathon Runner Advice.** These are various posts on a forum about the Boston Marathon. The posts cover topics such as seeking advice on training and pacing, sharing experiences of running the marathon, planning meetups during the marathon, and seeking advice on logistics for the race day. One runner shares their experience of finishing the marathon despite a knee injury. Another runner seeks advice on whether to aim for a 6:55 or 6:50 pace. A first-time marathon runner seeks advice on how to qualify for the Boston Marathon, while others seek logistical advice for the race day. Others share their experiences of running different marathons and detail their training and preparation plans.
- **Marathon Running Goals.** This article contains summaries of various posts related to the Boston Marathon. One post discusses the possibility of a lower qualifying time due to the limited number of spring races. Another post describes the author's experience running the Vermont City Marathon and struggling in the last ten miles. Some posts offer advice on training and pacing for the Boston Marathon, while others detail the author's training for other races. One post shares predictions for the number of rejected applicants for the 2017 Boston Marathon. Another post shares an article about

making the most of marathoning, even without qualifying for Boston. Finally, a post discusses the Baystate Marathon and the author's experience achieving their goals at the race.

- **Training for Boston Marathon.** A variety of runners are seeking advice and tips related to the Boston Marathon. Some are seeking advice related to training, aiming to improve their personal best times or qualify for future marathons. Others are seeking advice on logistics, including lodging and transportation. Many are seeking advice on race-day and pre-race nutrition, as well as training for the hilly course. Some have experienced setbacks or injuries during their training, while others have faced challenges related to the weather or their personal lives. Despite these challenges, all are eager to participate in the iconic event and are seeking advice and guidance from experienced runners.
- **Boston Marathon Training.** Various runners share their concerns, plans, and seek advice on topics related to marathon training, racing, and qualifying for the Boston Marathon. They include topics such as preparing for a sub-3 marathon in Boston, recommendations for training routes and running stores in Hollywood, predicting Boston Qualifying cutoff times, choosing running shoes for Boston Marathon, running multiple major races in the same season, and tips on running in hot and humid conditions. The runners also seek guidance on training plans, injury recovery, race pace, and acclimation to weather conditions. Some express doubts about the fairness of races with a net downhill course and seek opinions on training for ultras while targeting a PR in marathons.

Brief Summary of Comments

The text contains several pieces of advice related to marathon training and racing. Firstly, it is suggested that runners increase their mileage and follow a 12-18 week training plan for a marathon, and gradually up their weekly mileage to drop weight and improve their time for a Boston Qualifier. Additionally, runners should find a high-mileage plan and make time to get the miles in, adjust paces using a heat index pace calculator, and focus on easy pace runs for most of their miles to avoid injuries. To avoid overtraining and potential injuries, runners are advised to not take prideful risks and to be cautious about breaking family rules. Other tips include booking a place that offers full refunds and upgrading later if a better option comes along, not putting too much pressure on oneself and taking time off to mentally recharge after a bad race, practicing hydrating and fueling on long runs, joining a running club for coaching and to meet other runners, and considering a race like the New Bedford Half as a fast race to use for Boston preparation. It is also suggested that runners abstain from caffeine prior to a marathon, start early and aim for 10 seconds slower than goal MP when running outside, and rotate shoes and occasionally try trail runs to prevent injury. Recovery after a marathon is important, and runners should consider qualifying for Boston a great achievement even if the result isn't the desired time. Finally, good conversations with other runners make for a great race experience. The given text contains various pieces of advice about running and racing. The first three do not offer any advice, but the fourth advice entails reflecting on training and race strategy for future races, considering BQ cutoff times. The fifth advice is about being prepared for a hot climate, using sunscreen, bringing a towel, wearing cheap clothes, holding out hat for ice, and being aware of water stops. In the seventh advice, runners are advised to lower their long run length before a 10K race to increase the intensity of speed workouts. The eighth advice recommends two workouts for 5K/10K races, with one slower and one at 10K pace or faster. Finally, the tenth advice recommends running on a treadmill to have peace of mind and comfort while pacing during hot weather. In summary, the given text provides various practical and concrete pieces of advice that can help runners prepare for their races, including reflecting on their training and race strategies, being prepared for the weather, modifying their training regimen to suit their race distance, and training on a treadmill for comfort and pacing.

Topic Number 10: 9_knee_pain_injury_surgery

Topic Introduction

These texts all discuss various injuries and pain experienced by runners, seeking advice and information on how to treat and recover from them. Injuries include patellar tendonitis, IT band syndrome, labral tears,

hypermobility syndrome, and quad tendonitis, to name a few. The authors seek advice on treatments, such as physical therapy and stretching, and tips on how to safely return to running after surgery or time off. The overarching theme is a desire for information and support from others who have experienced similar injuries.

Themes

Running injuries and treatments Running with Knee Pain	Common Running Injuries Running injuries and seeking advice.	Knee Pain and Injuries Running injuries and treatments
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.1589111	0.8410889	0.2912169	0.7087831

Summaries of Submissions

- **Running injuries and treatments.** The posts on a running forum cover various issues related to injuries and pain. One user recovered from patellar tendonitis but feels knee pain after 5 miles and wants to know how elite athletes train their muscles to avoid knee pain during marathons. Another user is waiting for the MRI results after getting injured during yoga and is seeking success stories for returning to running after meniscus surgery. The connection between hip strength and injury prevention in runners is under debate, and a physiotherapist suggests checking for stiffness in ankle, hip, and low back to avoid musculoskeletal problems. A runner experienced knee pain and wonders if it's due to poor technique or a beginner's issue on hard surfaces. Another article discusses the history and treatment of ITB syndrome, and a runner discovered relief from knee pain by using zero drop shoes. Other posts share experiences with long-term knee injuries and labral tear, seeking advice on medical professionals and treatments.
- **Common Running Injuries.** These are various personal experiences and requests for advice regarding running injuries. They range from knee pain caused by inflammation and misalignment to hip pain, IT band syndrome, and conditions like osteitis pubis, labral tear, and fibromyalgia. The authors are seeking advice and success stories from others who have experienced similar problems, including tips on stretches, exercises, and physical therapy. Some have been unable to run for long periods of time and are seeking ways to cope mentally, while others are considering surgical options. Common solutions include strengthening exercises, stretching, foam rolling, and avoiding hard foam rolling. The authors range from high school runners to those in their 50s and 60s, with a mix of genders.
- **Knee Pain and Injuries.** The author discusses various injuries and issues they and others have experienced while running, seeking advice and tips from the community. These include natural hyper-extension in the knees, IT band issues, imbalanced hips, sports hernia, labral tears, knee pain after a 50k, disc thinning, ITBS, hamstring tendonitis, patella tendinitis, patella tracking disorder, and a possible meniscus tear. The authors seek advice on recovery, managing pain, preventative measures, recovery from surgery, and best practices for returning to running after an injury. They also share their personal experiences and treatments they have tried, including physical therapy, strength training, Pilates, rolling, and targeted exercises.
- **Running with Knee Pain.** There are multiple posts seeking advice for various running injuries. One writer has been diagnosed with patellar tendonitis and seeks advice on how to rehabilitate while continuing to exercise. Another writer suspects piriformis syndrome and wants advice on how to

alleviate pain while running. One writer is considering a corticosteroid shot for patella femoral pain before a race. Other injuries include groin and hip pain, labral tears, hypermobility syndrome, and a tear in the iliopsoas and gluteus medius. Writers seek advice on how to rehabilitate and whether to pursue surgery or physiotherapy. One writer seeks advice on how to continue training for a half marathon despite knee pain, while others want tips on managing knee discomfort.

