

SEMPER FIT GRIT

MAY
2010

Tapering

To ensure muscles are rested and fueled to reduce the amount of fatigue due to lactic acid build up, tapering is suggested prior to a race. Your body actually repairs and tapering allows for less injury & increased running time. How to taper?

- Weekly distance should be decreased by 1/3, 1-3 weeks prior to race
- Do nothing more than light jogs the week prior
- Drink lots of water. Water is an excellent way to reduce lactic acid.
- Ice any little aches and pains to reduce any swelling before the race

**All your life you are told things you cannot do
All your life they will say you're not good
enough
or strong enough; they will say you're the wrong
height or weight or the wrong this or that or the
wrong type to achieve this.**

**They will tell you NO
A thousand times NO, until the NO'S become
meaningless.**

**All your life they will tell you NO,
quite firmly and quickly.**

And you will tell them YES

-Nike



Look for the yellow running man on the Semper Fit Schedule. These classes will benefit your performance if running the 2010 Challenge

Pre-Race Nutrition

*Consume .5-1 gram of carbs per lb of body weight the morning of the race

*Pre-race meal should be low in sugar and protein

*Drink 12-24 oz of water, stopping about 30 min prior to race

Plan ahead, be prepared, and have a good race

NEW CLASSES FOR MAY!

*HAPPY HOUR

9:00-10:00 a.m., Coleville

Combination of high impact aerobics, conditioning and stretch for a 'happy hour'

*STRETCH-TO-RUN

10-10:30 a.m., Coleville

1130-1200, Base

Stretches to help you prepare for the race

*GO FAST

1130-1200, Base

Combination of Plyometrics & Kettlebells will guarantee an intense workout & help increase speed.

SCHEDULING NOTICE:
PLEASE NOTE CHANGES
IN TIME

ZUMBA 6:15-7:15 P.M.

STEP 6:15-7:00 P.M.

Semper Fit congratulates all the 2010 MWTC Challenge and The 200 Miles-to-the-Challenge participants. Wishing you a great run and may you attain your personal best.