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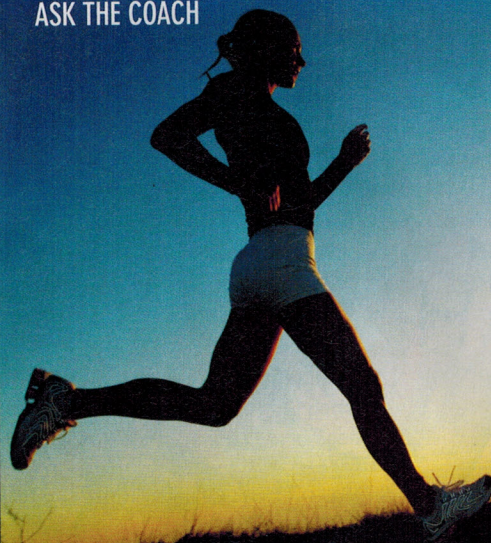


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ASK THE COACH



SHOULD I RUN TWICE A DAY?

There are advantages to running twice a day (aka “double sessions”) on occasion. A short, easy run (2 to 4 miles) in the morning will help loosen up your legs so you’re not as stiff heading into your evening workout. Also, splitting a longer recovery run into two shorter runs can enhance recovery since you’re giving your body more opportunity to rest and refuel between runs. Running twice a day a couple of times per week can also be a good way to increase your weekly mileage as you build up to a marathon (or ultramarathon). But be careful that you’re extra run isn’t sacrificing other important aspects of your training (such as recovery or a cross-training workout) or life, work, school or family routine.

MARIO FRAIOLI, senior editor for *Competitor*, is the author of “The Official Rock ‘n’ Roll Guide to Marathon and Half-Marathon Training” and coach of 2012 Olympic marathoner César Lizano.



RACE FOR YOUR LIBIDO

A new study presented at the annual meeting for the Society for Neuroscience in October showed that exercise-induced stress, notably running, causes oxytocin (also known as the “cuddle hormone,” which floods the body during and immediately after courtship, childbirth and orgasm) to be released in both men and women. In the study, male prairie voles that exercised by running on wheels over six weeks displayed changes in their nervous systems related to increased oxytocin production and mated with their new female cage cohabitants, while sedentary male prairie voles showed no interest.

No direct correlation to human runners, you say? Don’t be so sure. Another study from 2008 showed that immediately after finishing a race ultrarunners had significantly higher levels of oxytocin in their blood levels than they did at the start. Post-race parties might just become a lot more interesting.

— Amanda McCracken

Photo by John Segesta