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# iRun RUNNER MAKEOVER UPDATE



In January, three brave souls turned their running lives over to the **iRun Runner Makeover**. They had their goals and history deconstructed by elite marathoner and coach Tania Jones, and made a commitment to trust their new coach.

## Pitch in and WIN!

Maybe you can relate to what one of our Makeover Runners is going through, or perhaps you're learning along with them. Share your motivational wisdom or commiserate with our runners in the comments area of any of their blogs, and you could win some great gear from adidas! Visit the **Runner Makeover blog** at **iRun.ca** to read and share!

They had their eating habits analysed by nutritionist Lauren Jawno, and are endeavouring to implement her recommendations. And they agreed to let it all hang out on their blogs at iRun.ca so that iRunNation could learn from their journeys.

Now, at the midpoint of the Makeover, training is well underway, fuelling strategies are being addressed, and **Aleks**, **Chrystal** and **Brock** are working their butts off to achieve total transformation! >>

PHOTOS BY BOB HATCHER (TANIA, BROCK, ALEKS) AND AARON MCKENZIE FRASER (CHRYSTAL)

micoach







## › CHRystal ‹

**GOAL:** fast 10K  
sub-60 minutes

**TRAINING:** As a self-described tortoise, Chrystal is determined to transform into a hare and run a 10K under 60 minutes. The Makeover program asked Chrystal to shake-up her regular winter regime of little running and more boot camp and indoor soccer. Chrystal's Makeover program has built her mileage up the past 7 weeks to a foundation of four days of running per week including a longer run up to 12 kilometres. At the mid-way point of the program Chrystal has reached a breakthrough by executing interval workouts at the target race pace of 6 min/K.

### MISSING INGREDIENTS OF SUCCESS/ KEY CHANGES REQUIRED:

- Adaptation to running — more running days per week
- Training at race pace — introduction of workouts with intervals at 6 min/K
- Learning how to run fast

**NUTRITION:** Chrystal needs to focus on eating less frequently (every 3 hours) and ensuring that her carbohydrates are coming from nutrient dense complex sources like whole grains, beans, legumes, vegetables, and of course fruit. She also needs to include lean protein at all of her meals. Her water intake needs to gradually be increased to 2 litres per day and she needs to limit her diet pop intake as much as possible.

**BLOG EXCERPT:** In my quest for a less than 60 minute 10K, Tania has built in one run aimed at increasing my speed. What usually happens when I run is that my body naturally settles into a pace that is comfortable and fairly contained. My mind starts to wander and I enter that lovely zen like place where I am not thinking about anything.

With the speedwork this week, which in my case is just pushing myself over a shorter distance to run a bit faster than my normal pace, I have to be present when I run. My mind has to be engaged and forcing my body to run faster.



## › ALEKS ‹

**GOAL:** first marathon  
around 4 hours

**TRAINING:** Aleks had the audacity to suggest that she could get her Boston Qualifying time while running her first marathon at Ottawa this spring and the Makeover program responded! Aleks lived in an established training equilibrium which included lots of fun with her Energia running pals and a steady pace around 6 min/K. To challenge for the BQ time, Aleks has to become more independent and really own her training program. Currently, she is struggling to find the pace in weekly tempo-paced workouts. Will Aleks be able to find a new balance of hard running and recovery required to reach her goal?

### MISSING INGREDIENTS OF SUCCESS/ KEY CHANGES REQUIRED:

- Focused program specific to her marathon goal
- Building independence and the capability to go it alone
- Add tempo workout effort — 5:00-5:30 min/K
- For April/May marathon goal — will have to add longer run

**NUTRITION:** Alex needs to limit her latte intake to 2 per day and replace the rest with plenty of water. She needs to eat more regularly (every 3 hours) and make sure her meals include lean protein. She needs to have more nutritious snacks to replace all the lattes she has been drinking — fruit, veggies, nuts and cheese are all good options for her.

**BLOG EXCERPT:** Wanted to tell you about last night's run. It was supposed to be a tempo pace workout... It turns out that I spent almost the entire 30 minutes running at almost sprinting to actually sprinting levels. So, I have to learn the difference between "sprinting" and "tempo" pace.

It was a hard lesson to learn. I am glad that I did it if for no other reason that I can learn two things: 1) how to find my tempo and hold it for a long time and 2) gives me incentive to take my training even more seriously by reminding me that I have a big challenge ahead of me and that it will take a lot of work to get the result that I want to get.