- **Running injuries and seeking advice..** The texts all pertain to various running-related injuries and seek advice or information on treatment options. Common injuries include quad tendonitis, labral tears, IT band syndrome, groin pain, and knee pain. Some runners are seeking advice on returning to running after surgery or taking time off, while others are struggling to find a diagnosis or effective treatment for their injury. Many have tried physical therapy or other remedies, such as foam rolling or cortisone shots, with mixed success. Overall, the authors are seeking advice from others who have experienced similar injuries and are looking for information on how to safely and effectively heal and return to running.

Brief Summary of Comments

The advice given in this text revolves around preventing and addressing running injuries. It is crucial to find the cause of pain rather than just treating the symptoms, and seeking professional help for targeted assessment and interventions. Gradually increasing distance when building up mileage and focusing on strengthening weak muscles, such as glutes, are other key tips. It's also essential to seek a proper clinical diagnosis rather than relying solely on an MRI and considering surgery if necessary. Additionally, low-impact cross-training exercises like cycling, swimming, rowing, and walking are good for maintaining conditioning, especially during injury recovery periods. Resting and sleeping properly is essential for healing and growth, and stretching, while helpful, should not be pushed excessively. Different solutions like dry needling and using an ITB strap may also help alleviate pain for hard-to-access muscles and IT band issues. Finally, incorporating hip strengthening exercises and correcting running form while being patient with physical therapy are crucial in alleviating patellar tendonitis and muscle tightness issues. The advice given in the text is related to injury prevention and recovery for runners. The first advice is to provide more details about the pain to ascertain the root cause. The article also notes that steroid shots are only useful for arthritis. It is advised that runners take time to strengthen and stretch muscles and focus on form changes. The suggestion is to consider seeing a doctor and PT for a month to help with massaging, stretching, and correct exercises. Additionally, the glutes and core should be mobilized by doing the pigeon pose (yoga) on the floor and standing. If one can't find the source of the problem, it is suggested to see a movement correction specialist. Furthermore, runners can work with a running coach to work on their mechanics and exercises for a quicker recovery. After taking time to recover, runners should start back slowly with walking, jogging, bodyweight exercises, and build up gradually. It is also essential to listen to the PT regarding strength or muscle imbalance issues. Finally, as cross-training can be useful in maintaining and improving fitness levels, even during injury, the article suggests that runners keep working on strengthening problem areas to prevent future injuries.

Topic Number 11: 10_olympic_games_medal_olympics

Topic Introduction

This compilation of running news provides coverage on a broad range of topics, including world records, legendary athletes, and controversial figures, as well as new products in the running shoe market. The athletes discussed include Mo Farah, Kilian Jornet, Steve Prefontaine, and Jemima Sumgong. Additionally, the article describes an "Ask Me Anything" event with Lanni Marchant and Puma's re-entry into the running shoe market. The stories presented emphasize the accomplishments, controversies, and legacy of various athletes and brands in the world of distance running.

Themes

Running Legends and Achievements.	Ethiopian and Kenyan Dominance in Distance Running	Running Legends and Achievements.
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.6601253	0.3398747	0.4746495	0.5253505

Summaries of Submissions

- **Running Legends and Achievements..** This compilation of running news covers a range of topics including new world records, legends of the sport, controversial figures, and new products. Keira D’Amato, Mo Farah, Kilian Jornet, Frank Bozanich, Mo Ahmed, Steve Prefontaine, Yiannis Kouros, Paul McMullen, Sebastian Coe, Ed Whitlock, and Jemima Sumgong are some of the figures discussed. There is also talk of an “Ask Me Anything” event with Lanni Marchant, as well as Puma’s re-entry into the running shoe market. Overall, the stories highlight the achievements, controversies, and legacy of various athletes and brands in the running world.
- **Ethiopian and Kenyan Dominance in Distance Running.** This collection of short paragraphs covers a wide range of topics related to distance running, including notable races, athletes, and events. The 1960 Rome Olympic Marathon is discussed, with a focus on the surprise victory of Ethiopian runner Abebe Bikila. Other race results are also covered, including the Boston and New York City marathons. The dominance of Kenyan and Ethiopian runners is explored, as is the decline of male Ethiopian track athletes in recent years. The success of American female marathoners is contrasted with the lack of noteworthy male runners since the retirement of Meb and Ryan Hall. The paragraph on Quincy Watts focuses on his achievements at the 1992 Olympics, while the section on Katelyn Tuohy and other high school runners highlights some of the top young talent in the sport. Finally, the inspirational story of Sara Vaughn is briefly discussed.

Brief Summary of Comments

The given texts provide various advice on different aspects of running, such as training, motivation, doping, records, equipment, and racing. Some recurring themes include the importance of community, teamwork, and overall health in coaching athletes; the need for transparency, standards, and anti-doping enforcement in records and achievements; the significance of shoes, nutrition, and recovery in performance; and the impact of culture, history, and poverty on running. Specific recommendations range from showing gratitude and support for elite athletes and avoiding doping to using handoff zones strategically in relay races and reading “The Sports Gene” by David Epstein for insights on athletic performance. Some comments also discuss individual runners and their achievements, such as Kouros, Ed Whitlock, Grant Fisher, and Joanie Benoit Samuelson, and offer critiques and goals for them. The texts reflect the diversity and complexity of the running community and provide a glimpse into the passion, dedication, and challenges of running.

Topic Number 12: 11_mileage_training_weekly_mpw

Topic Introduction

This text is a collection of posts covering various topics related to running and training. The authors seek advice and suggestions on maintaining weekly mileage, incorporating speed workouts, and increasing mileage while avoiding injury. There is also discussion on plans for covering distance and quality workouts, building a base before a marathon, and concerns about inconsistent weekly mileage. The articles provide a wealth of information and perspectives on running and training for runners of all levels, including advice on interval training, measuring fitness, and strategies for incorporating intervals into training.

