

So things are really pretty boring right now....

Please post your questions or comments at our Forum.

So things are really pretty boring right now.....except for the IRS (don't ask). I am just training and hoping to do a 3k at Binghamton University in early February. Then I will move on to some longer distances. The 3k is in large part because of the proximity (I am living about 4 miles from the track) and I love the distance.

I currently do 95% of my training on my Landice L7 treadmill. It is not ideal since it can get BORING.....but it is how things have to be for a number of reasons. Most of my training is done at a "percieved effort". This is something that Jack Daniels has worked extensively at and involves a certain speed and elevation combination to reach the effort one would anticipate from a flat pace. I tend to run at a slower pace on the Tmill then I would outside so it makes getting "mileage" in difficult since it take lots of time. I am just focusing on my workouts (R, T, and L or MP). I do 3 workouts a week. One is always R, one T, then the 3rd is MP or L. I hope it goes well (duh).

Sunday was a 15 mile L run in the dungeon (basement) while watching Smokey and the Bandit (great piece of American culture!!).....that's the kind of torture I put myself through!! :0) I included a pic of my "setup". Ignore the motorcycle.....that's a WHOLE different story!

I am excited about the USATF Niagara 5 mile championship race coming up. I am slated to race that and am very excited. It is refreshing to be a member of such a great association, Thank You USATF-Niagara!

I am off for my 2nd run of the day, over to the auto glass place (Northeastern Plate Glass). I got a chip in my windshield in Tennessee that turned into a frank "crack" about a week ago.

-Anthony

