BROOKLYN_BORN

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Puzzlement about a run – SOLVED!
Tuesday, February 25, 2014

Yesterday, I was ready to get back to a normal routine. I had sufficiently broken in my newly refurbished orthotics over 3 days with a lot of walking and a very short test run as well as wearing them around the house.

The day didn't begin well as I woke up at 4 am with a sinus headache and congestion. I ate a few crackers with peanut butter so the 2 Advil wouldn't land on an empty stomach and dozed on and off until 7:00.

Checking in on SP perked me up and by 9:00 I was ready for at least a short workout.
After a warm-up speed walk, I felt "droopy," nothing specific, but since nothing hurt I decided to run a mile.

9:35? That's too fast. I've been working on endurance not speed. Yeah, speed is relative. That's fast for me if I plan to go further.

I blamed it on the wind, walked ¼ mile and tried again, singing in my head as I went (from Sunday's concert) -" the rain is Tess, the fire is Joe and they CALL the WIND MARIA." "Maria" was blowing me sideways and I had to avoid some rolling trash cans.

Still, I've run with wind before. 2nd mile time 9:37. Still too fast. I think my legs wanted to finish quickly and get out of the wind. Hard to explain but I just didn't feel quite right.
Since this obviously wasn't going to be an endurance run. I walked another ¼ mile and tried again. Singing a different song (Give my regards to Broadway…)

Mile 3 = 9:49 – closer to the 10 minute miles I was aiming for, but that was enough running on the new orthotics. No reason to push my droopy, wind-blown self any further and I finished up by walking home.

Finally I logged into Spark again, recorded my results and planned my nutrition for the day. Wow, that was the problem. There hadn't been ANY nutrition yet.

I FORGOT to eat breakfast and I ALWAYS eat breakfast. I was literally running on empty.
Who knew that clogged sinuses could also cloud your memory and your judgment.
Hoping for better this morning.

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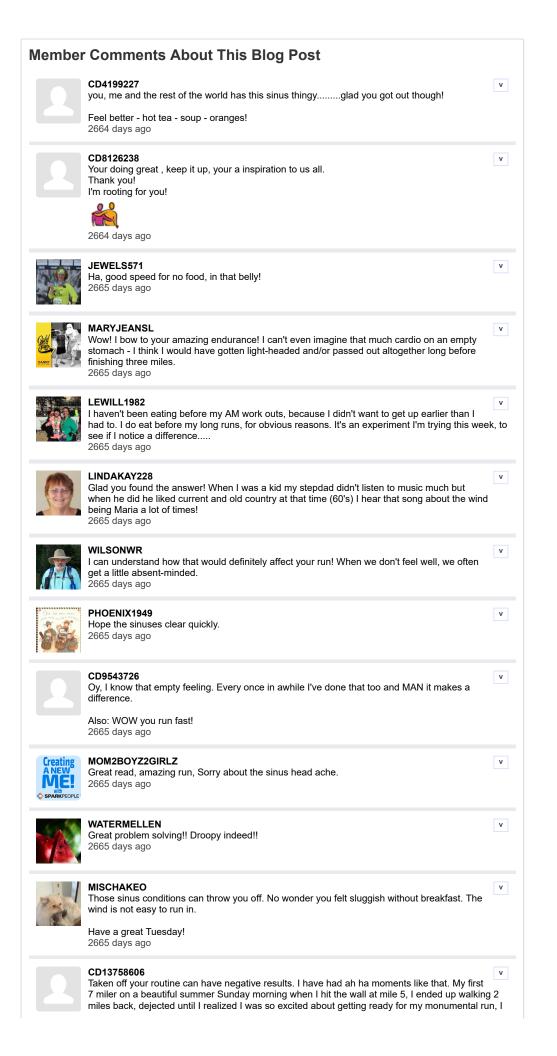
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CD4199227
you, me and the rest of the world has this sinus thingy.........glad you got out though!

Feel better - hot tea - soup - oranges!
2664 days ago

CD8126238
Your doing great , keep it up, your a inspiration to us all.
Thank you!
I'm rooting for you!

2664 days ago

JEWELS571
Ha, good speed for no food, in that belly!
2665 days ago

MARYJEANSL
Wow! I bow to your amazing endurance! I can't even imagine that much cardio on an empty stomach - I think I would have gotten light-headed and/or passed out altogether long before finishing three miles.
2665 days ago

LEWILL1982
I haven't been eating before my AM work outs, because I didn't want to get up earlier than I had to. I do eat before my long runs, for obvious reasons. It's an experiment I'm trying this week, to see if I notice a difference.....
2665 days ago

LINDAKAY228
Glad you found the answer! When I was a kid my stepdad didn't listen to music much but when he did he liked current and old country at that time (60's) I hear that song about the wind being Maria a lot of times!
2665 days ago

WILSONWR
I can understand how that would definitely affect your run! When we don't feel well, we often get a little absent-minded.
2665 days ago

PHOENIX1949
Hope the sinuses clear quickly.
2665 days ago

CD9543726
Oy, I know that empty feeling. Every once in awhile I've done that too and MAN it makes a difference.

Also: WOW you run fast!
2665 days ago

MOM2BOYZ2GIRLZ
Great read, amazing run, Sorry about the sinus head ache.
2665 days ago

WATERMELLEN
Great problem solving!! Droopy indeed!!
2665 days ago

MISCHAKEO
Those sinus conditions can throw you off. No wonder you felt sluggish without breakfast. The wind is not easy to run in.

Have a great Tuesday!
2665 days ago

CD13758606
Taken off your routine can have negative results. I have had ah ha moments like that. My first 7 miler on a beautiful summer Sunday morning when I hit the wall at mile 5, I ended up walking 2 miles back, dejected until I realized I was so excited about getting ready for my monumental run, I

forgot to eat breakfast.

Feel better today.

2665 days ago

ONEKIDSMOM
Forgot to eat breakfast because you weren't feeling well? OK, that makes sense... Forgetting

that you forgot? Eh... are we having senior moments? Here's hoping for a better today!
2665 days ago

CD12146214
Wow you must have been starving when you got home. When I have a cold sinus thing, the last thing I want to do is eat as everything tastes like Halls or cardboard.

Hope you feel better soon.

Cheryl
2665 days ago

TERI-RIFIC
Good run despite the empty tank. i bet you don't forget again soon.
2665 days ago

JSTETSER
Everything has to work together for us to succeed.
I am surprised at the things that we forget, and the things that we remember to do.
2665 days ago

GINIEMIE
Yeah missed breakfasts aren't to good for endurance or energy levels. I've accidently (CRS) done that too. Glad you got your run in, and glad that you aren't seeming to have issues with your orthotics.
Question: did the doctor recommend them or a specialty shoe store?
Have a great Tuesday! And don't forget your breakfast.

2665 days ago

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