

Intervals...

Newsletter for Members of twenty-six two marathon club

July 2009

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New First Timers

We have a new class of first time marathon trainees. Please welcome them at our Tuesday evening workouts and Saturday morning long runs. They will begin training on August 29th.

Lauren Anzalone
Susie Duarte
Laura Duenas
Sylvia Govea
Caroline Hallman
Joann Hernandez
Chari Kelly
Dawn Leonard
Jessica Mangrum
Theresa Noyes
Molly Powers
Morgan Puckett
Lisa Stolf
Kristen Stuever

Dear Paul,

Twenty-Six Two Marathon Club is working to bring helpful information and tips to its members, like you. This is the seventh issue of "Intervals" for 2009. If you have suggestions for newsletter topics, or if you would like to offer information to your fellow club members, please contact your club at tstmarathonclub@gmail.com.

Congratulations and Good luck!

Our members train and compete for a variety of marathons and races throughout the year. We all know the hard work they've put in for their training and the excitement of crossing the finish line.

Congratulations to:

We had several TST members compete in the Austin Couples Triathlon on July 12th:

Megan O'Connor and Kelly Marshek won 3rd place overall in the female friends division.

Talaya Frazier placed second in her age group in the married division (she competed with her husband).

Paul and Katie Carmona also competed in the married division.

Rachel Boehm finished well in her first Tri at this race.

Anna Weihl and Suzanne Yashewski competed in the Ironman on June 21 at Coeur d'Alene, Idaho. This was Anna's second Ironman! Way to go ladies!

Great job to all marathon trainees! Keep up the good work.

Ursula Valle
Karina Vielma

Get Published!

For anyone who has dreamed of seeing their name in print...or you want to share your running experiences with the world, Angela Jones wants to hear from you! She is working on a new book project and would like to ask marathoners some questions about their race experiences. She's looking for stories that make you laugh, with a little bit of seriousness mixed in. Contact Angela at angelajones37@yahoo.com.

New TST Coach

We would like to welcome the additional of a new coach to the TST coaching staff! Adrienne Oujezdksy will help train the new class of first timers beginning in August.

Don't forget our club runs every Saturday morning at 7:00 a.m. (locations vary - please check the [TST members-only forum calendar](#)). The forum is a great place to look for a running buddy for the rest of the week or find answers to a variety of questions.

Twenty-Six Two is always looking for new ways to serve our members. If

"Summer Running...Having a Blast!"

Unless you're already training for a late-summer or early-fall marathon, like Seattle (June) or Chicago (October), you're probably in one of those periods where you're following no specific training schedule, perhaps wondering how far and how hard you should be running these days. Instead of considering yourself to be "off-season," think of yourself as being in "maintenance" mode. The primary focus should be on maintaining your aerobic base, which means that most of your miles should be at an easy, conversational pace. There are all kinds of heart rate formulas and "rate of perceived exertion" scales to determine your optimal pace for aerobic training, but the easiest way to do this is to simply run at what you feel is an "easy pace." Aim for 40-60 minutes at this pace, at least 3-4 times per week. If you can run 5-6 days a week, that's fine too. Make one of those a longer run, but don't aim for anything much longer than 90 minutes or so. Go early or late in the day to avoid heat. Mix up your routes to keep boredom away. Run with friends or groups. Take plenty of walk breaks or water stops if needed. Once a week or every other week, it's ok to go out and do some speed or hill work, but keep in mind that your speed and stamina in these intensity workouts might be less than what you experienced during racing season. The goal of these speed and hill sessions is not to perform at high levels, but to keep just a little bit of intensity in your running routines during the long, hot summer days. Remember, the primary goal is to work on your aerobic engine, which means lots of miles at slow, easy paces. Questions? Ask the coach at paulruns@gmail.com.

you've got ideas for articles, events, fundraising opportunities, or new long-run routes, let us know! The easiest way to contact any of the club officers or directors is via the e-mail links on the ["Board and Members"](#) page on our website.

As our coach always says, "stay healthy!"

Sincerely,
Newsletter Staff
Twenty-Six Two
Marathon Club

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