



# BROOKLYN\_BORN

 Change Banner Image

**154,981**  
SparkPoints



-  Info
-  Photos
-  Feed
-  Blogs
-  Awards
- More 

## LSD and Me

Thursday, November 21, 2013

If you're a child of the 60s, you may think I'm about to confess a drug problem. If you're a runner you know that today I'm writing about my "long, slow distance" workouts.

My current fitness goal is to break out of my comfort zone and increase my distance. A training method is to run an LSD once a week at a speed about 1 minute slower than race pace.

I'm having trouble with this. I'm completing the distance OK, but I don't like it. The pace or something doesn't feel right. Maybe it's the cold weather or the lack of pretty scenery in the grey mornings or perhaps it's just the result of years of shorter runs. It's been 8 years since I've done anything other than a 5K race.

My habit has always been to take a 1 min walk break every mile. I manually check my heart rate, sip some water and wipe my nose. In an LSD I feel I shouldn't be doing that. I'm going slower so shouldn't I just plod on forward?

It's too early to draw a real conclusion. I'm persistent and intend to keep at it. We'll see how it goes.

Note: Thanks to Mooslady whose comment on my "Unfortunate Acronym" blog prompted my entry today.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

 [Add a Blog Entry](#)

See Today's Featured Member Blog Posts

### More Blogs by BROOKLYN\_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

## Member Comments About This Blog Post



**MARYJEANSL**

I would take a walking break if you feel you need one, even if you are going very slowly. You know your body and your abilities best. Good luck!

2758 days ago



**CELIAMINER**

Define long. Define slow. My "short" runs are slow, and my "long" runs are even slower. I do take walk breaks on all my runs, though I usually take them more frequently than at one-mile intervals. Did I mention I'm slow?

2761 days ago



**CD14034154**

Brooklyn,

My mind didn't even go there, as I think I know you better than that!!! Girl, YOU KNOW BETTER





THAN THAT!!! Brooklyn, you're too funny, and I love reading your blogs! Keep your sense of humor, as I want you to surprise me more, like you did today!

Be blessed,

- Nancy Jean -  
GA  
2761 days ago



**MERRYMARY42**

I am a product of the 60's, and I did not know what either of them were, of course, after you jogged my memory, I knew, but, I enjoy your blogs, and enjoy your comments,

2761 days ago



**CD12146214**

As soon as I read the title, I knew it was running not the drug. My long slow runs are slow....in fact small land animals pass me!

2761 days ago



**WILSONWR**

You have a way with the blog titles! That type of training does sound difficult - I would think it would be hard to change your pace that much. Good luck in your training!

2761 days ago



**BOOKAPHILE**

There is so much "alphabet soup" standing in for things that many people don't understand. Just reading the morning paper, I'll have to go back through the article to find what certain letters stand for. Hard to define by context. Thanks for explaining YOUR use of LSD. Not being a runner, I

wondered how it could be good for an athlete.

2761 days ago



**SUZYMOBILE**

Even "LSD" as you're using it dates back at least to the '70s. I know what you mean. At first, for me, walking instead of running felt painfully slow.

2762 days ago



**CD4199227**

LSD - ya I'm old enough and a runner!

The long slow ones are tough - I actually do better on my own on those - If I run with a friend we have to be really careful - we start talking and before you know it we are zipping along. If you have a garmin use it . There are some apps that you can use on your phone as well that will keep you "honest".

2762 days ago



**GINIEMIE**

Well, I'll say you got my attention quickly. Sometimes I save blog reading for after lunch, but this title mandated I read, right away. Watermellen is funny with comment.

Even though I don't run, I think I understand, I have trouble slowing my pace when I walk. I had some of my former colleagues complain they couldn't keep up with me, and I was short!!!!. I walk slowly with the elderly and the babies, but I chafe at the bit so to speak. Even with Erik, I direct him to what he needs to look for in the grocery store and I go buzzing around getting two or three things, then meet him somewhere near where I sent him.

Thanks for grabbing my attention this morning, now I have a chuckle for the rest of the day.

Ginie



2762 days ago



**WATERMELLEN**

You've gotta mop your nose, right? Slower sounds good to me . . . your goal right now is distance and not speed. (Speed right up there with LSD for ambiguity).

2762 days ago



**MISCHAKEO**

Good luck on figuring out your LSD. I had no idea what it was until I read your blog. These cold mornings are hard to exercise in. I am off this am.

2762 days ago



**CD14270285**

To quote another source--Jeff Galloway--you can never do long runs slow enough. When I look at his half-marathon training he says to add a few minutes per mile from the time I think I'll run my goal pace. The longest I've run so far though is 6.5 miles. Maybe it is a mental thing for you---



you see the longer distance and feel the need to get it done and get it done quickly? I swear, running is mostly done in the brain. I truly hope it gets better for you...I think we're both trying for a longer distance...so I hope you let us know how it goes ;-).  
2762 days ago

### Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

**Post Comment**

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.