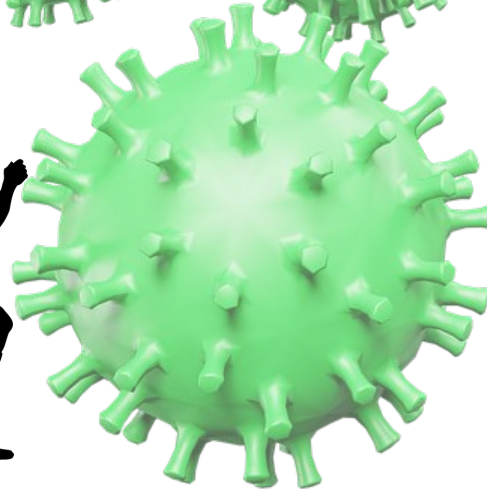


Running Through Covid (or any Crisis)



By Dean Johnson
RunDeanRun.ca

Motivation to Run (without races on the horizon)

- Why do you run?
- Health?
 - Weight loss
 - Cardiovascular health
 - Mental health
- Community/Social?
- Rewards/Awards?
- Explore/Nature?

“I want to eat donuts, guilt free”



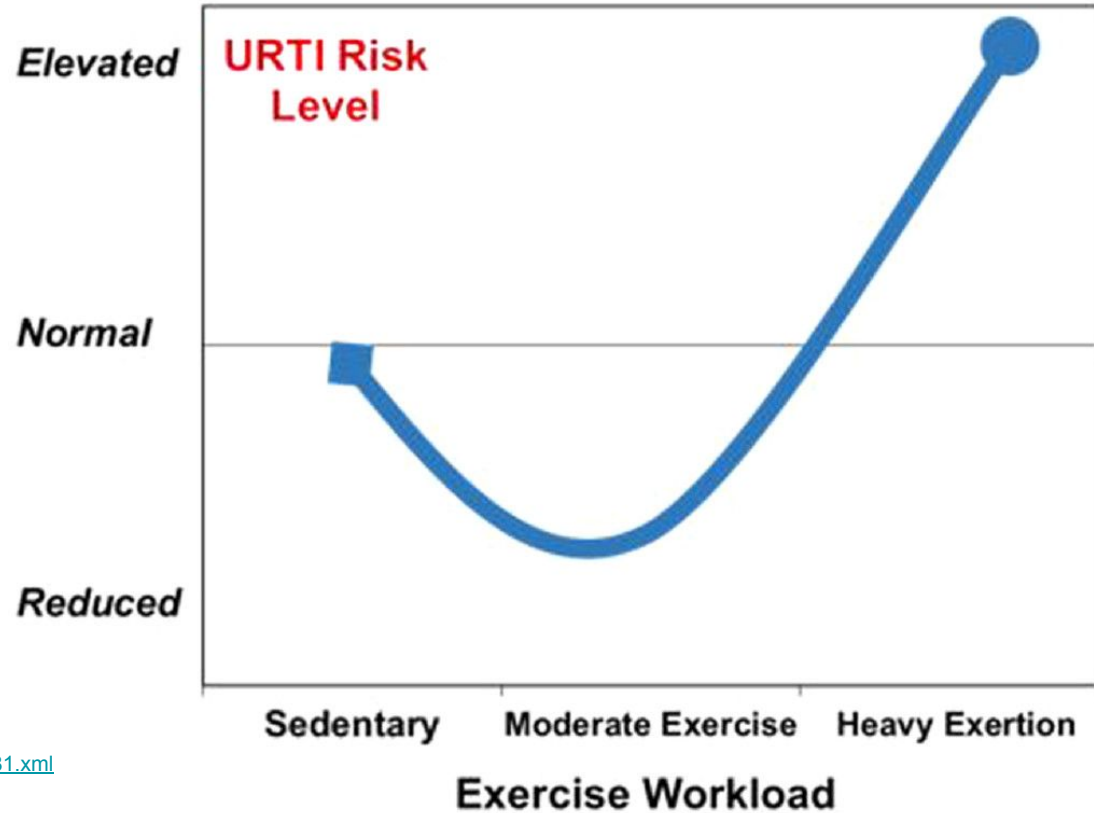
Running is Mental!

- Disconnecting (from it all)
- Connecting (with people)
- Self-care (selfish pleasure)
- Learning (audio-books, podcasts)
- Meditation
- Allows you to enjoy all the foods!

