

Plenkosz from page

tracks) during the winter months, it is not considered cross training.

Activities such as cross country skiing, swimming, mountain biking, aerobics, even some racquet sports are what you should consider to supplement your running. These activities use different muscles or those running muscles in a different way.

Moreover, these activities are meant to give your body and mind a little rest and not to overload them. The best way to accomplish this is to maintain your training heart rate within 60 to 80 percent maximum range.

To find this range you could use the standard 220 age formula, but this does not take into account your fitness level. The most accurate way to determine target training range, without completing a maximum VO2 test, is to use the Karvonen formula.

Additionally, there are two other important aspects of a Phase One program that are too often overlooked by runners — weightlifting and flexibility. If you wish to prevent injury and improve

performance you must include these activities in your program. Many runners of all levels, unfortunately, disregard these extremely important parts of their training program.

Once your aerobic base has been developed it is important to maintain or even improve it. The best way to accomplish this task is to utilize longer runs in cooperation with Phase Two of your training program — SPEED.

Suggestions on how to get started in or improve an individual running program, as well as information on proper nutrition, preventing injuries and more are available at Botsford's Total Rehabilitation and Athletic Conditioning Center's (TRACC) one day running seminar on Saturday, June 22.

TRACC also sponsors "Run For The Health Of It" an 8 K run and fitness event on June 9. For more information, and to preregister for either of these events, please call 810-473-6600.

Ed Plenkosz is a certified exercise physiologist, TRACC, at Botsford General Hospital in Farmington Hills.

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