

THE Bull Runner

JUL-AUG 2010

RUNNING MAGAZINE

.COM

THE CROSS
TRAINING
ISSUE



MARK AND
DORAY ELLIS
The Power of Two

10K
PROGRAM

5 NEW
RUNNING
SHOES

5 BEST TOOLS
FOR INDOOR
WORKOUTS

AMALE JOPSON:
BREASTFEEDS
ON THE RUN

TBR DREAM
MARATHON
IN NUVALI

THE FORT STRIDERS

10 MUST-HAVE FOODS
IN YOUR KITCHEN



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Intronic Accusox™ 2.0
9 Calorie Goal Workouts
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RUN CALENDAR

JUL-SEP
2010

[RACES]

JULY

4: 34th NAT'L MILO MARATHON - Manila Elim. Call Rudy Bischocho 897-5008/ 0922-8367992

11: ROBINSON'S FIT & FUN BUDDY RUN 3 Boni Global City, 5/10k. www.robinsons-supermarket.com.ph

11: ATENEO BIG BLUE RUN Ateneo, 3/5/10k.

11: RUN 4 LIFE 2010 Filinvest Corp. City, Alabang, 3/5/10k.

18: 34th NAT'L MILO MARATHON - Baguio. Call 0918-5618364

18: ONE RUN ONE FAMILY ONE LA SALLE Bonifacio Global City, 3/5/10/16k. Call 524-4611 to 26 loc. 128. dlsaa.com

25: TAKBO.PH ANNIVERSARY FUN RUN Bonifacio Global City, 5/10k. takbo.ph

25: CKSCAA FUN RUN SM Mall of Asia, 3/5/10k. cksc.blogspot.com.

25: ABCCI RUN FOR KIDS Ayala Mall, Cebu, 3/6/15k. Call (032) 411-5800. mhrcs.cebph.prm@marriott-hotels.com

25: TAKBO MAS MAY YABANG U.P. Acad Oval, 4.4/8.8k. Call 0916-2164030/ 0916-6129885

25: 34th NAT'L MILO MARATHON - Gen. Santos. Call Mr. Nanali 0929-7687813

31: PBA Run for a Cause 2010 SM Mall of Asia, 3/5/10k. Call PBA ofc 470-2768 loc. 221/117

AUGUST

1: 2nd UP LAW DEAN'S CUP TRI & FUN RUN UP Diliman, 1/3/5/10k. Register at Secondwind, All Terra, Club 650

1: REXONA RUN SM Mall of Asia, 3/5/10/21K. Register at ROX BHS, selected Timex shops. Call 703-1736. runrio.com

1: RUN FOR JUAN Roxas Blvd., 150m/3/5/10/21k. Call 0916-4521165

8: MOMMY MILKSHAKE MARATHON Bonifacio Global City 3/5k walk/run. mommymundo.com/events/milkshake

15: RUN TO READ Bonifacio Global City, 500m/3/5/10/15k. runnersrunner.com

15: ACTIVATE RUN UP Acad Oval, 3/5/10k. Register along UP Acad Oval or online <http://up-erg.org/erg75/marathon/>

15: RUN FOR HUMANITY SM MOA Corp. Center, 3/5/10k. Register at Phil. Red Cross - Pasay. Call 855-2364/ 854-2748.

22: MILES FOR SMILES Bonifacio Global City, 400m/3/5/10/16k. Call 468-6449. ncfphil.org.

22: TIKTAKBO 3:ISA DALAWA TAKBO UP Diliman, 2/6/18k. Call 0926-6988387

22: ENDURUN Felino Marcelino Baseball Stadium, 3/5/15k. Call 223-7128/ 0999-52871218

29: 34th NAT'L MILO MARATHON - Davao. Call Kenneth Sai 0921-5949303 or Rudy Bischocho 0922-8367992

SEPTEMBER

4: KENNY ROGERS NIGHT RUN Bonifacio Global City. Call 703-1736. runrio.com

5: 34th NAT'L MILO MARATHON - Cebu. Call (032) 254-8567 or Rudy Bischocho 0922-8367992

11: THE FS RUN (The Fort Striders Club) Bonifacio Global City, 5/10/16k. Call Felsie 896-1954/ 0908-4340208

12: 1ST FINEX FUN RUN SM Mall of Asia, 3/5/10k. Call 811-4052/ 4188/ 4189. www.finex.org.ph

12: 34th NAT'L MILO MARATHON - Tagbilaran. Call Atty. Dionisio Balite (038) 411-4856 or Rudy Bischocho 0922-8367992

19: 34th NAT'L MILO MARATHON - Dumaguete. Call (035) 225-5709 or Rudy Bischocho 0922-8367992

26: CAMSUR INT'L MARATHON CamSur Water Sports Complex (CWC), Camarines Sur, 3/5/10/ 21/42k. camsurmarathon.com/

26: 34th NAT'L MILO MARATHON - Iloilo. Call Mr. Rommel Castro

0917- 7200630 or Rudy Bischocho 0922-8367992

[CLINICS]

TUE/WED/FRI, 5:30 pm: TEAM BALD RUNNER SPEED TRAINING, Coach Saturnino Salazar, Philsports Complex (ULTRA), teambaldrunner.wordpress.com

TUE, 6:00 pm: RUN RHYMES WITH FUN free run-plyo sessions, Philsports Complex (ULTRA), Alf Pena-Reyes 0918-3026302/ Jody Jacinto 0917-5288767

AUG: THUR, 6:30pm: FRONTRUNNER CLINIC R.O.X. Call 0917-8030664

JUL/AUG/SEP, 6:00 AM: MIZUNO RUN CLINIC, Coach Patrick Joson, St. James the Great parking lot, Ayala Alabang. Call 757-3160 loc 515 to confirm date.

Schedule may change without prior notice. Please contact race organizer to confirm.



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www.thebullrunner.com

For FREE event listing in our calendar and website,
email complete details to tbmag@thebullrunner.com

PRESSED DOWN, SHAKEN TOGETHER, AND RUNNING OVER

Before, I jog and run for the purpose of losing weight. But not until when I got my first and FREE copy of The Bull Runner wherein a new door opened and widened my perspective about running. Now I am running to build up my inner strength and go beyond my comfort zones. I am running because of the realization that self-love is the ONLY weight loss aid that really works.