Running for the Health of it

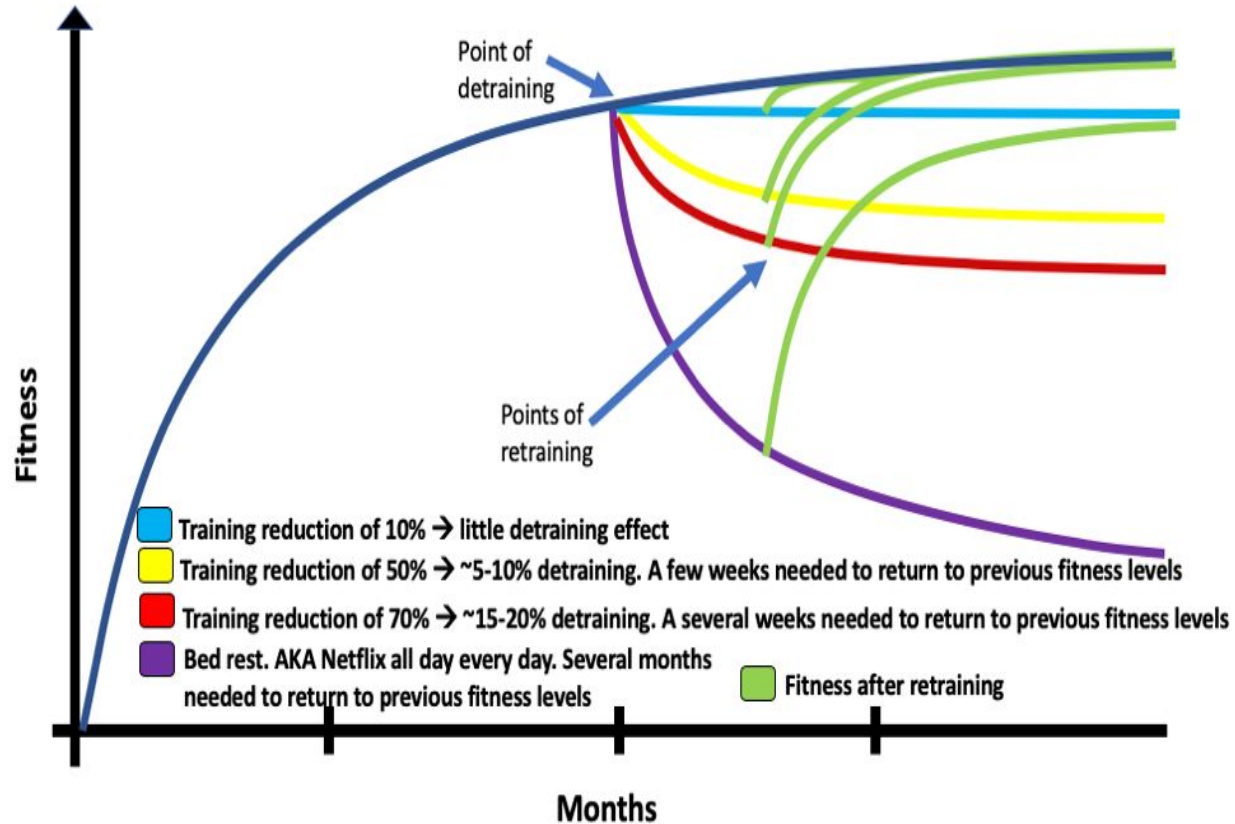
- Moderate amount and intensity of exercise reduces the effect of Upper Respiratory Tract Infection (common cold)
- What is “moderate”?
- Cardiovascular fitness

- Need 7-8 hours of sleep
- Don't be in an energy deficit



Detraining

- From CTS Ultra coach Jason Koop
- Consider it a “taper”
- Come back “easy”
- *may solve that injury



The Running/Workout Routine

- Consistency = successful running
- Daily and weekly routine = consistency
- Routines = control, so write it down!
- **Morning:** quick 5-20 minute “eye-opener”
 - Before everyone gets up
 - Have your gear and workout ready
- **Lunch:** Get off your @\$ for 5-20 minutes
- **End-of-Day:** Cap-off your day and get out of the home for a walk, run, bike

COVID-19 DAILY SCHEDULE

Before 9:00 AM	Wake up	Eat breakfast, make a demand for fruit snacks.
9:00-10:00	Morning Netflix	Fight over which show to watch even though we have three TVs in the house
10:00-11:00	Demand (more) snacks	Destroy house with a single Ritz cracker
11:00-12:00	Cry & Scream time	Mom begins "losing her \$#!" phase of the day
12:00	Lunch	Don't eat what is made. Pull a chair into the pantry and double-fist chocolate chips before mom sees.
12:30PM	Disney+ Time for "wholesome" TV	Complain you don't want "that show!" Watch iPad on full-blast, while "Little Mermaid" plays, unwatched, also on full blast.
1:00-2:30	Quiet time	Mom locks her door to watch Ellen
2:30-4:00	Mass chaos. Every toy, game and article of clothing is out and on the floor.	Step on a Lego and cuss a lot. Vow to throw away every toy they own.
4:00-5:00	Go to the neighborhood park so you don't feel like a failure as a mother	Choose your own complaint, kids! A. "Can't walk that far" B. "Why didn't you pack snacks?" C. Too cold/hot even though it's a perfect 60° you will not be satisfied.
5:00-6:00	Dinner	Frozen chicken nuggets. Maybe you'll microwave them first.
6:00-8:00	Free TV time	(As if you haven't been doing this all damn day)
8:00	Bedtime	All the melatonin
9:00PM	Bedtime	Pass out to "Love is Blind" with bra still on.

Exploring and Nature

- A great way to see your city
- Exploring trails



Social and Community - Running Amok

- Running Therapy and Partners
 - Running Events and Gatherings
 - Racing “with” people
 - Helping with events
-
- Connect with online running groups
 - Mileage Challenges on Strava
 - Virtual races
 - Your own “backyard” event
 - Schedule an evening run-chat

Performance and Racing

- Anchoring your goals
- Feeling the performance gains
- Self-esteem and empowerment
- Recognition
- Beating your friends!
 - ...and then socializing
- Team events

- Push for PR's on your favourite loop (strava)
- Set mileage goals for each week



Cancelled Races and Future Races

- No FOMO, so work on being a more resilient runner!
- Be consistent with your fitness routine and make it a priority
 - Airlines: “Put your mask on first so that you may help others”
- What will races look like: fall 2020, spring 2021?
 - Smaller events
 - Distancing (maybe small wave starts)
 - Hygiene requirements (self supporting)
 - Travel?

What Do I Do?

- Go Local!
- Support whatever you want to see next year
- Stores
- Races
- Sponsors

shop.runnersoul.com