Themes

Mileage Increase and Training Techniques	Improving Running Performance.	Training Plans and Mileage Increase
Training for Marathon	Mileage Increase and Training Techniques	Improving Running Performance.

Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.1913181	0.8086819	0.3413271	0.6586729

Summaries of Submissions

- **Mileage Increase and Training Techniques.** The author suggests that measuring training volume in terms of time spent running may be more effective than using miles per week. They welcome feedback on this idea. A runner training alone who wants to improve speed and endurance over multiple distances should structure their year-round training plan to incorporate a variety of distances. A 20-year-old male is seeking advice on how to divide his weekly mileage to build an aerobic base for his goal of breaking 17 minutes in the 5k. The writer disagrees with those who frame tapers negatively and asks if anyone else finds the taper experience similarly rewarding. The author is seeking advice on increasing their weekly mileage safely. It is important to run 80% of your miles at a slow pace to strengthen your aerobic capacity. The author questions the effectiveness of running long distances of over 2.5-3 hours for marathon training and seeks opinions on breaking up long runs into back-to-back moderate distances. The author wishes to increase their weekly running mileage to enhance their aerobic foundation and improve their 5k and 10k times. The author is curious about the effects of 100+ mile weeks on the body and whether or not it leads to big PRs or injuries.
- **Improving Running Performance..** This text is a collection of various topics related to running and training. One topic is focused on easy runs and their benefits for aerobic fitness, while another is about increasing weekly mileage for training. Another topic discusses the impact of base building on lactate threshold pace, and how to safely reach peak mileage within a 12-week training cycle. Other topics include adding more training to a current mileage, maintaining a consistent level of training, and how to improve 5k times through increased mileage. Other discussions include running on trails instead of roads, whether short intervals are beneficial for longer races, and how to track training by mileage or time. The text covers a range of topics, and each has its own set of considerations and suggestions.

- **Training Plans and Mileage Increase.** The collection of posts revolves around various topics related to running and training, seeking advice and suggestions from experienced runners. The topics range from maintaining weekly mileage, incorporating speed workouts, increasing mileage, determining the best split between two running sessions, efficient training for a mile race, returning to running after a break, balancing strength training and running, and strategies for down weeks. The authors provide details about their current routines and set specific goals, seeking insight on the most effective ways to reach their targets without risking injury. There is also discussion on plans for covering distance and quality workouts, building a base before a marathon, and concerns about inconsistent weekly mileage.
- **Training for Marathon.** The articles cover a range of topics related to running and training. Interval training is discussed in several articles, with advice on optimal intervals, how to measure fitness, and different methods for incorporating intervals into training. Other articles focus on training plans for specific races or distances, as well as strategies for increasing mileage without risking injury. Some authors share personal experiences and seek advice from the running community on how to improve their training or address specific issues like knee problems or plateauing. Overall, the articles provide a wealth of information and perspectives on running and training for runners of all levels.

Brief Summary of Comments

The advice given in the texts revolves around effective training strategies for runners. Some key tips include scaling back long runs to suit weekly mileage, employing down weeks for recovery, running with a group for increased enjoyment and consistency, focusing on time in pace zone rather than mileage, gradually increasing mileage instead of following the 10% rule, and using intervals and tempo runs to build strength and endurance. The importance of good biomechanics is also emphasized to prevent injury and improve performance.

Other key tips for effective training include prioritizing easy miles, rotating the long run at different efforts for well-rounded fitness, maintaining a certain volume of mileage while focusing on workouts and recovery, and getting plenty of rest and sleep. It's also recommended to follow a specific training plan, like the Lydiard style plan, and try different training strategies to find what works best for one's body. Polarized training with a focus on low intensity mixed with some high intensity training can be effective, and gradual increases in mileage are more sustainable in the long term. Finally, runners should focus on aerobic training for long-term success in competition and avoid overtraining by taking regular down time. The article provides a series of tips for runners looking to increase their mileage. Firstly, runners are encouraged not to be too conservative in their approach and to identify specific running goals before adjusting their training accordingly. It is recommended to hold a base level of mileage year-round and only increase intensity and volume for certain periods of time. Runners should not increase intensity and volume at the same time, and they should increase mileage linearly with set goals every few months. Incorporating doubles can be advantageous, but it depends on the individual and training program, and it's essential to listen to others' advice on adjusting long run distance to focus on maximizing weekly mileage. The article recommends using time-based running, which can allow for more variety in routes and be a more accurate gauge of wear and tear. When setting pace for easy runs, priority should be given to individual fitness rather than time or mileage, and more speed work should be incorporated in training to keep things fun. Finally, the article states that it's up to runners to decide how to fit in prescribed mileage, whether it be in the morning, splitting it up, or cutting it short, and to prioritize sleep, healthy eating, stretching, and mental mentality.

Topic Number 13: 12_foot_ankle_plantar_doctor

Topic Introduction

The text covers various injuries and conditions experienced by runners, including well-known ones such as Morton's neuroma and plantar fasciitis, as well as less common ones such as skew foot and leg length discrepancy. Runners seek advice from other experienced runners or medical professionals to help treat their

injuries, and employ various treatments to relieve pain and restore mobility. The text discusses individuals seeking advice on their running-related foot injuries and conditions, wanting to maintain their fitness and looking for guidance on how to fix or manage their conditions. It also covers authors experiencing pain and stiffness in their Achilles tendons, a mild soleus strain, tendinitis in the flexor tendon, chronic issues on one side of their body, and multiple injuries in their right foot.

Themes

Foot pain and injuries Running Injuries Seeking Help	Achilles Tendon Issues. Foot pain and injuries	Dealing with Foot Injuries Achilles Tendon Issues.
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.1783142	0.8216858	0.3031219	0.6968781

