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Novice runner ups her monthly training mileage

BY KRISTA JAHNKE • FREE PRESS STAFF WRITER

As it is for most first-time marathoners, each training mile is a learning opportunity for Lisa Newman.

The Fit introduced Newman last month and is chronicling the Roseville woman – a 36-year-old shift supervisor at a Shelby Township Starbucks – as she trains to fulfill her goal of crossing the finish line at the Detroit Free Press/Flagstar Marathon in October.

It's a lofty goal for someone who as recently as 2007 weighed 300 pounds and didn't start running until the fall of 2008.

But after losing 100-plus pounds, Newman is now signed up and in the middle of her first serious training season.

In the past month, she has upped her mileage from 20 to 25 to 28 miles a week and completed on long run of eight miles.

She has dealt with her first injury – wrenching her back as she twisted to lift something heavy. She had to take a week and a half off.

“I was like, 'This is ruining my life right now,’” Newman said. “This is creating more stress for me. All I could think of was October, and the 18th was looming over my head.”

She has tossed aside cotton T-shirts and has educated herself on all things self-wicking. She's planning to buy “a goofy water belt” to help keep her hydrated. She has discovered that early morning running is best on hot summer days.

And she has come to face with one of the biggest hurdles in accomplishing any athletic goal – finding the daily motivation to stay on track with training. Her sister, Stephanie Newman, helps.

“She says she's my coach,” Lisa Newman said. “She's not a runner, but she's like, ‘Come on, we're doing it!’ when I'm not really feeling like I want to do this. Because as cool as this is and as much weight as I've lost, I still struggle to get out there and exercise every day. It's not like I wake up and say, 'Yeah, let's run 5 miles!’”

And while she admits she has skipped a run or two, she's mostly on track. The pressure of making a public vow to finish the race helps. Newman said people at work regularly ask her about her running and she has had strangers encourage her as they drive down eastside streets and see her traipsing down the sidewalks.

“I'm crossing the finish line, if I have to walk or crawl,” she said. “I think (even if I didn't finish) people would be like, 'Bravo to you for trying.’”

The Fit offers news, trends and advice on running, yoga and other fitness pursuits every Sunday. From interesting places to run and moves that will make your abs scream to metro-area trainers, check in every week to give your workout a boost. Contact KRISTA JAHNKE: (313) 222-8854 or kjahnke@freepress.com.

ADDITIONAL FACTS

Training tips

Invest in wicking runners' clothing and save yourself from chafing – especially for long runs.

Hydration! Mix sports drink 60-40 with water and drink at least every few miles, especially in warm weather.

If you plan to use the energy gel handed out during the marathon, train with the same gel on long runs to see how your body reacts.

Source: Marathon Mission Trainer Dan VanVeen



Lisa Newman