

# RUNNER'S WORLD

MARCH 2010

## Fit & Strong Forever

### Kara Goucher's Confidence Boosters (And Why She Needs Them)



The Laws Of Injury-Prevention

Mentally Hurdle Any Obstacle

The Right Way To Stretch

BREAKFAST MADE BETTER Power Meals All-Day Energy

SHOE GUIDE

27 New Running Shoes

+ WHAT YOU SHOULD LEARN FROM YOUR OLDEST

Find More Time To Run (Part 2)

ESSENTIAL ADVICE FROM RUNNERS & READERS

THE PACK RULES

# Find More Time to Run

### PLAN, PLAN, AND PLAN

Schedule it. Do it. The number one tip from runners who are time-management experts. "Write your running time into your planner before the time arrives," says Drew Stevens, Ph.D., a psychology specialist and member of the Rockwood Club in...



## [6] MAXIMIZE MINUTES

Do time-efficient workouts. "A 30-minute run with fartlek intervals or strides is just as beneficial as 60 minutes easy," says Lynne Tapper, a runner, time-management specialist, and triathlon coach in West Hartford, Connecticut. "Two 30-minute core routines per week can have a tremendous payoff." Emma Diego of San Francisco does push-ups and core work between short hill repeats. "Four sets plus a warmup and cooldown makes for a tough 45-minute workout," she says. "Some mornings, I cut my run short and do a 30-minute ab, yoga, or strength workout," says Jeanette Rainer of Lexington, Kentucky.

## [10] INVOLVE THE KIDS

Grace Gill of South Dakota hits the pavement with her teenage son and daughter. "They talk more while running than at the dinner table," she says. Shilah Bass, a single mom with two jobs in Torres River, New Jersey, puts in time at the track while her daughter plays on the inside oval. Lynn Tapper turns her strength workout into a game with her 8-year-old. Softer: "We take half a deck of cards, she flips a card, and if it's an eight of hearts, I do eight push-ups. It's a great workout, and she has fun."

### COMMUTE ON FOOT

Get your run in—where you're going. Sandy of Denver is an extra mile by going to and from the gym. John Brockfield of Nova Scotia, runs to work. "It's about a 10-K, but I take different routes to...

