

## Run Block

Please post your questions or comments at our Forum.

Wow - I just realized it's been quite a long time since I have blogged. So much has been going on that I just have not found the time to sit and write. Don't worry, I have been fitting in the workouts though! I finished month 2 (week 8) while I was out visiting some of Scott's family in Seattle. Lots of good food and good wine (but that's a story for another blog :-)).

Karen now has me doing a "run block." Which basically means that I am running more than swimming or biking for the next 3 weeks. I only had 2 bikes and 3 swims this week but 5 runs. One of the runs was a "2-a-day" session designed to keep my effort up but stress on the body down. I ran this with Scott out in Seattle...it was tough!! We ran the first workout in the morning...60 mins at 6:55 pace.

Then we all had a brilliant idea...lets go to SkyHigh Trampoline and jump on the trampolines for an hour. This place was so cool! It is basically a warehouse filled with billions of connected trampolines (no, not billions ;-)) and a big foam pit. You just go jump and jump and jump some more! We went with Scott's 4yo niece and 2yo nephew. What a blast! I even broke out some old gymnastics tricks - even doing a double front into the foam pit. The kids were so hot and sweaty when we were done (yes, I am including Scott!).

Later that afternoon, we went out for the 2nd session. I have never done "2-a-days" so this was going to be a new experience for me. I was not sure at all how I would feel. Of course I've run and swim, or run and biked in 1 day so I figured I would make it - but how much would it hurt? The workout was to run 50 minutes at 6:45 pace (10min wu and cd). Scott and I finished together at 6:42 pace. The 10 minute cool down lasted forever but we had made it! It was easier than I had thought but still a tough workout.

I was super glad to relax with Scott's family and a glass of wine that night - our last evening in Seattle!

- Kristin

