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I wish I lived in Kansas

Monday, October 22, 2012

One thing I remember about driving across Kansas was that it was flat – very flat. I thought about that trip on Saturday during my “long” run. Long is a relative term for me lately.

My recovery and comeback had been going so well that I chose a hilly course for my run. About 2 miles from home I realized that my hamstrings and quads were not as ready for this new challenge as were my mind and heart. I plodded on for another mile taking my usual 1 minute per mile walk breaks (check HR, sip water, wipe nose). That was enough. I began to retrace my steps.

On the way home, taking it slow and easy, I kept thinking that if I lived in Kansas I wouldn't have made such a stupid decision. I bet my 5K times would be faster too.

I'm the queen of baby steps, so why I decided on this giant leap is a mystery to me. I walked another 2 mi in the afternoon trying to loosing up my complaining legs. Fortunately, Sunday is my regular day of rest so I recovered enough to get back to what I think is normal this morning. Aerobics/weights class and a short, easy (and FLAT) tm session is the plan. The hills will still be out there. They will just have to wait awhile.

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MISCHAKEO

My walks include hills. I also lived in Sf and Seattle and am well acquainted with steep hills. You are doing a great job of getting in shape!
3155 days ago



MPLSLINDA

Remember the turtle! My usual running courses don't involve hills. Inclines, but no hills. Two weeks ago, when I ran my first 10k race, the first part of the course was up a hill. I'm still feeling the soreness of that run in my left hamstring and glute. In other words, I feel your pain! I came across your blog while looking for stretches and ST exercises to focus on this area. I probably need to get serious about strengthening my core too.
3157 days ago



ROOSTER72

Baby steps - you will get to love those hills, in time!
3157 days ago





CELIAMINER

I spent 5 years of my childhood in Kansas and really liked it. Life was so different then, when I walked to school by myself for 7 long blocks and crossed two busy streets. Now kids can't walk two blocks to wait for the bus, because the world has shifted. Wish kids could have the freedom from worry that I had.

3157 days ago



KANSASROSE67

I'm smiling for 2 reasons!

Number 1, I live in Kansas, and it's not all that flat. I run on rolling hills and believe me, anything seems flatter in a car than it does while running!

Number 2, I truly think that I am weird because though I live in a semi-flat place, my two fastest races were also my two hilliest, by far. I seem to always run a slower race on a flat course. I wish I knew why.

Anyway, I hope you feel able to tackle those hills soon. Hang in there!

3157 days ago



MJZHERE

Phoenix is flat, flat, flat. No hills only mountains you travel to and they are not ok for running (though runners have passed me on them). I forgot, you can drive to the canals where paths have been created to actually have (ahem) hills. I guess what qualifies for hills here - I'm originally from Ohio where there are actual hills. Hard to let yourself recover- takes patience I know. Of course in the long run it is better to give yourself that time - but I know you know that!

3157 days ago



CD13136117

You'll bet those hills soon! Keep at it - they are great for training. (I live in Kansas, and not all of it is flat. My area has rolling hills, and I sometimes drive to another area if I am doing a long run and just want flats!) Best wishes!!

3157 days ago



SYNCHRODAD

Take a look, and find little pieces of hills to route on with a mostly flat run. Google Earth will fix you up (says the man who has a 2100 ft elevation 4 mile long hill right next to his house). Only one road on it, working up it a bit a time. It is the featured killer hill on the Amgen Tour of California pro

cycling event. A bit at a time for me.



3157 days ago



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