



From Da' Coach by Coach Will

AH SPRING!!! COUGH, COUGH!!!

Springtime is one of the most beautiful and difficult times of the year for running. Even if you don't have pollen allergies the volume of pollen in the air combined with the exhaust fumes from cars can be very taxing to your cardiovascular system and even dangerous.

Combine this with the increasing heat and humidity and this has you looking over your shoulder for the gorilla on your back. As the German philosopher Nietzsche stated, "*That which does not kill us, makes us stronger*". I don't know if I want to test that theory to its limit, but his concept is correct. If we can get through tough times and remain healthy we will become a stronger runner.

Below are a few hints about how to make it through the pollen and pollution.

1. **Take it easy.** It takes about 2 weeks of continuous warmer temperatures for your body to adapt to the higher heat and humidity. Use a heart rate monitor and run at the same *EFFORT* you did during cooler weather. Until your body adapts don't be a slave to the watch.
2. **Run early or run late.** Running in the morning you will have to deal with more humidity but with less pollen and exhaust fumes. Running in the late evening you will have less humidity but more pollution and heat, unless you delay your run until after sundown.
3. **Drink extra fluids.** Everyone who lives in Atlanta knows how hot and humid it is during the summer and that they need to drink extra fluids, but during the Spring the extra fluids will also help to keep your throat moist and to clear pollen.
4. **Get naked!!!** Well, maybe we shouldn't go that far, but you should wear light colored singlets and shorts that allow for evaporation of sweat, but you also need to protect exposed skin from the damaging effects from the sun. One of the best products I have found that provides protection, is waterproof and allows for evaporation is **Banana Boat Sport**. (Wonder if I can get a commission?).
5. **Be Smart!!** If the pollen or pollution index is in the red zone, think about going indoors or skipping the workout for that day. Exposing your respiratory system to the potential harm from these pollutants is not worth the risk.

See you at the races...

Coach Will