I proudly say that the pressed down, shaken together, and running over (*siksik, liglig, at umaapaw*) features of this magazine largely enrich my knowledge and skills in this endurance sport I am pursuing. I even opted going to the gym as an option but upon browsing your magazine, it made me realize, "Cath, stick to this physical activity that is convenient yet enjoyable. RUN!"

Thank you for being an inspiration to beginners like me. Now I'm holding my head up high saying that I'm one of those inspired and motivated individuals that will change, widen, and beautify the definition of a REAL WOMAN! I'm looking forward to your next issue. Thank you The Bull Runner!

- Cath, 22 (Cavite)

Congratulations, Cath! You won one pair of Nike Lunar Elite+ for your letter.

YOU ROCK!

I am a newbie in running and when I read an issue of your mag, I was enthused all the more to continue running. I've checked out a lot of websites that can feed me information as a newbie and I must say that your mag is packed from informative articles to running gears, people, and places, definitely a mag to read from cover to cover.

After reading your mag I was able to convince a dear friend to be my running buddy and introduce your 6 week training program which definitely rocks. Your recent article about the seven deadly sins on marathon reveals so much about facts and fixes, do's and don'ts. It's comforting to know that there are runner's who run for a cause like Michelline, Mikko and Melfred (May-June issue) who share their passion to bring change to the lives of those who are in need. Truly, a very inspiring write up.

May The Bull Runner continue to inspire more readers and running enthusiasts. Thank you and keep it up! You Rock!

- Ant de la Cruz

THANKS FROM CEBU

I just want to share how surprised & happy I am to finally have an actual copy of TBR magazine here in Cebu. As a rookie runner who got hooked to the sport last October 2009, I want to give you props for putting up such publication for free. It's one thing reading about your running adventures, insights & reviews through your blog, but it's somehow more enlightening being educated, informed & inspired with the various articles & features you have in your magazine. It's like a handy bible for runners :) I've graduated from running 5-6k races to 10-15k ones and I recently completed my 2nd half-mary during the Great Lapu-Lapu Run last April 18. It's my dream to finish a full marathon this year and I have no doubt TBR will be a great factor in helping that dream become a reality! Thank you so much for sharing your passion with us.

- Pamela B. Apuhin



**WRITE
&
WIN**

Send an email to tbrmag@thebullrunner.com or write about us on your blog. The next issue's published commenter will win one pair of **Nike Running Shoes** (Model may vary from photo)

Bull Runner ISSUE 7 JUL-AUG 2010

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A drizzly early morning start at the Standard Chartered Kuala Lumpur Marathon with my husband last June 27. Thanks to Newton & CW-X for the running adventure.



Editor's Note

THE ROAD IS MY PLAYGROUND. Among all my WORKouts, it's the road runs that don't feel like WORK, but more like play. When it comes to all my other activities: strength training, core, balance, spinning, swimming, and yoga, let's just say I need a little bit more motivation. I constantly I have to remind myself: Running isn't entirely about running; it involves all the other cross training activities that can help us become better runners.

This issue is packed with information on cross training for runners. If you don't cross train yet, we highly recommend it to strengthen your muscles, improve flexibility, and prevent injury.

Our cover runners are power triathlete couple Mark and Doray Ellis who—apart from triathlon's run, bike, and swim—workout at the gym and at home, too. It's their way of bonding while staying on top of their game.

With the rainy season upon us, we share the top five equipment you can use at home for cross training. After a quick workout, you can prepare a healthy snack with the top 10 healthy food we recommend you keep in your kitchen.

If you're eyeing a 10k anytime soon, we're giving you a 10k running program that incorporates cross training into your weekly schedule.

Convinced you enough about cross training? Try it out and you'll see what a difference it can make in your running!

Jaymie

Jaymie Pizarro, The Bull Runner

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INSPIRE

THE POWER OF TWO



WORDS BY
ERIC NICOLE SALTA
PHOTOGRAPHY BY
BEN CHAN

MARK AND DORAY ELLIS REPRESENT THE NEW BREED OF MARRIED COUPLES.

They've taken their athletic interests, professional pursuits, and parental responsibilities to a whole new level, seamlessly fusing the three most important aspects of their lives in perfect harmony. And to a positively pulsating effect, mind you. Their two kids Gabbie, 10, and Kira, 3, seem to be following in their footsteps. "I think we're setting an example for them. They always see us train and compete so they think it's a normal thing," says Doray, 38, who,

after spending a decade-long career in TV networks, has just started her own creative media marketing company.

"We encourage the kids by exposing them to groups like IronKids, gymnastics, and swimming classes. Kira did her first mini-triathlon at two!" adds Mark, 40, himself an athletic buff as a youngster playing sports like water polo, rugby, and soccer.

The story of how they met is one for the books. Shortly after moving to the country in 2002, Mark and Doray serendipitously crossed paths at the FitnessFirst gym in RCBC. "I was trying to

get her to notice me in the BodyPump class we attended,” confesses Mark. “I see him in class but that’s about it,” she affirms. But things started looking up when they both discovered their mutual interest in scuba diving; thus, the expansive, deep-blue depths of the ocean served as the backdrop of their flourishing relationship. Well, at least until recently when the asphalt roads paved the way to a stronger bond.

Of the two, it was the stately and toned Mark who was first exposed to running years ago when his father ran marathons. “My brother and I would join him on his shorter runs. It wasn’t really something we were into at the time but after several months, I started to really enjoy it.” And while his running resume includes four international marathons (three in South Africa, one in New Zealand), he has yet to run alongside with his wife. “We have done some international triathlons together but not a marathon; however she really wants to join the New York marathon.” Doray only began running just as when she started triathlon. “I don’t even know how to run,” she says, “I started yung talagang proper running in 2004.”

Though they primarily consider themselves triathletes, they don’t take running lightly. Mark shares an insightful perspective. “I think, along with 80% of triathletes, that the run is the hardest part of triathlon,” he continues, “I’m pretty consistent in all three disciplines however, the run is always where the pain is and the true test of my mental toughness.” Running is still a huge part of their training but it clearly has a different kind of weight. On average,

The Bull Runner



INSPIRE



But the best part of training is that the benefits aren't just on a physical scale. Not only does it help them get better, it also offers countless opportunities to stay together. "My wife and I train together most of the time and keep each other motivated. It's great we are both into running because it really does mean we spend more time together. If just one of us were into running, I don't think we would see much of each other with our hectic schedules," says Mark, who regularly has his hands full as FitnessFirst's country manager.

