



## Run, America!

Happy July 4th Eve, [SweatCommunity!](#)

I'm proud to be an American. Americans have the right to pursue their dreams in so many different ways. For Zac and myself, we're chasing our dream of running a successful business. For some others, they're chasing their dream by running for office. And for many of you, you're chasing your fitness and health dreams by well, running.

In fact, [Sweat City's](#) own Zac Pruitt just completed his first half marathon (13.1 miles!) this past weekend. His goal was to finish in under 2:00 hours.

The result: 1 hour 59 minutes and 48 seconds! Congrats, Zac!

Zac and a few other bootcampers who have run marathons credit a lot of their success to the sprints and lower body strengthening we do at boot camp. The high intensity work we do at class is ideal for building up both stamina and joint strength.

And while I still believe sprints and interval training are the best ways to blast calories, long distance running still doesn't hurt. So I'm going to focus a bit on long distance running today.

### **Lessen the Impact**

Your stride should be smooth and soft as you hit the ground each time. Your calves take a beating over the course of a long run, so it's important to "glide" across the ground by opening up their stride. Just think of running silky smooth, like butter. Check that, fat-free spread. (side note, I still can't believe it's not butter!)

### **Posture Perfect!**

Run with good posture! Slumping your shoulders will cause you to tire out much quicker than running straight up. If you notice that you run with bad posture, you probably need to do some more pushups and planks on your off-days.

Many evolutionists believe that humans evolved from having 4 limbs on the ground to only 2 for the purpose of opening up their lungs and getting more oxygen as they ran down their prey. While humans were never as fast sprinting as most animals they chased, they could run much much longer due to this evolutionary advantage. So don't close your lungs by slouching

or you might not be catching your dinner.

### **Consume Quick Carbs Every 60 Minutes**

Plain and simple: your body needs carbs for energy. There are plenty of gels and sports drinks you can pack with you for the run. Aim for about 30 to 60 grams of carbs each hour. If you're on a run that will last a couple hours, make sure you get your carbs. Also, if you're on a run that will last a couple hours, you're crazy.

### **Don't Cramp the Piggies!**

This little piggy went to the market, this little piggy bought shoes that were too tight, this little piggy turned all black and blue. Make sure your toes have plenty of room to breathe! Find shoes that allow a little bit of wiggle room so your toes aren't getting smushed every step you take. Trust me, there's nothing worse than sore piggies when you're only a quarter of the way into your run.

### **Join a Running Group!**

Running Groups are amazing for marathon training or just for keeping you motivated. Groups usually meet once or twice a week, gradually increasing their mileage over time. It makes running a lot more enjoyable to run with a group, not to mention that it will force you to push yourself to keep up with the pace.

But where do you find a Running Group? A phenomenal question. Here's a phenomenal answer: [Sweat City!](#)

Sweat City will be starting a Running Group this summer once we can fill up a group. We plan to have one shorter run during the week and one longer run on the weekend. You will be able to sign up for a monthly membership, just like you would for boot camp. Pricing will be similar to boot camp pricing.

We're gauging the interest in this Running Group, so please reply to this email to let me know if you'd be interested.

For kids, don't forget that we offer [Group Speed Classes](#) every Sunday at 10:30am at Cheviot Hills Park. We'll work on improving their running form and increasing their sprinting speed.

### **Wear a Dri-Fit Sweat City Shirt!**

If you're planning to be running out in the sun, you need to keep your body temperature down. And far far more importantly, you need to look stylish and fashionable when you're running!

Our polyester, sweat resistant, Dri-fit shirts have finally arrived! \$20 per shirt for your choice of white, light blue, or gray. E-mail me your order. You can pick it up at boot camp or we will ship it to you for an additional \$5.

Lastly, everyone here at Sweat City wishes you a very happy and safe 4th of July!

**Proud to Be an American,**

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