

TeamJet Hawaii Marathon Clinic 2009 Newsletter

"Talent is cheaper than table salt. What separates the talented individual from the successful one is a lot of hard work."--*Stephen King*

This Week's Goals: Work, work, work

This Week's Workouts:

Tuesday: Hill repeats

Thursday: Long tempos

Sunday: Mililani Long Run 6:30am Mililani District Park

(<http://www.teamjethawaii.com/calendar.php>)

On My Mind: Pace

I am just going to point you to two websites for this week's newsletter so you can read it all for yourself. A little old in terms of when it was written, but still rings true and is how I approach running a marathon.

<http://www.ridersite.org/running/RunArticles/MarathonPacing.html>

<http://www.runningtimes.com/pace/predict.htm>

If you have anything you would like to have discussed or addressed, please let me know, and I can write a bit about it, or bring it up at team practice (if it's a quick answer...) . I am more than happy to answer any and all emails, so do not hesitate to ask!!!

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