That said, whenever the rainy season is around the corner, indoor training is inevitable. Both of them maximize their membership when it rains, focusing on strength training to improve cardio performance, utilizing treadmills and stationary bikes to tone muscles, and

they run three times a week as part of their training program—intervals and tempos on weekdays, long runs in Dasmariñas Village and Forbes Park on weekends, and road races at least twice a month. "You know those every-Sunday runs? We join those for training," utters Doray.

And for as slender and svelte as she already is, Doray runs to shorten her running splits and to lose weight, and by that, no vanity issues are implied. "In triathlon, it's better if you're lighter *kasi* there's less load on the bike and on the run." Mark, meanwhile, emphasizes his motivation for running as simply "a great time for me to unwind."

attending BodyPump and Cycling Classes. Mark also works with a personal trainer once a week to concentrate on core training, which he says, "is great for improving my running." Still, that's not to say they don't enjoy the rain as both of them love running in the rain. "But, of course, a storm would mean I get on a treadmill instead," clarifies Mark.

The Ellises, although began running at different stages in their lives, are now at a point where they can look ahead with rose-tinted glasses, seeing the bright future that lay ahead before them. But for now, they have their sights set on Ironman 70.3 in CamSur, and oh, perhaps a few 21K runs here and there. ●



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ON TRACK

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July-August 2010



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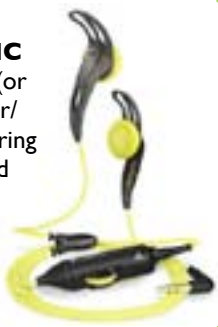
READ MORE, RUN MORE.

Learn how to train faster or longer, or draw inspiration from the words and experiences of other runners. New running books are available at Runnr.



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Get your hands (or ears) on the newest Sennheiser/adidas sports headphones offering extreme comfort, powerful and robust sounds, and durability in the face of sweat or water. MX 680, CX 680, CMX 680 and PMX 680 now available at adidas.



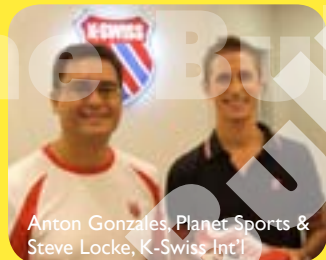
WHAT'S NEW:
Running Stores Galore

New running stores are popping up not just in the metro, but also in the provinces:

- ASICS: G/F Greenbelt 3



- K-Swiss: Glorietta



Anton Gonzales, Planet Sports & Steve Locke, K-Swiss Int'l

- Run Club, Davao City
Plaza del Carmen, Loyola St.,
Bo. Obrero, Davao City



- OPENING SOON:**
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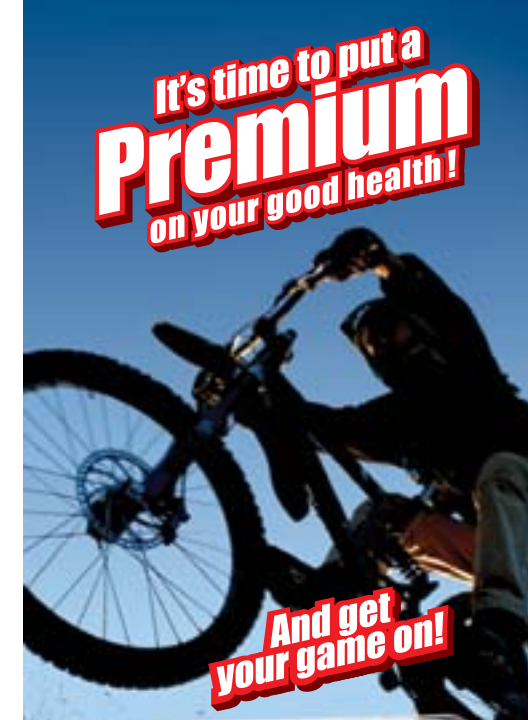
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PRODUCT	WHAT IS IT?	BENEFITS?	HOW TO USE?
1 THERABANDS 	Flat latex bands. Available at Chris Sports, Toby's, ROX P100-P450	full body strength training workout; excellent for strengthening the often neglected ankle joint	<ul style="list-style-type: none"> • use as a resistance device to perform whole body exercises (chest press, squats, etc.) • for ankle strengthening, wrap around foot and do dorsiflexion, plantarflexion, inversion and eversion movements while pulling on the bands
2 4-5 FEET POLE <i>(any light material)</i> 	PVC pipe or broomstick. Available at any hardware store. P35-55	improve flexibility, spinal decompression, posture alignment	perform dynamic exercises while holding pole overhead or behind you (making sure the pole is touching your head and butt the whole time)
3 FOAM ROLLER 	Big 3" to 5" cylindrical shaped hard foam. Available at Chris Sports, Second Wind Running Store, Ensayo. P500-P1,500	myofascial release, improve flexibility, elongating the muscles, releasing the I.T. Band	position body part (e.g. calves) on top of the foam roller and "roll" body part back and forth over the foam roller
4 45"-55" STABILITY BALL 	Big, round exercise ball made of rubber. Available at Chris Sports, Toby's, Second Wind Running Store, Runnr. P350-600	core, stability and full body strength training, particularly the hamstrings	<ul style="list-style-type: none"> • perform planks and other exercises with your hands or feet on the stability ball • for leg curls, lie down and put feet on the ball, lift your hips up and bend your knees to pull the ball towards your butt
5 TRX SUSPENSION TRAINER 	Military belt type of gadget used for suspension. Available at Chris Sports, Second Wind Running Store. P7,949	total body core and strength training (upper and lower body)	place either hands or feet on the TRX unit and perform various exercises



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And get your game on!



Coach Jim, MSAT, PES, SAQ, CAPT is a Performance Enhancement Specialist and Speed and Conditioning Coach of RP SMART Gilas and a Sports Training Consultant of the POC. He is a sports and fitness columnist and Men's Health Fitness Advisory Board Member, and co-host of FIT Radio on 99.5RT.



