

On The Run with Dink
January 10, 2013

I would like to think everyone has settled into a New Year's groove and your training is going well. I would also like to think there is an "off" season when it comes to running but I have concluded that there is no such thing. There are races every single weekend. There are marathons every weekend, ultra-marathons, trail races every weekend. The key is to pick and choose what works best for you and don't get overwhelmed by all choices.

If there is one thing I like about January, it is a chance to get off to a fresh start with a new year. Have you ever considered adding something besides running to your weekly schedule? I prefer running over anything else I do exercise related. I do like adding other workouts to my schedule, preferably weight workouts. Do you think it takes up too much time? If you can add three 30 minute weight workouts per week to your schedule, your running will improve and you will be less likely to become injured.

I have experimented over the years with running when it comes to weight workouts and how it affects your running. It was pretty simple to figure out really. When I was hitting the weights along with push-ups, crunches, etc, two or three days a week, my times were always faster. I can look back in my running logs and where there are great races or PR's, there was also weight workouts.

Some of you guys and gals that have been running for years and years and maybe your PR's are behind you. Now is a great time to add weights to your training. As we age we start to lose muscle mass. I feel like it is more important at this point in my life to do weight workouts more than ever. Forget the PR's, overall fitness becomes more and more important as we age. When we are young, we can get away with just running miles and miles. In fact, we can get away with a lot of everything when we are young.

I'm often asked why do I run? Why do I work out? I enjoy pushing myself to the limits. I enjoy exploring my limits and seeing just how far I can run. The reality is this. My main reason for running and working out is so I can prepare myself for the aging process. We can't stay young forever but we can certainly do the best with what we have and live a quality life. I am not going for quantity, I am going for quality. I want to stay active to the end. There are several girls and guys that are much older than I that I see at the races all the time. There is one certain man, Mac McCrady, who lives in my neighborhood. Mac is 80 years old. I see him running races, riding his bike, walking to the grocery store and he has told me of countless trips to the Rocky mountains where he has climbed numerous 14,000' peaks. Did I say he is 80 years old? That is what I am talking about! May 2013 be your fittest year ever.