Summaries of Submissions

- **Foot pain and injuries.** The collection of texts covers a variety of injuries and conditions experienced by runners. Some, such as Morton’s neuroma, peroneal or Achilles tendonitis, and plantar fasciitis, are well-known and often experienced by runners due to overuse or other factors. Other injuries, such as skew foot or leg length discrepancy, may be less common or not immediately obvious. Many runners seek advice from other experienced runners or medical professionals to help treat their injuries, and various treatments such as rest, stretching, strengthening exercises, orthotics, injections, and various types of therapy are employed to relieve pain and restore mobility. Running-related injuries can be frustrating and can greatly affect a runner’s identity and motivation, but many runners seek out advice and support from others to help them cope and recover.
- **Achilles Tendon Issues..** Various individuals seek advice on their running-related foot injuries and conditions. These include experiencing metatarsalgia, Morton’s neuroma, peroneal tendonitis, extensor tendonitis, plantar fasciitis, damaged heel fat pads, constant discomfort and pain in the foot, overpronation, crepitus, Achilles tendinitis, and achilles tendinopathy. Most are seeking advice on how to treat or cope with their condition and maintain their running fitness, while others are wondering if they should rest or continue running through the pain. Many have already taken steps such as strength exercises, stretching, and icing, while others are considering trying newer therapies such as shockwave therapy. They are looking for advice from a wider community on how to fix or manage their conditions.
- **Dealing with Foot Injuries.** This article contains several different runners seeking advice for their injuries and recovery. Some of the issues include Achilles tendinitis, heel pain, top of foot pain, ankle sprains, and arch pain. The runners have tried various treatments and are looking for suggestions on how to heal and get back to running. They seek advice on whether to continue running or take time off, what kind of cross-training to do, and how to prevent further injuries. Many are concerned about missing upcoming races or affecting their training for the season. They all hope to find a solution that will allow them to continue their love for running while staying injury-free.
- **Running Injuries Seeking Help.** This article discusses various injuries and concerns related to running and seeks advice from others. One author experienced stiffness and pain in both Achilles tendons after increasing their mileage and attempted self-treatment methods. Another author has a mild soleus strain and is looking for rehab exercises. One author has been immobilized due to tendinitis

in the flexor tendon and is concerned about their ability to run again. Another author is experiencing chronic issues on the right side of their body and wonders if there is an underlying issue. Lastly, a patient has had multiple injuries in their right foot but has been unable to see a doctor due to COVID-19 restrictions. They are finally able to see a doctor and seek help for their tight calves.

Brief Summary of Comments

The advice given for dealing with running injuries includes seeking the help of a healthcare professional or physical therapist for assessment and strengthening exercises, avoiding overuse and compensating for weak muscles or tendons. Additionally, recommendations include active recovery techniques such as eccentric heel drops and trigger point therapy, trying different shoes with higher drop and stability features, stretching and foam rolling regularly, and warming up thoroughly before running. Rest, ice, heat, and foam rolling are important for recovery while avoiding running on injuries. Strengthening hips, glutes, and specific muscles related to the injury is also recommended. For specific injuries such as Achilles or extensor tendonitis, rest and avoiding running until healed is advised. Weighted single leg calf raises, 15 heel drops on steps, and eccentric heel drops are suggested for Achilles injuries. Stretching with knee bent and straight can be used to test for soleus strains. Heavy squats, heavy deadlifts, and CBD can also be helpful for Achilles injuries. Finally, calf night splints can be worn while sleeping to stretch tendons for plantar fasciitis and Achilles issues. The advice given in the text is focused on preventing and treating foot and ankle injuries in runners. Firstly, it is advised to avoid doing deep stretches every day, especially for hamstrings. Instead, it is suggested to incorporate different types of foam, stack height, heel-drop in shoe rotation and run on different surfaces which can offer varying elevation profiles. The use of swimming is also recommended for ankle stretching and strengthening. Secondly, it is important to focus on strengthening the posterior tibial tendon to avoid tendinitis and perform raises/drops daily for Achilles/heel pain. Thirdly, strength and conditioning exercises like MYRTL routine can help with IT issues and hip strengthening. Fourthly, it is suggested to adjust calf stretches to avoid stretching both calf and plantar fascia. Custom inserts are important for individuals with high arches and supinate and normal shoes can be used as well. Lastly, it is advised to seek out professionals specifically for sports medicine as they have expertise in treating these types of injuries. Some exercises were suggested for Achilles tendinopathies and the PT student requested for more detailed information on the prescribed exercises. Overall, patience is key when dealing with injuries and one should focus on building strength while avoiding over-stretching.

Topic Number 14: 13_favorite_accomplishment_proudest_things

Topic Introduction

This text discusses the weekly interviews featuring members of the AdvancedRunning subreddit, along with their personal running histories, achievements, and interests outside of running. The interviews touch on topics such as favorite shoes and weather conditions, specific training plans, and goals for improving personal bests in different race categories. The subreddit also highlights trail running feats, cross-country records, and book clubs. In addition, the post touches on a graduate student-led research project on increasing visibility during low-light hours, and a survey regarding the relationship between cannabis use and athletic performance in the running community.

Themes

User Running Journeys Running stories and goals.	Interviews with Runners User Running Journeys	Individual running journeys. Interviews with Runners
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.5228712	0.4771288	0.4923981	0.5076019

Summaries of Submissions

- **User Running Journeys.** This post features several interviews with members of the /r/AdvancedRunning community, where they discuss their running history, personal bests, favorite shoes and weather, and goals. They also share their interests outside of running, which include cooking, traveling, and playing video games. Many of them follow specific training plans and aim to achieve new PRs in various race distances. Additionally, the post highlights a trail running legend's unsupported FKT of the Wonderland trail, a cross country runner breaking a record, and an AR book club being revived. The interviews provide insight into the running journeys of different individuals and their unique experiences with the sport.
- **Interviews with Runners.** The Advanced Running subreddit has been featuring interviews with members of their community, learning about their backgrounds, personal records, and goals, as well as their interests outside of running. Many enjoy reading, movies, and music, while others have an affinity for craft beer, cooking or playing games. The members share their favorite shoes to train or race in and the weather conditions they prefer. Upcoming races and goals are also discussed, with many aiming to improve their personal records and qualify for prestigious marathons. The subreddit features a book club, as well as discussions on topics ranging from gear reviews to training tips. The members are encouraged to participate in the forums and to get involved with the community.
- **Individual running journeys..** The Reddit running community features different runners each week for their community interview thread. This week features various runners, including bigdutch10 who started running seriously last summer and loves Kinvaras shoes. Another runner, Craigster38, began running for vain reasons, wanting to look great for his wedding. A runner known as punkrock_runner achieved his personal bests in his earlier races and now enjoys conservation and XC skiing. A graduate student group is conducting research on increasing the visibility of people active in low light. Finally, a moderator of the community shares his personal experience of falling in love with running and training for the New York City Marathon with a goal of 3:10.
- **Running stories and goals..** This week's community interview on r/AdvancedRunning features different runners sharing their running journey, PRs, upcoming races, and goals for the year. The posts also include announcements for joining a Strava group, adding to a mileage tracker, and following AR on Twitter. The topics of discussion range from running in groups versus alone, farthest distance run indoors or on a treadmill, memorable races, and thoughts on Ryan Hall's retirement. Another post discusses how a runner ran 100 miles in a week to thank their first 100 YouTube subscribers and inspire others to pursue meaningful goals. Additionally, a survey is being conducted to understand the intersection between cannabis use and athletic performance in the running community.

