

# NEWSLETTER

**BOW VALLEY SQUARE FITNESS CENTRE**

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## JULY 2024

- **1st - Canada Day**
- **3rd - BVS Fun Run**
- **5rd - Parade Day**
- **5th -14th - Stampede**
- **24th - Outdoor Olympic Bootcamp**

## UPDATES

- The facility will be operating under weekend hours with no staff or classes on July 1st. Happy Canada Day!
- Join us for our **5k fun run on July 3rd!** Email us to sign up!
- There will be no classes on Stampede parade day (July 5th).
- Our next Summer Session will be on **July 24th - Outdoor Olympic Bootcamp!** This is open to all BVS tenants, so grab your work buds and sign up early!
- Nice work to our push up champs: Parissa L. and Zach W.!



## JUST A REMINDER....

There are no classes running on July 1st (Canada Day) and July 5th (Stampede Parade Day)

## EXERCISE OF THE MONTH: LARSEN CHEST PRESS

### Why do it?

This is a great variation to isolate the chest by removing leg drive from the exercise.

### The set up

With a pair of dumbbells, lie down on the bench. Set the shoulder blades down and engage the core to ensure a strong position on the bench, and straighten knees so feet are in the air.

### How to do it?

Start with the arms extended over your chest, take a deep breath into engage the core and stabilize on the bench. Lower the weight down till chest level and then extend your arms and weights back up.

## GROUP FITNESS UPDATES

We had *the most fun* during our first Summer Session - the Kickoff to summer party! Thank you all for joining in the fun! Our next summer session is **July 24th from 12:05-12:50** where we will celebrate the Olympics with a rooftop bootcamp! These summer sessions are open to all tenants, so tell your coworkers and sign up early by emailing us at [bvsinfo@livunltd.com](mailto:bvsinfo@livunltd.com)

July 12th we bring back our **Outdoor Weekend Warrior Bootcamp!** Classes will run at the regular 11:10 Friday time, but please meet at the desk 5 minutes early! Outdoor classes will run until August 30th, and will occur in the studio in the case of bad weather.



# TIPS FOR INTERMEDIATE RUNNERS

Ready to take it up a notch? Let's go!

Whether you joined us on our Coach to 5k program, or were already running regularly, what is the best way to add on once you've passed the 5km distance?

**First things first** - establish what your goal is. Do you want to run longer? Stretch your 5kms into 10 and beyond? Or do you want to run faster? Shave time off your 5km personal best? Once you know what your goal is, you can tailor your running to suit it.

## Running faster:

- Once your frequency (how many times a week you are running) is consistent, ideally 4 times a week or more, you can start adding in speed work
- Begin by doing speed work just once a week. It is far more taxing on the body, and requires additional recovery. If your body is responding well to it, after 4-6 weeks, you can consider adding a second hard workout a week
- Keep the rest of your runs at an easy pace. A common mistake with runners is to make their easy runs too intense. Keep hard runs hard, with high intensity, and easy runs easy. You should be able to have a conversation with a friend while you run on easy days.

There are many ways to do a speed workout - you can do all sorts of interval and recovery lengths, again it is dependent on your goal. Tempo runs are either short runs or long intervals (example: 2kms) done at a faster pace. Fartlek (Swedish for "speed play") runs are intervals of various intensities without set interval times. Uphill running is another great way to do intervals and improve fitness as it is still challenging but there is less impact stress on the body. Strides are short intervals of about 100 meters that you gradually build up to, hold, and then gradually reduce speed back to your regular pace. They can be added to the end of an easy run, or put at the end of a warm up on a speed work day to help prepare the body for harder intervals.

## Running Farther:

- Again, once your frequency is consistent, ideally 4 or more times a week, you can begin adding volume to your runs to help you build to farther distances
- Typically, runners will have one "long run" either once a week, or a few times a month. Everyone tolerates higher volume differently, and it may need to be adjusted on a person by person basis. Long runs should not contain the bulk of the weekly volume, so it is important to get the other runs in so that volume is spread out through out the week.
- Overall volume as well as long run distance should be progressed week over week, with occasional "cutback" or "rest" weeks to allow the body to recover. Increases of around 10% are common for beginners, but can be as great at 30% for more experienced runners. Again, everyone responds to volume differently, and the rate of progression can be tailored to the runner as needed. Rest week frequency will depend on the runner and their goals.
- Walk/run intervals of some kind are very common for long runs as there will be a need to fuel and hydrate during longer distances. The intervals for this depend on the runner, their goals, and the terrain. Typically over 10kms, you'll want to bring water, and over 20kms, you may want to bring fuel. It is important to practice your fueling and hydration strategies to figure out what works best for you.

Avoid adding volume while also trying to improve speed - pick one goal to focus on instead. This will reduce your risk of injury/over training. The key to improvement is progressive overload - always working just a small amount harder, so that you continue pushing yourself to improve. You don't want to push too hard or it can lead to injury - small and steady progressions are ideal. And maintaining a strength training and mobility routine while training is critical for staying injury free and being a well rounded runner!



## HONEY SRIRACHA SALMON BOWLS

These honey sriracha salmon bowls are spicy, sweet and so easy to make. With only 20 minutes of active prep and cook time, this is the perfect easy dinner recipe for the whole family.



### INGREDIENTS

#### SALMON

- 4 4-6 ounce salmon filets
- 3 tablespoons soy sauce or tamari
- 2 tablespoons honey
- 2 tablespoons sriracha
- 2 teaspoons minced garlic
- 3 tablespoons water

#### BOWLS

- 2 cups cooked white rice
- 1 avocado
- 1 cucumber *sliced*
- 1 cup edamame *cooked*
- ½ cup sriracha mayo

### DIRECTIONS

1. Cut your salmon into 1 inch cubes. I took the skin off, but you can keep it on if you prefer.
2. Whisk together all ingredients for the marinade in a large bowl.
3. Add in the salmon and marinate for up to 1 hour, but ideally at least 20 minutes.
4. Once it's done marinating, heat a large skillet with a splash of oil and add in the salmon, but keep the rest of the marinade on the side for now.
5. Cook for 2-3 minutes on each side to get a nice crisp.
6. Add in the marinade and cook until the sauce thickens.
7. Assemble your bowls with a bed of rice, then add in the salmon, avocado, cucumber, edamame and top with the sriracha mayo.
8. Sprinkle with red pepper flakes and sesame seeds and enjoy!

## HAPPY STAMPEDE!

Enjoy the festivities and all the fun these two weeks offer our city! Keep these easy healthy tips in mind to help you feel your best:

- Stay hydrated - Pay attention to your water intake and consider adding some electrolytes if you need them
- Try keep your fruit and vegetable intake up - Focus on one or two high quality meal of the day if you know you'll be out and about for others
- Sneak movement in whenever you have a chance - A short workout is better than no workout! Take extra stairs or walk a little extra whenever it is possible

