Running Pandemic Style~

The COVID-19 pandemic has most of us justifiably concerned and has caused races and other events to be cancelled or postponed. The Fargo Marathon has been postponed until August 29th, but that doesn't mean you should stop running. In fact, getting 30 to 60 minutes of moderate to vigorous activity per day can help keep your immune system working properly. Since we are now experiencing gyms closing and our usual fitness classes no longer in session, running may now be the ideal way to get your activity minutes in!

Is it safe to run outside? Currently, the Centers for Disease Control and the World Health Organization say that everyone should practice social distancing; stay six feet away from others and stay at home unless it's necessary to go out. This means that even when you go outside to run, you should stay six feet away from anyone outside your household if you can avoid it. Anyone who saw me out on Sunday afternoon may have noticed me waving excitedly at everyone I saw- whether on foot or in a vehicle. This social distancing isn't easy for an extrovert like me! It is also important to avoid touching benches, walk buttons or anything else that others may have touched. One of the benefits of living in a more sparsely populated area is that it really isn't that difficult to go out for a walk or run and stay six feet away from others.

My race was cancelled or postponed….now what? First of all, don't spend your time feeling like your training was wasted. Because you have been training, you can adjust your mileage/effort and pick it back up for your race that's been postponed to a few months from now. Remember that your base fitness is a very important part of a successful training cycle. You can just consider this winter/early spring training your "base training." You will, however, need to scale back on the volume and intensity of your training if you plan to build to a race in a few months. One way to do this is to set your current training plan aside and build your own plan. If you are currently running 4 days per week, continue with that, just dial back the volume and intensity. Use this time as an opportunity to run for fun. It can be tempting to throw up your hands and throw in the towel. But if you completely take off the next couple months, many of the fitness gains that you just spent the last several week developing will fade. You worked hard to gain that fitness and you can definitely carry that fitness into your next training plan.

There are also many gyms and other health and wellness groups providing online offerings and challenges that you can do at home. This can be a great alternative for heading to the gym for strength work. If you want more info about the groups that I am aware of, please email me and I can help you find something that fits your need.

This too shall pass, my friends. In the meantime, get out and walk or run….just pay attention to who is near you and what you touch!!

Happy running!

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