Brief Summary of Comments

The text provides advice on various aspects of running, from training strategies to recovery and performance improvement. Different comments suggest focusing on consistent data collection to link running performance to cannabis use, incorporating weightlifting into training, and following the neck/chest rule to prevent illness while running. Other tips include pushing through bad times, listening to the body and planning recovery days, enjoying running in all weather conditions, not over-scheduling races, and using evidence-based training plans to simplify one's approach. The advice also covers the benefits of joining a running group, having hard

evidence of goal paces, participating in alternative cross-training activities, recovering between races and not over-racing, volunteering at local races, and stretching for injury prevention. Suggestions for improving mental preparation include building up confidence with speed workouts and focusing on simplicity throughout the training journey. Overall, the advice emphasizes the importance of consistency, perseverance, and paying attention to the body's signals for recovery and improvement. The advice given in this text is not consistent, as it consists of five different points with varying levels of specificity. The first point gives no advice at all, while the second suggests wearing sunscreen when running. The third point predicts that shoe companies will continue to make changes that upset consumers, but does not provide any advice on how to deal with this. The fourth point acknowledges the author's lack of expertise in designing, and as such, does not offer any advice in this area. The fifth point advises readers to practice healthy habits and suggests considering participating in a marathon in the future. It also recommends purchasing running technology, such as a heart rate monitor or Garmin 220 watch, to help prevent injuries. Mental strength is also highlighted as important for physical conditioning, with advice to be cautious of injury and work on issues such as hip/IT band tightness. Overall, the advice given is somewhat disjointed and lacks a cohesive theme, but emphasizes the importance of taking care of oneself while running.

Topic Number 15: 14_exercises_routine_deadlift_squats

Topic Introduction

The text explores various aspects of incorporating strength training into running routines. It includes individuals seeking advice on creating structured programs that incorporate stability, strength, and plyometrics, and shares routines suggested by various authors. Other topics covered include balancing lifting and running, muscle recovery, and the importance of PT work and general athleticism training. COVID-19 lockdowns have also impacted training, with some individuals seeking advice on minimizing fitness loss while at home without access to equipment. The selected Reddit posts demonstrate a range of perspectives and goals related to combining running and strength training. Finally, the writer seeks advice on the impact of resistance training on weight loss while running over 50 miles per week and wants to hire an online coach to create a 3-month weightlifting program for running.

Themes

Lifting for Running Call center challenges.	Running and Strength Training Lifting for Running	Running and Strength Training Running and Strength Training
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.268014	0.731986	0.4309022	0.5690978

Summaries of Submissions

- **Lifting for Running.** The text contains several individuals seeking advice on how to incorporate strength training into their running routines. One writer is looking for tips on how to structure a program that includes stability, strength, and plyometrics, while another seeks recommendations on books or videos for guidance. Several authors share their own routines, including a manageable and worthwhile routine suggested by writer Brad Stulberg, Irish distance runner Stephen Scullion's

program, and a weightlifting program used successfully by the writer. Other topics covered include balancing lifting and running, muscle recovery while balancing running and weightlifting, and the importance of PT work and general athleticism training. The text also includes discussions on the benefits of strength training, the importance of distinguishing actual guidelines from “bro-advice”, and the importance of incorporating core work and strengthening sessions.

- **Running and Strength Training.** A variety of runners and athletes are seeking advice on how to incorporate strength training into their routines to improve their overall health and performance. They range from a female marathon runner seeking advice on powerlifting PRs and female-specific marathon PRs, to a runner in their late 30s seeking critique on their strength and mobility plan, to a gym-goer seeking advice on getting back into a workout routine. The exercises and routines desired range from specific weight training exercises to bodyweight workouts, and individuals have access to different gym equipment and tools such as free weights, resistance bands, and mat space. Other topics include how to structure a weight training routine while balancing running, the benefits and drawbacks of pre-fatiguing runs through hybrid training, and modifying lifting programs to complement running goals. COVID-19 lockdowns have also impacted training, with some individuals seeking advice on minimizing fitness loss while at home without access to equipment.
- **Running and Strength Training.** The selected Reddit posts explore a variety of topics related to combining running and strength training, seeking advice on exercise plans, and improving overall fitness. Some users seek advice on how to maintain aerobic gains while focusing on strength training, while others are seeking more comprehensive strength training plans. A few users are looking for specific advice, such as the best deadlift variation for endurance running or incorporating strength training during marathon training. Other users have asked for advice on bodyweight exercises, weightlifting programs, or how to target specific muscle groups. Some users are seeking general advice on balancing strength training with running, while others seek advice on how to improve their speed or stamina. Overall, the posts demonstrate a range of perspectives and goals related to combining running and strength training.
- **Call center challenges..** The writer is wondering about the impact of consistent resistance training on weight when combined with running over 50 miles per week. They have noticed a lack of weight loss compared to previous routines without resistance training and want to know others’ experiences. Additionally, they are curious about adjusting resistance training during different periods of the season or before a race. The writer wants to hire a coach to create a 3-month weightlifting program for running, including finding their 1RM and having a week-to-week Excel sheet for adjusting weights. They are seeking online coach options.

Brief Summary of Comments

The advice given in the text revolves around combining running and strength training while avoiding the risk of injuries. One of the most important factors in avoiding injuries is consistency and support for running. It is suggested to schedule strength training after hard running days and not to lift with too much intensity that affects running sessions. Sleeping is crucial for recovery, and work flexibility and core strength should also be a priority. Seeking a strength and conditioning coach for personalized routines and incorporating foundational work is essential. Glute and core work should be given priority, and workouts should be scheduled on easy days. It is recommended to prioritize rest and recovery.

The advice also includes focusing on compound lifts in the lower rep range while incorporating easy runs into training. It suggests activating glutes and core muscles, high-rep bodyweight exercises, and limiting strength training during seasons. Building up mileage slowly over time and allowing time for the body to adapt to increased stress are also important factors in preventing injuries. Additionally, single leg exercises, weighted calf raises on a step, and varying weight amount and reps, sets, recovery time in between are suggested. The text gives multiple pieces of advice for individuals who want to improve their running ability through strength training. Firstly, a running plan should be followed to maximize running performance; simply walking uphill will only improve walking uphill. While bodyweight and kettlebell exercises can be effective,

significant muscle gains may not occur unless done consistently for long periods. Deadlifts are recommended to target the posterior chain for better running performance, while pull-up bars, dumbbells, and various squat variations are suggested for arm and leg strength. Lower body power can be developed through TRX and plyometric exercises when heavy weights are not accessible. Lifting should be incorporated into easy days, allowing for proper recovery before the next running session. It is important for strength training to complement running and not interfere during the season. The advice provided in the 531 lifting program by Jim Wendler is worth considering. Finally, gradual improvement is crucial, meaning starting small and steadily increasing efforts.

