



Walk to Run
Citrus Park Plaza
7620 Gunn Hwy
Tampa, FL 33625
p: (813)-453-7885
www.firststepprograms.com

Let's Take a Vote...
by Lynn Gray

Hello all...let's take a vote amongst us walkers and runners. Do you want to stay uninjured and develop leg strength during your workouts? Should we vote yes to soft surface workouts? Should we vote yes for hill workouts?

The vote is in...**yes** to each of these questions. Responding to number one, of course we want the best bang for our training "buck". Aerobic workouts which require time on our feet help us develop stronger muscles and a stronger cardiovascular system. This brings our vote decision to question two, how do we continue to "pound the pavement" and not have impact injuries? There is no question that walking or running on soft surfaces should be part of your training venue. Years ago and I mean years ago, many of us walkers and runners did cross country training, more than on the roads. Using me as an example in that I have been running for over 45 years and have done more than eighty marathons, I am still able to run due to soft surface running. So, vote **Yes** to soft surface running.

Let's look at the last question...resistance workouts such as going up a hill more than once...is that applicable to the beginner walker? Vote **yes**, both walkers and runners need to develop their quadriceps and hamstrings and hill workouts are an excellent way of getting very strong, very quick, and without a lot of excess pounding. Be careful to walk down the hill, heel to toe and chest forward so as to not lean and put additional impact on both knees and shins.

This voting system probably makes a heck of a lot more sense than the current one in Congress...the ease is due to endorphins caused by soft surface walking and running up and down the hills.