NO APPROVED THERAPEUTIC CLAIMS
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GEAR

OUT OF THE BOX



REEBOK ZIG FUEL

Aptly named due to its zig-zag soles, the Zig Fuel is designed to conserve and return energy to the runner's legs for a soft and springy ride. Its lightweight foam reduces wear and tear in leg muscles by up to 20% so you can train more efficiently. AVAILABLE AT: Reebok Concept Stores (Megamall, Trinoma, Festival Mall), Shoe Shop Rockwell & Royal Sporting House, Robinson's Ermita PRICE: P4,995



K-SWISS TUBES RUN 100

Tubes Run 100 is a lightweight running shoe. It is K-Swiss' unique take on addressing cushioning needs of runners. Perfect for beginners to marathoners who are on a budget, overall a great shoe to start with for neutral runners and supinators. Best shoe under \$80 in Running Network WEIGHT: 12 ounces AVAILABLE AT: Secondwind, The Athletes Foot, and Planet Sports PRICE: P3,995

MIZUNO WAVE AERO 8

Wave Aero 8 is a lightweight, responsive and fast racing flat. For a better smoother performance, it minimizes rapid acceleration and deceleration during transition. Highly recommended for speed runs as well as short and long competitions. *Limited in the market, available only in selected countries.* WEIGHT: 8.6 ounces AVAILABLE AT: Mizuno PRICE: P4,295



BROOKS GLYCERIN 8

Custom cushioning takes a step forward with the debut of Brooks' DNA cushioning technology in the Glycerin 8. Combining the BioMoGo midsole and DNA results in an adaptive and responsive ride that changes based on pace and size of the runner. Ideal comfort for the neutral or supinating runner. Editor's Choice of Runner's World, Mar 2010 WEIGHT: 12.6 ounces AVAILABLE AT: Runnr, Toby's, & Secondwind. PRICE: P6,495



ZOOT ULTRA TEMPO+ 3.0

These triathlon shoes were designed for the athlete looking for a performance stability trainer or race-day stability shoe with a combination of flexibility and support ideal for all distances from a 5K to a marathon. Zoot shoes are made for sockless wear and have a patented quick-lace system for faster transitions. WEIGHT: 9 ounces AVAILABLE AT: Planet Sports Rockwell & Trinoma PRICE: P6,900

NUTRITION



HOME BUDDIES

MITCH FELIPE-MENDOZA REVEALS THE TOP 10 HEALTH FOODS ALL RUNNERS MUST HAVE IN THEIR KITCHEN NOW THAT WE'RE SPENDING MORE TIME INDOORS.

1 PASTA: It will take you less than 10 minutes to cook pasta noodles. Top it with your ready-to-eat bottled sardines or pesto sauce with chicken, and you'll ensure yourself of a great race performance or heavy run training the next day.

1 CUP NOODLES: 200 CALORIES, 1 GRAM FAT

2 LEAN CHICKEN: More grocery stores now sell skinless, boneless chicken breast and thigh fillets for health conscious consumers. Grilled, roasted, steamed, boiled, or sautéed chicken fillet dish is healthy enough combined with rice, pasta, bread or salads.

1/2 CHICKEN BREAST: 120 TO 140 CALORIES, 1 TO 3 GRAMS FAT

3 A LOAF OF BREAD: Spread tuna over a slice of bread and, voila, you've got a handy, satisfying, and not to mention, healthy snack in a jiffy. Don't rely

It's time to put a **Premium** on your good health! And get your game on!



NO APPROVED THERAPEUTIC CLAIMS
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on bars since it's not always enough, especially after a long or strenuous run.
1 SLICE BREAD: 70-80 CALORIES, 2-3 GRAMS FAT

4 CANNED TUNA: Runners can get protein from canned tuna or bottled sardines for more effective muscle recovery since your body is always being used for high intensity, long duration workouts. Remember: pasta or crackers is not enough.
1/3 CAN OF TUNA: 60 CALORIES, 1 GRAM FAT

5 EGGS: Whip up your own satisfying breakfast after a morning run: 1 cup of rice, a serving of smoked fish, and a sunny side up or egg omelette. Eggs contain enough protein and fat to satisfy a ravenous runner.
1 MEDIUM EGG: 100 CALORIES, 4 GRAMS FAT.

6 LOW-FAT MILK: Runners need complete food like milk drinks either as pre- or post-workout food and as a reliable supplement to their daily food intake.

Choose low-fat!
250 ML OF MILK: 120 CALORIES, 2 GRAMS FAT
7 GREEN LEAFY VEGGIES: Runners are guilty of grabbing easily accessible fruits without including enough vegetables in their diet. Buy mixed green leafy veggies. Wash and pre-pack them in your refrigerator for quick meals without any inconvenience.
3 CUPS GREEN VEGGIES: 60 CALORIES, 0 GRAMS FAT

8 BANANA: Touted as one of the healthiest fruits in the world, runners should consume bananas before, during, or after a run since it contains carbohydrates for energy and high levels of potassium.
1 MEDIUM BANANA: 100 CALORIES, 0 GRAMS FAT

9 REDUCED-FAT PEANUT BUTTER: Peanut butter is a popular food among runners due to its satisfying sweet taste with lower (glycemic index) and nutrient content. Spread a tablespoon of this on whole

wheat bread for a handy, portable meal.

1 TBSP REDUCED-FAT PEANUT BUTTER: 80-90 CALORIES, <1 GRAM FAT.

10 TOMATOES: Tomatoes contain a potent anti-oxidant called lycopene, which reduces the risk of chronic diseases especially the ones related to the most important organ for runners: the heart.
1 MEDIUM TOMATO: 15 CALORIES, 0 FAT



Mitch Felipe-Mendoza is a lifestyle & weight mgmt coach, fitness trainer and runner who has helped her clients manage weight and improve running performance by combining her background in psychology, exercise, nutrition, and injury prevention. She is also a regular wellness contributor of Philippine Daily Inquirer and a weight loss columnist for Women's Health Philippines.

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Brooks DNA is an innovative cushioning material that consists of individual molecules connected in strands and chains that react to the amount of force placed on the feet.



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EXPERT ADVICE

SORENESS SOLUTION

Q: I JUST STARTED RUNNING AND I FEEL A BIT SORE THE DAY AFTER, ESPECIALLY IN MY KNEE. IS THIS NORMAL?

A: Soreness after exercise is a common occurrence. This is usually due to the build up of waste products in the muscle causing some inflammation. Hard workouts can also cause micro injuries.

To minimize soreness, make sure you practice proper cool down after a run. Stretching after a warm up or a workout are effective as well.



Dr. George Canlas is an orthopedic surgeon specializing in sports medicine. He is a member of FIBA (International Basketball Federation) Medical Commission. He was once a member of the National Track Team.

ASK & WIN!

Email your running question to tbrmag@thebullrunner.com and we'll seek out the right expert to answer your concern. If your query is published, you win P1,000 worth of gift certificates from Paul Calvin's Deli.

