

# Addressing Common Issues

Let's take a moment to address some of the common issues and questions that will begin to surface at this point in your training season. I'm sure many of you are curious about the exact same things, so here is a short checklist of likely Q & A's:

- Nicks, niggles and nags. As your fitness level increases, you'll start to become more intuitively aware of what's happening in your body. As this level of intrinsic awareness increases, different sensations are magnified and sometimes it's tough to tell the difference between something you should worry about and something that really isn't anything. The rule of thumb is that anything dull, aching, stiff or sore just needs extra rest and recovery, while sensations that are sharp, stabbing or shooting should likely be addressed by a medical professional.
- Worn down and tired. Of course you are! You've been adding a good amount of training time to your schedule, and have been giving your body stressors and stimulus that it isn't accustomed to. Don't worry about feeling like you are "dragging" at this point in the season...you're not the only one who feels this way. This is because we aren't reaching peak fitness levels yet, and you have yet to recover from the body of work that you've just built. Just make sure you are getting enough good quality sleep, eating a balanced diet and remain patient. You'll reap the rewards of your hard work soon enough!
- Nervous about current fitness level. It takes time for the body to recover, repair and adapt to the demands of training. Under normal conditions, it takes 2-3 weeks for training adaptations to manifest themselves as an increase in fitness levels. This means that you won't see results right away, and need to patiently allow your body to work its magic. We're stuck in a culture of instant gratification, which simply doesn't happen in the fitness world. Think about where you are now in relation to three weeks ago, then project your current state three weeks into the future. There...doesn't that make you feel better about where we're heading?!
- Stressed about expo, race, etc. There are a lot of moving pieces in an event like the Great Race; there's a ton of logistical planning that goes into making your race a success...the training is simply one piece of a much bigger puzzle. Never fear! All your concerns will be taken care of if you keep up with email communication from the Great Race organizers. This crew does an absolutely outstanding job of letting you know what's what. Need to know where to park? They've got you covered. Trying to determine how the shuttle to the 10K start line works? Just jump on the website! All your race-day questions will be addressed through either the emails sent out by race organizers or easily found with a quick search on the website.
- What happens afterwards? You should rest, relax and recover from the race. But do you want to let this newfound fitness go to waste? Of course not! There are plenty of fun fall events to choose from that offer several different distances. You can try to increase your volume to prepare for the EQT 10-Miler, or try to get a little bit faster at the 5K distance

with the YMCA Turkey Trot. Whether you participate in a race this fall or not, you've established good habits and patterns of behavior that shouldn't be left on the table. Consider joining a local running group like the Fleet Feet Running Club to stay plugged into the community and stay happy, healthy and fit!