

Building Recovery Days into your training program

By Dave Welsh

Wednesday 21 February 2018, 8PM in the Haddonfield Running Co Store Presentation Room.

SJAC February Meeting co-sponsored by 856 and Who's Up

How does Dave Welsh run a 4:34 minute mile on 11 January 2018 and then follow that up with another 4:34 on 20 January! In addition, at the 2017 USATF National Masters T&F Championship in Baton Rouge he ran 2:03.6 for 800m and then 4:15.28 for 1500m. How does Dave run so fast as a Masters athlete? (Age>40)

At the February SJAC talk Dave will discuss the importance of recovery between hard workouts like your long run, intervals and your tempo run. Should we really fit all 3 of these hard workouts into a 7 day training cycle? Would a 9 day cycle used by Meb Keflezighi or a 10 day by used by Greg McMillan of McMillan Running be better? How about a 14 day training cycle? But if we were convinced to switch to a longer training cycle then what happens to our weekly group runs? Long run on Sunday, Tuesday Intervals and Thursday Tempo? When do you do long runs if you don't do them on the weekends? How do you know you have fully recovered between hard workouts? Garmin wrist based heart rate?

For more information:

<https://www.runnersworld.com/masters/why-masters-runners-should-try-longer-training-cycles>

<https://www.trainingpeaks.com/blog/why-runners-should-extend-their-training-cycle/>

<https://www.runnersworld.com/for-beginners-only/how-do-i-know-if-im-recovered-after-a-workout>

http://running.competitor.com/2014/06/training/think-youre-overtraining-check-your-pulse_63593

Dave Welsh Bio

A long time Haddon Township local, Dave graduated from Haddon Township High School where he ran Cross Country and Track all four years. He focused on the 400m Hurdles, 400m, and 800m, all while still being able to compete in the longer distance events, as well. After graduating from HTHS in 1995, Dave continued his education and running at Lehigh University. He claims he was "awful" at running in college; recruited as a hurdler, he did not compete in Cross Country until junior year, and quickly found out the Division 1 competition was very steep. In his four years competing at Lehigh, Dave competed in a wide range of events. He was part of the previous record-holding Shuttle Relay team, and placed 7th in the Patriot League in the 3000m Steeple, 400m Intermediate Hurdles, and 1000m. Dave graduated from Lehigh in 1999 with his B.S. in Material Engineering and soon after, continued on to to get his M.S in Polymer Engineering in 2001.

After college, things started to change. Dave worked as an engineer for IBM in New York City and loved his job and his co-workers. Still hungry after college for some race PRs, he went on to run and win the Dutchess Country Half-Marathon in a time of 1:11. Dave and his team also went onto win the Penn Relays Corporate Distance Medley Relay. After working at IBM, Dave went on to take what he thought was his dream job with New Balance as a Footwear Engineer at their Boston headquarters. After about 2 years and numerous trips to China, Dave realized he was really starting to miss home. Being an only child, his friends are his family, and being a die hard Philadelphia sports fan, it was hard being in New England territory. Dave decided to come back to his hometown in Haddon Township and took a huge risk to do something he'd love to do, own a running store.

Taking out a loan against his house, he purchased the Haddonfield Running Company. No one knew he had done this until he arrived back home. He lived in the back of the store for over a year while trying to model and improve upon it, until eventually moving in with TJ for a while. In a few years' time, it all proved to be worth it. In 2006, Dave and the staff opened up the second location, Mullica Hill RunningCo. (formerly known as South Jersey Running and Triathlon). Dave then continued on to open up the Moorestown location in 2007 after Bob Bickel approached him and pitched the idea. Seven years later, in 2014, the fourth location was born: the Medford Running Co. Dave is grateful for the support the local runners have shown to the RunningCo. stores.

Today, Dave continues to own and operate the stores along with all of the staff. His love for running still continues as he went on to place second in both the 800m (2:03.6) and the 1500m (4:15.28) at the 2017 USATF National Masters T&F Championship in Baton Rouge, LA. Dave regularly attends Eagles games as well as other Philadelphia sports games. He sponsors and directs awesome races such as the Haddonfield Adrenaline 5k, and he continues to be a true advocate for the running community in one of the best places to be a runner: South Jersey.