QUICK FIX

Harvie de Baron's Healthy Comfort Food

Triathlete, businessman, and sports nutritionist Harvie favors his wife's **SPAGHETTI BOLOGNESE** above all else after long rides or runs. For muscle recovery, Harvie makes sure to take in high GI (glycemic index) foods right after a workout, such as relatively low-fat, no shortening white pasta along with protein from the minced chicken in his wife's special bolognese recipe.



10KM PROGRAM

Running + Cross Training

SO, YOU THINK YOU'RE READY FOR A 10KM RACE? **COACH IGE LOPEZ** shares his 10k training program which allocates three days of running per week combined with cross-training or gym activities. Train this way and you'll improve your endurance while reducing the risk of injury or overtraining. Try it!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
▶ Week 1	45 mins - 1 hour gym or rest	3-4k w/ 4 x 3 mins fast pace, 3 mins easy	XT 45mins	3-4k sustained effort	XT 30 - 45 mins	XT 45 mins	5k @ 70-80% effort
▶ Week 2	45 mins - 1 hour gym or rest	4k w/ 4 x 3 mins fast pace, 3 mins easy	XT 45 mins	4-5k sustained effort	XT 30 - 45 mins	XT 45 mins	6k @ 70-80% effort
▶ Week 3	45 mins - 1 hour gym or rest	5k w/ 5 x 3 mins fast pace, 3 mins easy	XT 50 mins - 1 hour	5-6k negative split run	XT 45 mins	XT 50 mins - 1 hour	7k @ 70-80% effort
▶ Week 4	45 mins - 1 hour gym or rest	6k w/ 5 x 4 mins fast pace, 3 mins easy	XT 50 mins	4-5k easy run focusing on form	XT 40 mins	Rest day	5k TT or 5k road race
▶ Week 5	45 mins - 1 hour gym or rest	6k w/ 5 x 4 mins fast pace, 3 mins easy	XT 45 mins - 1 hour	5-6k sustained effort	XT 45 mins	XT 1 hour	7k @ 70-80% effort
▶ Week 6	45 mins - 1 hour gym or rest	6k w/ 6 x 4 mins fast pace, 3 mins easy	XT 45 mins - 1 hour	6-7k negative split run	XT 30 - 45 mins	XT 1 hour	8k @ 70-85% effort
▶ Week 7	45 mins - 1 hour gym or rest	7k w/ 7 x 4 mins fast pace, 3 mins easy	XT 45 mins - 1 hour	7-8k sustained effort	XT 30 - 45 mins	XT 45 mins	9k @ 75-85% effort
▶ Week 8	45 mins - 1 hour gym or rest	6k w/ 8 x 2 mins fast pace, 2 mins easy	XT 45 mins	5k easy run focusing on form and fast turnover	XT 30 - 45 mins	Rest day or 20 min easy jog	10k RACE DAY!!!

TRAINING GUIDE

● **GYM SESSION/STRENGTH TRAINING:** high rep, low weight training for body toning and overall conditioning. You may do 2-3 sets of 10-12 reps of 3 different upper body workouts and 3 lower body workouts. Ex: Upper Body - chest press/push ups, standing bent arm lat pull down and seated rowing. Lower Body - hip extension, leg press and hamstring curl. Abdominal workouts should be included.

Proper warm up and cool down is also important.

● **XT/CROSS TRAINING:** stair climbing, elliptical trainer, bicycling, swimming or any aerobic sport. Include a 15-20 min warm up and 5-10 min cool down whenever you cross train. The intensity of the XT will depend on the athlete but to maximize the results try 75-85% effort.

● **TT/TIME TRIAL:** race pace effort. Warm up for 15-30 mins.

before the TT. You may also do several 30 seconds to 1 minute accelerations during your warm up.

● **SUSTAINED EFFORT:** hold a certain intensity for a certain length of time.

● **NEGATIVE SPLIT:** workout wherein the second half of the workout is faster than the first half.



Miguel Antonio "Ige" Lopez is known by many as a triathlete and adventure racer. More than acquiring recognition in local and international races, he finds fulfillment in being a multisport coach who converts his students' lifestyles into active and healthy ones. He also designs and produces "Transition One" - a multisport apparel brand.

MY STORY



Amale at the Looney Tunes run starting the 3k with 4-year old daughter Mikele and 16-month old son Rafa.

NURSING ON THE RUN

ACCOMPLISHED RUNNER/TRIATHLETE **AMALE JOPSON** AIMS FOR HER PERSONAL BEST WHILE GIVING HER CHILDREN THE BEST NUTRITION: BREASTMILK.

IN MAY OF 2009, 8 WEEKS AFTER A C-SECTION DELIVERY TO MY 2ND CHILD RAFA, I NEVER EXPECTED THAT my resolve to keep 2 personal commitments would be sooo damn hard. First was my goal to get fit and lose post-partum weight through running - a sport I loved with a competitive aspect so that my motivation would be driven by more than just dropping pounds. And second was to nurse my baby up to the age of one year, just as I had with my daughter so as to give him the best headstart in life.

After taking so long to get back in shape post my first pregnancy, and starting to get back into running after a 6-year hiatus from competitive triathlon due to a ruptured

disc, I felt that figuring some running races into the picture would be much more fun, motivating and effective than just going to the gym. Of course I hadn't considered that doing so was not just starting from zero, but that major abdominal surgery meant I would have to begin at sub-zero. Feeling like my insides would fall out, and carrying all that extra weight prevented me even completing my usual 1 mile circuit at first. Would I ever even run 5 k again, much less get close to my previous PRs? It sure didn't seem like it at the time. Ouch is all I can remember. But of course, things did get better, building up to 5k at first, then 10k, and 10 miles, after which I decided to train for my first half marly at the Cebu City Marathon only 10 months post partum.



WAVE AERO 8
LIGHTWEIGHT RESPONSIVE FAST

Runner
Runner



LEFT: Amale during her pre-pregnancy days with husband, top triathlete, Noy, during his pre-Ironman days at Tri-City Marathon

ABOVE: Amale paced by Noy to a 1:55:39 podium finish at Cebu International Marathon

Along the way, I also had to figure out how I was going to combine breastfeeding and running, which as it turns out was not too complicated. (See below for Amale's Rules on Breastfeeding)

After a year of getting back into running, I've progressed from barely completing a mile to running 2 half marys in 1:55. And while my unofficial 10 k of 49:55 (it was within a 12k race) is still a far cry from my 46 min. run in a triathlon, the fitness and enjoyment I've experienced is well-worth the initial struggles post-partum. Best of all, I still managed to give Rafa the best nutrition in his first year of life. ●

MOMS' RULE!

