



Greetings and Happy New Year,

I can hardly believe that we are less than 9 months away from the 2018 Community First Fox Cities Marathon.

My hope is that you are planning to participate in either the Full or Half Marathon this fall. I want to use this opportunity to encourage you and make certain that you have developed a training plan. I like to use this time of the year when it is very cold outside to do cross training or training that is not particularly focused on running. I know that the opportunity for training and increasing the mileage will come as the weather improves. As the temperatures warm and the ice melts, I have found that it is safer for me to train outside.

With that said, this time of the year I focus on two different types of training. My first focus is aerobic in nature. This includes indoor cycling, elliptical and swimming. I am not much of a cold weather sport person, however I know of several people who use skating, cross country skiing and even fat tire cycling in the cold weather as aerobic alternatives. I like cross training to experience a variety of exercises that focus on different muscle groups and it helps to keep me from getting bored.

Secondly, I focus on building core strength. This time of year is ideal for core strength training. It is something that tends to get over looked as we increase our mileage, and I am no different. For strength training and core I take part in yoga classes and Pilates. However without that core strength the likelihood of injuries with increasing mileage increases as well. Simple things such as sit-ups, crunches, back extensions and side leg lifts pay huge dividends in the long run as you progress toward your goal of completing the Full or Half Marathon.

Above everything else, do your best to focus on slow, yet steady progress and everything possible to avoid injury.

Should you experience injury or need consultation related to the bone or joint symptomatology, please keep in mind one of our awesome sponsors, the Orthopedic & Sports Institute of the Fox Valley. They are experts in the field of sports medicine and happy to evaluate and assist you in reaching your goal of completing a Full or Half Marathon this fall.