Topic Number 16: 15_athletes_mental_survey_study

Topic Introduction

This text provides a summary of a variety of articles and posts related to running, covering topics such as overcoming mental barriers during races, training principles, the importance of resilience, incorporating small improvements, coaching and parenting young runners, and transitioning to masters running. Some authors seek advice on mental struggles and lack of motivation, while others seek feedback on upcoming apps or wearable training devices. Tips for improving running ability include competing at one's best and learning from successes and failures.

Themes

Running mindsets and strategies.	Running and Training Tips	Running Challenges and Advice.
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.3654043	0.6345957	0.4938588	0.5061412

Summaries of Submissions

- **Running mindsets and strategies..** A variety of articles and posts related to running are summarized in this text. One introduces an app called Rungen, which helps users find new routes for their runs. Another suggests strategies to overcome mental barriers during a race. Others explore training principles and provide recommendations for books on the mental side of training and racing. One author discusses their disappointment with their recent performance but emphasizes the importance of resilience in distance running. Another article discusses the potential benefits of incorporating small improvements in multiple areas to maximize one's potential. Additionally, some posts address issues related to coaching and parenting young runners. Finally, an article suggests that while overthinking training can be counterproductive, transitioning to masters running may require a more structured approach.
- **Running and Training Tips.** Various topics related to running and endurance athletics are discussed in a series of summaries. These include the "Harvey Dent point," where an athlete's training exceeds their ability to recover and they must shift their approach, the benefits and drawbacks of anger and flow as psychological states during exercise, the recommendation of the book "Daniel's Running Formula" for creating effective training plans, and the development of a privacy-centered running app. Other topics

include coping with race anxiety, alternatives to running for those facing physical limitations or injury, mental blocks to training, defining and combating fatigue, and seeking advice on training plans and workouts. Finally, there is a discussion of the documentary “Meru,” which applies climbing attitudes to running and athletics, and an invitation to participate in a research survey on the psychological aspects of endurance performance.

- **Running Challenges and Advice..** The author is unsure of their running specialty and whether they are more suited to the 800 or 1600. They seek advice on how to overcome mental struggles and lack of confidence during races to perform at their best. Another author is seeking feedback on an upcoming app designed to improve running routines. A distance runner experienced extreme tightness in their arm and back during a 14k trail race, seeking advice on how to relax before the start line. An 18-year-old runner is struggling with a lack of motivation and discipline and seeks advice on how to deal with mental burnout. Another author experienced anxiety during marathons and seeks a solution. An author is creating a wearable training device for long-distance running and is gathering data through a survey. Canicross runners are questioning the fairness of claiming Strava segments while being pulled by their dogs, raising the question of proper protocol. Tips for improving one’s running ability include competing at one’s best, emptying their tank on race day, finding new motivation, and learning from successes and failures.

Brief Summary of Comments

The advice in the text can be summarized as follows: focus on enjoyment and conversation rather than coaching when trying to encourage a child’s running; use Strava according to your own needs, balancing analysis with running by feel; train consistently towards your goals and incorporate Fartlek workouts to understand the importance of easy pace; focus on the goal of the run and have fun with running; consider getting a coach and finding personal mantras to keep you motivated. Additionally, commenters suggest pushing yourself to your limit, using mental strategies, being careful not to push young children too hard, avoiding the comparison trap on social media, and planning race efforts strategically. Other advice includes having specific goals for recovery runs and not running too fast on easy days, respecting the work you put in and letting the fitness build. The focus should be on consistency, stringing together months of solid work, and balancing recovery through training loads and resting HR data. Enjoying the simplicity of running and sharing a bond over a common love are also important, as is listening to your body and taking breaks when necessary. The text provides a range of advice for runners looking to improve their performance and overall enjoyment of running. Some programs, including Jack Daniels and VDOT, are recommended, as is Joe Rubio’s program for its structure. Different terminology is used in different programs, but the key is to find a program that works for your needs. Strava is touted as a helpful platform for checking workouts, but it should not influence your training. Increasing volume and managing effort, as well as incorporating drills and bodyweight exercises, are important for balance and mechanics. Failure to achieve a run goal is not a bad thing, as long as you acknowledge it, figure out why it happened, and do better next time. Finding a club or competition can fuel enthusiasm for running, and running with a friend can also help motivate you. Overall, the advice is to find what works for you, set realistic goals, listen to your body, and maintain control over your diet, sleep, schedule, and pace.

Topic Number 17: 16_race_line_mile_finish

Topic Introduction

This collection of Reddit posts covers personal experiences, advice, opinions, and humorous events related to running, including encountering obstacles during races, discussing track etiquette and COVID-19 race cancellations, and being attacked by seagulls while running. The posts contain inquiries about spikes for a 5K race, music during a marathon, and training recommendations for relay races, as well as descriptions of successful and frustrating race experiences, including the City of Oaks marathon and the Hood to Coast race.

Themes

Unexpected Running Encounters	Race Reports and Experiences	Race experiences and planning.
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.4032931	0.5967069	0.3857326	0.6142674

Summaries of Submissions

- **Unexpected Running Encounters.** This collection of Reddit posts covers a variety of topics related to running. Some posts share personal experiences, such as encountering obstacles during a race or being attacked by seagulls while running. Others offer advice or opinions on topics such as track etiquette or cancelling races during the COVID-19 pandemic. Some posts discuss humorous or unusual events, such as a runner being pelted with a can of Chef Boyardee ravioli during a run or a high school team creating their own version of the beer mile using chocolate milk.
- **Race Reports and Experiences.** The author shares their experience running a 5K race in Marblehead, MA, two years after their first race there. Despite hotter weather and lessened training, they managed to break the course record with a time of 17:45, but slower than their personal record. They also share their experience of participating in the Flotrack Beer Mile World Championships while drunk and how they struggled with the chugging beer element of the race. Another author reports on their experience running the CrazyLegs 8K race in Madison, Wisconsin, despite not having an ideal preparation. The City of Oaks marathon is reviewed as being an excellent value for money and a great marathon to run, with a well-managed split for the half-marathon section. The author of another post seeks advice on whether to wear long distance spikes or not for a 5K race, and the experiences of other runners with spikes.
- **Race experiences and planning..** This collection of short paragraphs covers various personal experiences and inquiries related to running races. The first paragraph focuses on Nike's Oregon Project and Galen Rupp's intense racing schedule. The second paragraph discusses a frustrating experience with a poorly organized 5k/10k race. The third paragraph recounts a mixed experience with a hilly half marathon in Kentucky. The fourth paragraph describes a successful race experience while wearing Vaporfly Next% shoes. The fifth paragraph asks about the logistics of participating in a Hood to Coast race with a larger team. The sixth paragraph inquires about whether it's allowed to run with music during a marathon race. The seventh paragraph weighs the pros and cons of running in the first year of a new 5k race. The eighth paragraph seeks training recommendations for a 26.5k relay race. The ninth paragraph recounts a painful and difficult experience while running a half marathon race. The final paragraph discusses a participant's frustration with having to pay a shipping fee for their award after the race results were delayed.