Amale Jopson's Tried & Tested Rules for Running while Breastfeeding

RULE #1: ALWAYS WEAR SUPPORTIVE TOPS. Never did think this would apply to me since I've always had this "go-anywhere" physique. I guess when your body is heavy with milk, this rule applies to all regardless of size.

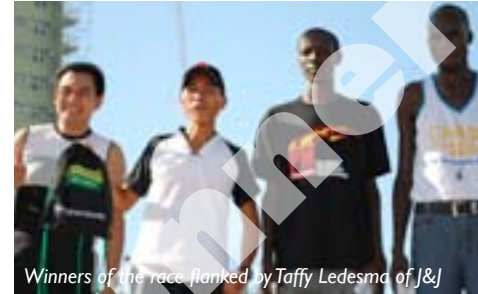
RULE # 2: NURSE YOUR BABY BEFORE GOING OUT FOR A RUN. This will ensure that he is full for at least 2 – 3 hours, and it will help lighten you up so you can go faster. During race days, I would set my alarm 30 minutes earlier so I could nurse Rafa in bed before putting him in his crib as I got ready to go.

RULE #3: INVEST IN A GOOD PUMP. The breast pump is essential so you can express milk to leave behind while you're out. Stocking up on expressed milk allowed me to run my races and do long training runs, confident that baby still had mommy's best.

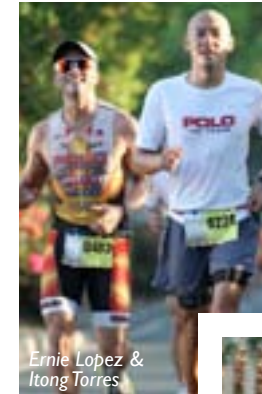


CHASE THE SUN THE NEUTROGENA RUN

Runners came out to run and had a blast under the sun at Neutrogena's Run Chase the Sun. MAY 16, 2010 BONIFACIO GLOBAL CITY 3/5/10/15K



Winners of the race flanked by Taffy Ledesma of J&J



Ernie Lopez & Itong Torres



Runner sprints to the finish



Runners were treated to generous goodie bags from J&J



Kids joined in on the fun



Tessa Prieto-Valdes

EPIC RELAY 250: 23 teams consisting 230 warriors covering 250 kilometers of road from Subic to Mt. Samat in 2 days, having an unforgettable experience. Team effort at its best! JUNE 12-13, 2010



Off to a great adventure



Teams hamming it up at the finish line



EVENTS

NATURE VALLEY RUN (Leg 2: RunRio Trilogy)

Over 12,000 runners braved the scorching heat to run this well-anticipated, well-organized race. MAY 30, 2010, BONIFACIO GLOBAL CITY, 3/5/10/21K



Donna Cruz-Larrazabal



Jeremi Roque



Cathy Santillan



Jeffrey Hidalgo



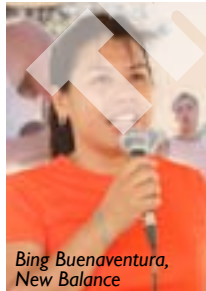
Team Nature Valley Tri

NEW BALANCE TRAIL ADVENTURE FATHER'S DAY RUN



Runners negotiate the Nuvali trail

A different Father's Day treat had Dads and their loved ones enjoying the thrilling Nuvali trail. JUNE 20, 2010, NUVALI, STA. ROSA, LAGUNA, 5K PAIR/ 10/15K



Bing Buenaventura, New Balance

FREEDOM RUN (CDO):

Over 800 runners joined the first Freedom Run at Divisoria's Kiosk, Cagayan de Oro. Race Organizers Francis Velasquez and Jeffrey Ang aim to make the City of Golden Friendship the country's next top running destination. JUNE 13, 2010



EVENTS

THE BULL RUNNER DREAM MARATHON IN NUVALI

The first and only marathon in the world that caters exclusively to first- or second-time marathoners, TBR Dream Marathon last May 22, 2010 offered almost 300 runners the most ideal, supportive environment to accomplish their dream marathon in NUVALI, Sta. Rosa, Laguna. 42K



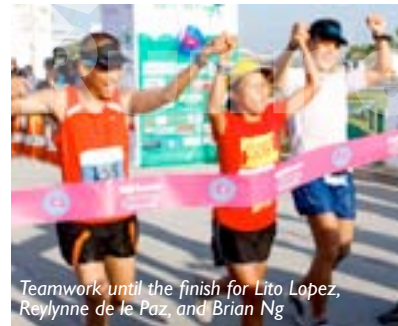
TBR Dream Marathoners: Batch 2010



A marathon dream come true



Milette Chiongban & Maricel Laxa-Pangilinan show support



Teamwork until the finish for Lito Lopez, Reylynne de la Paz, and Brian Ng



Tears of joy from Mariel Cruz



A family affair

Read inspiring stories from runners who finished their first marathon. Visit thebullrunner.com. Search: TBR Dream Stories



Tessa Prieto-Valdes, Jaymie Pizarro, NUVALI GM Jun Bisnar and Drew Arellano



Kids cheer for their marathon dads & moms

**COMING SOON:
THE BULL RUNNER
DREAM MARATHON 2:
1ST QUARTER 2011
www.thebullrunner.com**



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SKIN

Proper hydration, delivered by Gatorade, maintains blood flow from the muscles to the skin where sweat evaporates to cool your body down.

MUSCLES

When your body is properly hydrated with Gatorade, blood then flows into the muscles so heat can be taken out and carbs can be transferred in as energy. Gatorade also feeds fluids and electrolytes like sodium and potassium into your muscles to reduce the risk of cramping, the ultimate race killer.

BRAIN

Gatorade helps deliver the needed glucose to the brain to help you maintain your focus all the way to the finish line.

MOUTH AND THROAT

Gatorade's flavorful taste encourages you to drink more, thus giving your body the fluids and nutrients it needs unlike the boring taste of water.

LUNGS & HEART

The fluids and electrolytes that Gatorade fills your body with help maintain blood volume and blood pressure to reduce the risk of fatigue.

LEGS

Gatorade nourishes your body's muscles and increases leg power so you can push through especially during the last few kilometers of the race.

Keep up with the demands of the race. Drink Gatorade.