## › BROCK ‹

**GOAL:** find the true runner  
inside by getting off the  
marathon merry-go-round

**TRAINING:** Brock jumped off the 'marathon merry-go-round' this spring and has never looked back. The Makeover program asked Brock to give up a spring triathlon goal to test his running capability. Repeated marathon attempts with no substantial modification to his training program weren't going to get Brock to the longer-term goal of a 3:20 marathon — his Boston Qualifying time. Breaking this pattern, he is doing more running and executing fast workout intervals. Brock has had a strong start with significant PBs in the 10K and half-marathon already, but will need to keep the momentum going over the final few weeks before race day at the Toronto half-marathon.

### MISSING INGREDIENTS OF SUCCESS/ KEY CHANGES REQUIRED:

- Commitment to running goal as primary exercise goal, getting off the marathon merry-go-round
- More days of running per week; overall mileage increases naturally
- One workout day with specific training load matching goal

**NUTRITION:** Brock needs to make sure he has at least one nutritious snack between lunch and dinner, includes lean protein at all his meals and increases his water intake, even during shorter training sessions. He also needs to include more vegetables in his diet either as snacks or with his meals.

**BLOG EXCERPT:** Armed with my new Adidas gear, I hit the track this morning for a steady 12K run at 5:00/K. A few weeks ago I would have been intimidated by that type of workout, but lately this has been the norm. Heck, last week Coach Tania had me log 78kms. Yeah, I am pretty chuffed! Prior to this makeover, I severely impressed myself with a 50km week!

Lately my favourite day of the week has become Thursday — that's the day I do the fun stuff. Last week it was "3 x 3000m @ 4:30/km with a 600m rest". This week I get to do "5 x 2000m at 4:20/K with a 500m rest". I have always been a believer in speed training but never to this extent. Pray for me! I will let you know how it goes.

**BIGGEST CHALLENGE FOR ALL ATHLETES:**  
Running with intention: following a structured program.

CLICK  
**iRun.ca/BLOGS**

Think you know our  
Makeover Runners?

## Enter the iRun Runner Makeover Trivia Challenge!

How many languages  
does Aleks speak?

**3**

What professional designation  
does Chrystal have?

**URBAN PLANNING**

What was Brock's job after  
finishing high school?

**MALE BALLERINA**

We'll post questions, you read the  
Makeover blogs and tell us the  
answers for your chance to WIN  
more great gear from adidas!  
Winners will be randomly selected  
from all correct responses.

DATA POINT	RUNNER	BEFORE MAKEOVER JANUARY	MID-POINT END OF MARCH
# RUNS/WK	Chrystal Aleks Brock	2 4 4	4 5 6
MILEAGE (km)	Chrystal Aleks Brock	15 40 50	35 55 80
WEEKLY LONG RUN DISTANCE (km)	Chrystal Aleks Brock	7 15 28	14 24 25
FASTEST TRAINING PACES (min per km)	Chrystal Aleks Brock	7:30 6:00 4:50	5:55 5:25 4:00
PERSONAL BESTS	DISTANCE	PRIOR TO MAKEOVER	NEW 2011
Chrystal	10K	1:06	Tbd
Aleks	30K	3:00	Tbd
Brock	Marathon	3:50.51 NYCM	Tbd
	Half-marathon	1:55	1:40 Feb
	10K	55 min	45 Mar 20



**TANIA JONES** is one of Canada's most accomplished marathon runners with top placings in over 15 major marathons. Tania was ranked third in Canada for the marathon in 2006, held the title of 2002 Canadian Champion – marathon and was a member of Canada's 2001 World Track

& Field Championship team in the marathon. Tania is a unique individual who manages to balance elite athletic achievement in tandem with a successful corporate career as a pharmaceutical regulatory affairs professional and motherhood.



**LAUREN JAWNO** is a certified nutritionist and personal trainer, and a qualified teacher and life coach. With more than 15 years of professional experience, Jawno has built a stellar reputation as an inspiring and passionate speaker in the areas of fitness, nutrition, life and emotional balance. Jawno

also owns a thriving company that provides "whole life" wellness programs. In celebration of her 15<sup>th</sup> Anniversary, she is currently launching a new program, "Life Balance by Design", and an innovative and interactive website, [laurenjawno.com](http://laurenjawno.com) with the objective of turning Canadians into masters of the balancing act.