Brief Summary of Comments

The text provides a variety of advice for runners, ranging from safety precautions to race etiquette. The first piece of advice warns runners to climb a tree if they are being chased by a wild boar. Runners are advised to be polite and communicate clearly with slower runners when passing them during a workout. Additionally, runners should focus on the larger purpose of their run and not be aggressive towards strangers. Politeness is

also essential when informing slower walkers/runners to yield to faster runners. Runners should be cautious around cars and pause their workout if someone is hit.

The text advises runners to know the course before racing to prevent getting lost, and it is their responsibility to study the course. Additionally, runners should be mindful of the emergency system alerts while running, especially if they are older or have a family history of cardiac issues. The text recommends racers wear a uniform and dress well to perform well. It is also essential to show appreciation for the aid station crews and race volunteers who work hard to help runners.

Finally, runners should adapt and overcome challenging and tragic circumstances. They should learn to pass slower runners by alternating between the outside lanes and the infield. Runners should not harass walkers taking up a lane on a track and refrain from yelling. Additionally, grabbing a cup while running, drinking as you go, and keeping the same speed will help avoid collisions at hydration stations. Cheering on frontrunners is essential, regardless of gender. Finally, passing people can be motivating during runs and races. The following text provides advice for runners, specifically on a track during a race. Firstly, runners should mix up their directions and keep lane 1 open for the fastest runners. Stopping at water stations, even if you don't feel thirsty, can benefit runners by lowering their heart rate. Secondly, it is important to react well to changing conditions during a race, such as wind or rain, and adjust accordingly. Lastly, it is recommended to get a gap towards the end of the race to avoid a final sprint. Sprinting at the end of a race can lead to exhaustion and not finishing strong. By getting a gap, runners can finish the race feeling strong and avoiding unnecessary injury. Overall, these tips should help runners improve their performance and achieve their goals during a race. It is important to remember that every runner is different, and it is essential to listen to your body and adjust accordingly. By following and implementing the above advice, runners can have a successful and enjoyable race.

Topic Number 18: 17_specific_goodie_thread_report

Topic Introduction

The Reddit forum, "Workout of the Week", provides a platform for runners to discuss their workouts and races from the previous week. Members can share their own workouts or ask questions about specific exercises, and the thread also features various workouts for discussion, such as the Tatyana Pozdnyakova or 30-20-10 workouts. The forum seeks to gather a variety of workouts for different race distances to include in the subreddit's wiki for future reference. Participants are encouraged to share their Strava activities or other tracking data for better engagement.

Themes

"Workout of the Week"	Workout discussions from previous weeks.	Running Workouts Discussed
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.3755128	0.6244872	0.4710871	0.5289129

Summaries of Submissions

- **"Workout of the Week"**. The subreddit r/running has a weekly post called "Workout of the Week" where people can discuss workouts or races. They can share new or old workouts, talk about failed

or successful ones, make race reports or predictions, and ask questions about specific workouts. The posts also include well-known workouts, such as the Michigan, Moneghetti, Ice Cream Sandwich, Pre's 200s, Threshold-Long-Threshold, Rowland Tempo, Switchblade, Lumberjack, 30-20-10, Descend the Ladder, Half Time Fartlek, Aussie/Deek's Quarters, and Sisyphus. These workouts aim to improve speed, endurance, and other fitness traits. People can adjust the workout details to match their training stage, event, or level. The post includes links to videos and wiki pages with more information about the workouts. The thread is part of a larger series that could eventually be added to the subreddit's wiki as a repository of workout ideas.

- **Workout discussions from previous weeks..** “Workout of the Week” is a forum where people can discuss specific workouts or races from their previous week, including new or old routines, successful or failed attempts, and questions about specific exercises or race predictions. The platform aims to gather a variety of workouts for different race distances to include in the wiki for future reference. The featured workouts vary from the “Descend the Ladder” workout to the “Quenton Cassidy,” an endurance test of running 60x400m intervals, to Yasso 800s, which is said to predict your marathon time. Other featured workouts include the “2x7” for 5K runners, the “Moneghetti” with a focus on gradually increasing speed, and the “hill-tempo sandwich,” which combines hill and tempo running for endurance. Participants are encouraged to share their Strava activity or platform of choice.
- **Running Workouts Discussed.** “Workout of the Week” is a Reddit forum for runners to discuss their workouts or races from the previous week. Members are free to share new or old workout routines, successes or failures, and race reports. The forum periodically features different workouts for discussion. Some examples include the Tatyana Pozdnyakova workout, the 30-20-10 workout, and the Half Time Fartleks. Members are encouraged to share their Strava activities or other tracking data for better engagement. The absence of the regular poster, /u/tweeeked, has resulted in a lack of a featured workout for the week, but suggestions are welcome for the next one.

Brief Summary of Comments

The advice given in the comments includes various workout suggestions for different types of races and distances. For tempo runs, it's recommended to toe the lactate line and go hard enough to not get bored. McMillan 10K workout can predict if you'll hit your goal on race day; benchmark progress by hitting goal pace in each repeat without feeling wrecked. A long run workout for marathons should be 3-4 x 5KM at MP with 2KM easy in between, done about 6 weeks prior to the marathon. Focus on getting better each week at LT pace, which is highly correlated with HM pace, before doing a huge tempo workout early in training block. For Uncle Pete's 12/70 plan, it's tactical to run a little easier on cycles but this sacrifices quality in reps. Some additional tips include incorporating a midweek long run for time on feet, adjusting workouts for weather and terrain, and checking the relationship between Strava's pace and GAP pace to get an idea of the relationship between effort and pace. The text offers various pieces of advice for runners looking to improve their mile times. For those with injuries, it is recommended to let the hip heal and start with a 10 x 1 on, 1 off fartlek workout later in the week. If the track is crowded, hill repeats are a good alternative, and time intervals are a good option for those not on a track. The Michigan workout, alternations with float recovery, and short rest quarters are suggested for those looking for more challenging workouts. It is also important to maintain good form when trying to break the 5-minute mark. For longer runs, a straight LT portion should be incorporated, and hill work can help to build strength. Additionally, runners can try a run out-and-back for four miles each way, with the way back being a little faster. Cutdowns to MP at the end of runs can teach proper pacing and help runners to run faster on tired legs. Goofy workouts like Quarters Til Ya Drop can help with mental toughness. Runners should also train with high mileage, incorporate hill sprints, work out at the gym, and do 200's and 300's at 1500 effort every 2 weeks to keep their legs in gear for faster running. Finally, if a workout doesn't go as planned, it's important to take it as a sign to rest instead of being too hard on oneself.