EVERY GAME NEEDS A
HERO

www.gatorade.com.ph



LELAND PASION

*Mahabang Buhangin, Calaguas Island,
Camarines Norte*

WHERE TO STAY: In your own tent! There are no buildings in Mahabang Buhangin aside from a few open nipa huts. Perfect for outdoor junkies.

WHERE TO EAT: Al fresco, under the stars, enjoying your personal camp recipes. No restos on the beach, so it's a good place for your own experimental cuisine.

WHY RUN IN MAHABANG BUHANGIN:

Because there is no better way of connecting to the beach than feeling the sand under your bare feet during a run just before sunrise.



Email a photo of yourself running anywhere in the Philippines to tbrmag@thebullrunner.com. If your photo is printed, you win this VIVO Barefoot shoe from Terra Plana. (Model may vary from photo)

The Fort Striders Club, Inc.



WHY THE NAME: FORT STRIDERS?

We were the only runners running at The Fort at that time. We belonged to the Fort with different "strides" of members so we came up with THE FORT STRIDERS.

WHAT MAKES YOU DIFFERENT?

We are a group of runners from all walks of life, so whatever your standing in life you will not be alone. We can match whatever your running pace, so you will enjoy your pace partners.

MOST MEMORABLE EVENT:

We held 2nd Place for three consecutive years in the Philippine Marathon. We were able to field 75 marathon runners (42.2 km.) from the club.

TEAM ADVOCACY:

We continue to conduct our annual fun run at the Fort. We have also donated to charitable institutions, such as Clean and Green Foundation and Real life Foundation.

TEAM GOAL:

- To encourage people in our community of all shape and sizes, of all ages and gender, whether a beginner or advanced to get interested, join, and enjoy the sport of running.
- To achieve and enjoy a full 42.2km marathon for every member of the club.

HOW CAN ONE JOIN?

Our meeting place is at Bonifacio High Street, Global City, Taguig. Just approach any runner and you will be welcome.

Team Stats:

STARTED: 2002
MEMBERS: over 100 runners and counting
AGE RANGE: from young ones to young once
SCHEDULE: daily morning runs at the Fort

CONTACT:

Call: 896.1929/54;
 0908.4340208; 0918.9280245
fortstridersclub@yahoo.com
thefortstridersclub.com

RUNNERS DIRECTORY

{stores}

ADIDAS – Glorietta, 888.1234; Festival Mall, 999.1234; Trinoma Mall, 823.9129; SM Megamall; Podium

BOTAK – 131 Kamuning Road, Q.C., 922.7868, 929.7743

CHRIS SPORTS – SM City The Annex, 441.1889; SM Marikina, 477.1933; SM North Edsa, 928.1487; Market! Market!, 886.7467; SM Megamall, 633.4946; SM Manila, 522.1345; Glorietta, 818.6124; SM Sucat, 829.9549; SM Bicutan, 776.0899; Festival Mall, 771.0504; Robinsons Ermita, 536.7847; SM Mall of Asia, 556.0260 (For complete listing, visit thebullrunner.com)

MIZUNO – SM Mall of Asia, 915.1946; Club 650, Libis, 636.0179; Festival Mall, 850.3959; Trinoma, 916.6495;

SM Megamall, 634.6293; Bonifacio High St., 853.1432; BMG Ctr Magallanes, 757.3160 ext. 805; SM City Cebu, (032) 238.9571

MJ46 CENTER NIKE FACTORY OUTLET – Red Flower Compd, Elizabeth Ave. cor. Sta. Ana Dr., Sun Valley Subd., Bicutan, Pque, 794.3767, 823.6186, mj46center.com

NEW BALANCE – Glorietta 2, 7575856; Shangri-la Mall, Festival Supermall

NIKE – Glorietta 4, 813.0082; Greenbelt 3, 757.4491; Robinsons Galleria, 631.3610; Bonifacio High St., 856.2586; Trinoma, 901.3547; Robinsons Place Mla, 522.8625; SM City Mla, 400.4674; SM Mall of Asia, 556.0789; Gateway Mall, 912.8468; Tutuban Ctr, The Podium, Festival Supermall, SM Southmall, Eastwood City, SM Fairview, Sta. Lucia East Grandmall

TIMEX – SM Megamall, 637.8438; SM MOA, 556.0167; SM Southmall, 800.1273; North Edsa, 927.0640; Glorietta 3, 894.5432; Ayala Cebu, (032)231.5740

TOBY'S SPORTS – Shangri-la Plaza, 633.7014; SM Megamall, 633.4998; SM Mall of Asia, 556.0445; Trinoma, 901.3688; Glorietta 4, 815.1793; Greenhills Shopping Ctr., 725.7112; Alabang Town Ctr., 775.0623 (For complete listing, visit thebullrunner.com)

THE NORTH FACE – Glorietta 4, 752.8226; Shangri-La, 637.5606; SM Mall of Asia, 915.1947; SM Megamall, 914.4591; SM North Edsa, 332.2925

WATCH REPUBLIC – Robinsons Galleria, 634.5476; Robinsons Ermita, 524.4496; Trinoma, 901.3469; Market!Market!, 845.1705; SM Cebu, (032) 233.642;

{ortho doctors}

DR. JOSE RAUL CANLAS – Sprain & Strain, Alabang Zapote Rd., 809.3942; St. Luke's Medical Ctr., 723.4918/ 19, 723.0101 loc. 4700

DR. EDGAR MICHAEL EUFEMIO – SM Megamall, 497.5746, 637.9661 loc. 115; Cardinal Santos, Rm 221, 727.7672

DR. PAOLO PUNSALAN – Orthopedic Multispecialty Ctr., Ortigas Ave., 635.6789 ext. 6521; Second Wind, 799.2089

DR. ANTONIO RIVERA – Makati Medical Ctr., 892.1541-43; Asian Hospital, 771-0585/ 86

{coaches}

RIO DE LA CRUZ Running, 703.1736, 0918.9859211, run_rio10k@yahoo.com, runrio.com

ANI KARINA DE LEON Running & Triathlon, 0915-4440290, anikarina@gmail.com, anikarina.wordpress.com

FERDIE ESPEJO, JR.

