

Training during the Holidays – It's only tough if you don't plan

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One of the hardest times of year to keep your training on track is during the Holidays. We all have many obligations during the period between Thanksgiving and the first of the year. Research shows that Americans typically gain one to two pounds during this period. Although not significant that extra weight can make a difference if you have a half marathon or marathon planned in January or February. Additionally you probably have been training since summer or early fall to get ready for your race in the New Year. Late November and December should be your peak training weeks before you start your taper at the beginning of the year. Here are a few tips to keep your training plan on track.

Holiday Eating

1. Enjoy your Thanksgiving Dinner. Many of your family and friends have planned for weeks and put in a lot of work to make the Thanksgiving meal a success. Run a local Turkey Trot before the big meal and you can enjoy the food and the company guilt free.
2. Holiday parties –
 - a. Offer to bring a dish. Bring a healthy alternative so that you have something guilt free to graze on.
 - b. Don't go to the party on a empty stomach. Eat something light prior to attending so that you can make better choices when you arrive.
 - c. Watch out for the alcohol. In addition to the extra calories too many drinks may cause you to skip the next day's workout. Drink a glass or bottle of water between Alcoholic beverages.
 - d. If you come with your significant other, hold hands it is harder to graze on the cheese, Hors d'oeuvres and dessert with just one hand.

Holiday Training

- A. Plan your workouts for the morning. This may mean getting up a little earlier than normal but it ensures that you will get your workout in.
- B. Plan your easy or recovery workouts for the day after Social commitments. Your coach can adjust your schedule if they know in advance.
- C. Know your key workouts for the week and make it a priority to get these work outs in. For the Half Marathon and Full marathon the long run is going to be you're key workout.
- D. Keep your training partners accountable they will do the same for you.
- E. If you miss a workout, let it go, stick to your training schedule. Each of your workouts is designed for a specific purpose and trying to make up workouts may not give your body the proper work rest cycle. Doubling up workouts may put you at higher risk of injury.
- F. Make sure you are wearing the appropriate safety gear. Make sure you are seen while running on the roads. If you are a little distracted during this time of year, so is the person behind the wheel and you never win if there is an accident.

Bottom line enjoy your training during the Holidays. Reflect back what you are thankful for while you're pounding the pavement in the early hours of the morning. Think about the real meaning of the season and know that come January Taper time is right around the corner.