Topic Number 19: 18_injuries_knee_hip_weeks

Topic Introduction

The text is a compilation of posts from various authors seeking advice on injury prevention and recovery in running. The authors share their experiences with recurring injuries, frustration with rehabilitation, and seeking advice on training programs and preventative measures. They are all seeking advice and support from the running community to help them stay healthy and achieve their goals. The authors have different circumstances but are looking for ways to overcome their injuries and continue running safely.

Themes

Running Injury Prevention.	Running injury advice.	Running and Injury Concerns
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.2248361	0.7751639	0.4202343	0.5797657

Summaries of Submissions

- **Running Injury Prevention..** This text is a collection of various posts seeking advice on injury prevention and recovery in running. The authors range from high school students to experienced marathon runners, and they share their struggles with recurring injuries, frustration with rehabilitation, and seeking advice on training programs and preventative measures. Some are seeking advice on finding a good sports medicine doctor, while others are seeking suggestions on how to fit injury prevention exercises into their training schedule or how to progress with their training after an injury. Despite their different circumstances, all the authors are seeking advice and support from the running community to help them stay healthy and achieve their goals.
- **Running injury advice..** A variety of authors seek advice and share their experiences with running injuries. One author is considering giving up on running after experiencing multiple injuries, including a navicular stress fracture. Another author seeks advice on injury prevention and overcoming a cycle of injuries. Some authors share their specific injury concerns, such as hamstring pain, IT band tightness, and hip injuries. Others seek advice on returning to running after extended periods of injury or how to avoid overtraining when returning to high-level training. A new runner asks for advice on hip pain and whether they can continue to run. Another runner seeks advice on maintaining fast twitch fibers while rebuilding their base. Overall, the authors are looking for advice from the running community on how to overcome injuries and continue running safely.
- **Running and Injury Concerns.** A variety of runners are seeking advice for their injuries and training regimens. One runner is struggling with chronic injuries on their left leg and considering giving up running. Another has gained weight due to a torn hip tendon and is seeking motivation to start exercising again. A returning high school runner who underwent surgery is unsure how to structure their training plan properly. Someone diagnosed with bilateral fai is seeking advice from other runners with the condition. A runner is experiencing chronic knee pain without any clear cause and is searching for advice. Another is concerned about knee popping while cycling and is asking for advice. One runner is unable to run due to posterior tibial tendonitis and is seeking alternative exercise options to maintain fitness. Someone is experiencing pain in their inner thigh/groin area while

running downhill and wants to prevent it from happening again. Another is considering seeking 1-on-1 virtual instruction to aid their recovery and develop better training plans. Finally, an experienced long-distance runner using the MAF method is seeking guidance on how to integrate their newfound paces.

Brief Summary of Comments

There is a range of advice given in the various texts, but the key message is injury prevention through proper training, form, and recovery. Some common suggestions include gradually building mileage, incorporating strength and cross-training, focusing on form and mechanics, wearing proper footwear, and seeking professional help when needed. It is also crucial to listen to the body, rest when needed, and address problem areas proactively through stretching, foam rolling, or targeted exercises. Some more specific tips include incorporating hill reps and barefoot shoes, addressing muscle imbalances through one-leg exercises, and increasing cadence to prevent shin splints. Additionally, nutrition, rest, and finding the right physiotherapist or coach are emphasized as vital for injury prevention and recovery. Finally, some community projects are suggested, like creating an injury and treatment list or finding new hobbies to complement running. Overall, it's clear that preventing injuries is a multifaceted and ongoing process that requires dedication, patience, and a personalized approach. Running is a great form of exercise, but it can also lead to injuries if proper precautions are not taken. If you experience pain or soreness while walking, it is important to see a doctor and potentially get an MRI to assess the issue. It is recommended to back off training and gradually build back up. Changing shoes may also help alleviate issues. Incorporating strength training for ankle muscles, hip abductors and adductors can help prevent injuries. Focusing on agility, balance, and coordination can also help with injury prevention. Creating an injury prevention program and staying consistent with physical therapy and strength training is key. Paying attention to the ground ahead and running without music can also help prevent accidents. Consider entering different types of running to reduce stress on injuries. Slow down on easy and recovery runs and mix up the intensity and volume in training. Cross-training is also a helpful way to maintain fitness while injured.

Topic Number 20: 19_half_miles_finish_goal

Topic Introduction

This text discusses the experiences of runners who have completed half marathons, highlighting their individual achievements and goals. The runners varied in their training methods and faced different race courses, but all expressed a sense of accomplishment and motivation to improve. Despite encountering physical challenges during the race, the runners were able to persevere to meet their goals, thus highlighting the importance of motivation and determination in achieving success.

Themes

Runner's Race Experiences	Runner's Race Experiences	Runner's Race Experiences
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Sentiment

Positive Sentiment	Negative Sentiment	Comments Positive Sentiment	Comments Negative Sentiment
0.3792464	0.6207536	0.6097097	0.3902903

Summaries of Submissions

- **Runner's Race Experiences.** Various runners report on their experiences completing half marathons, with some achieving personal bests, while others accomplished their goals of finishing in a specific time or placing well in their age group. Some runners followed specific training plans, while others focused on increasing their mileage or incorporating speed work. The race courses varied, with some featuring hills and others being mostly flat. Some runners experienced physical challenges during the race, but were able to push through to meet their goals. Overall, the runners expressed a sense of accomplishment and determination to continue training and improving for future races.

Brief Summary of Comments

The given text offers a range of advice for runners to improve their race times and overall performance. It begins by encouraging runners to be proud of their achievements, no matter how small they may seem. The advice then moves on to more specific tips such as taking pacing seriously, increasing mileage, and incorporating lactate threshold runs to improve performance. The text also suggests joining a good running club and using training apps like Hal Higdon for training plans.

In addition, the text highlights the importance of proper nutrition and fueling during races, as well as starting slow in long races to avoid burnout. Other advice includes maintaining consistency with running and training, not overestimating the competition, and not putting too much pressure on oneself after a bad race.

The text also provides some specific advice for half-marathons and marathons, such as focusing on building endurance, maintaining speed, and taking the time to recover after a race. Finally, the text emphasizes the importance of monitoring progress and making adjustments to training accordingly.