Running & Triathlon, 0932.2580722, ferdinelespejojr@yahoo.com

PATRICK JOSON Running & Triathlon, Alabang area, 0917.527.7141

EDWARD KHO Running, Strength & Conditioning, 0915.999.0187, edwardpkho@yahoo.com

MIGUEL LOPEZ Running & Triathlon, 0917.8478500, tlmultisport@yahoo.com

JOJO MACALINTAL Running, Spinning & Triathlon, 920.3864, 0927.7637930, jojomacalinta@yahoo.com

MITCH FELIPE-MENDOZA Lifestyle & Weight Mgmt Coach, Makati & Fort area, 0917.5033142, mitchfelipe@gmail.com

ARMAND MENDOZA Weight Mgmt, Physical Therapy, Sports Nutrition, 0917.9517733, askarmand@gmail.com

LIT ONRUBIA Chi Running, 0917.5376870, lonrubia@yahoo.com

TITUS SALAZAR JR. Running, Physiotherapist, & Sports Massage, 0920.5367038, satumwalkerjr@yahoo.com, <http://teambaldrunner.com>

LIZA YAMBAO Running (Ultra & U.P), 0915.3335794; hiza12marathon@yahoo.com

{race organizers}

ARGENT NETWORK Magdalene Gay Maddela 482.5143, 0926.205.2787 gcmaddela@yahoo.com

EXTRIBE INC. 438.9021 info@extribe.com, www.extribe.com

FINISH LINE Coach Rio de la Cruz & Vince Mendoza 703.1736, 0918.9859211 run_rio10k@yahoo.com, www.runrio.com

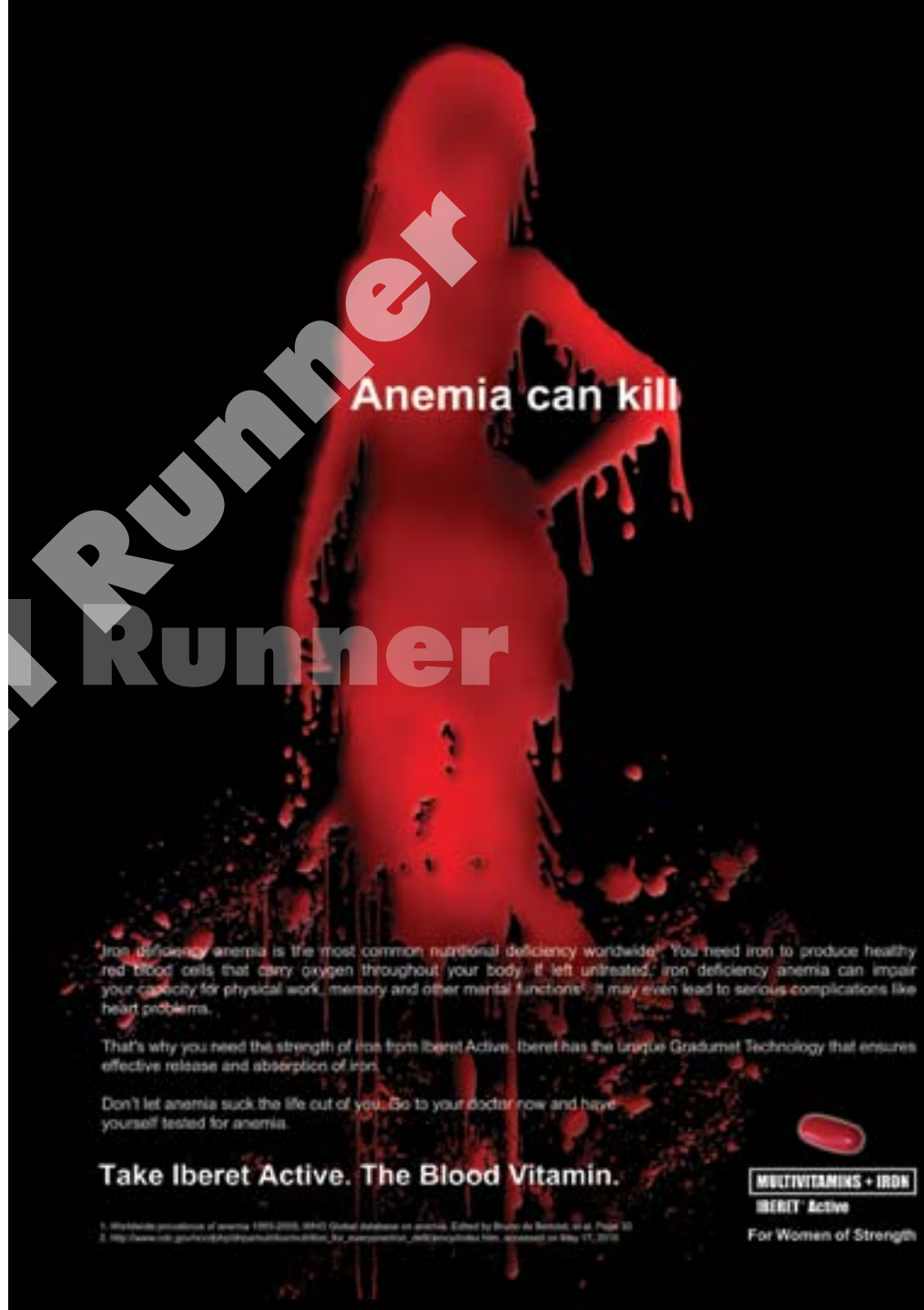


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1. Worldwide prevalence of anemia 1995-2005. WHO Global database on anemia. Edited by Bruno de Barmid, et al. Page 30
2. http://www.cdc.gov/nchs/data/health_statistics/nhanes_iii_aeremia.htm, accessed on May 11, 2010

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>> RAIN TRAINING

When it rains, it pours. Runners share loads of their best running tips whether it's done on a treadmill or under the pouring rain...



JOANNE IGNACIO: Whether you're on the treadmill or pounding pavement under the rain, always mind your laces. Gym floors and big puddles are the worst places for a faceplant.



NONOY BASA: Running indoors can get really boring with nothing much to see, so I usually put on my ipod and listen to my favorite playlist, or just watch tv if there's an interesting program on.



JOEY RAMIREZ: Be conscious of where your striking. Water can hide deep ruts and uneven surfaces. Enjoy the run! It's always refreshing to run under the rain!



NIKKI DE GUZMAN: Wear a cap with a visor, to help keep the rain of your face.



LAARNI ANENIAS-PAREDES: It's putting on a lot of fast, upbeat songs on my ipod so i won't get bored. also try to raise the treadmill to at least 3% incline to somehow simulate running outdoors.



LEVY ANG: Don't let the rain deter you from running outside. Just go out and run. You won't get sick. Trust me. Libreng hydration pa.

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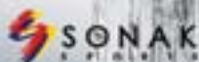
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