



MY Week - October 2024

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Currently in my mid-sixties, I've seen many fitness approaches come and go. I've done many of them - Jane Fonda, step aerobics, Jazzercise, Body Pump, etc. It wasn't until I reached 50 that I found something that really transformed the way I thought about working out. I began running and with no prior experience or training, decided to train myself to run a half marathon. Over the course of the next few years, I kept running and did Body Pump 2-3 times per week. I continued to train and run half marathons working on my own. I loved running and it became my main motivator.

In my late fifties, I suffered two injuries and was diagnosed with osteoporosis. After my injury recovery, I was struggling to get back to my prior fitness level. I kept hearing "at your age" as the reason for my struggles or an explanation for why I should give up running. I refused to give into that thinking and wanted to go into retirement ready to travel and enjoy my grandson. I hired a trainer who introduced me to weight lifting. I regained strength and PRed my next half.

Since then it's been a happy struggle to balance lifting and running. I've finally settled into an approach that seems to be working for me. Part of the year I focus on lifting (usually four days a week upper/lower split) while keeping running in maintenance. The other part of the year I focus on running and race training. I drop lifting to 2-3 days a week.

The most important thing I've learned through fitness is to find the things that make you happy and enjoy them! My goal at this point is to stay active, stay healthy, and enjoy it.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest Day or Active Recovery	Weight Training	Weight Training	Run	Weight Training	Weight Training	Run
	<i>Upper Body</i>	<i>Lower Body</i>		<i>Upper Body</i>	<i>Lower Body</i>	
This is usually a walk or easy hike, but could be a bike ride, kayaking or other outdoor activity.	<ul style="list-style-type: none"> Bench 3x5 Half kneeling OH Press 3x8/10 Cable Row 3x10 EZ Curl 3x10/12 Skullcrusher 3x10/12 SB Pass (core) <p>Run 1-3 miles (With striders or hill repeats)</p>	<ul style="list-style-type: none"> Deadlift 3x5 Leg Press 3x10 Lunge 3x10 Leg Curl 2x10 Calf Raises Copenhagen Plank 	SMR/Mobility 3 miles easy pace	<ul style="list-style-type: none"> OH Press 3x5 Pullups SA Cable Row 3x8/10 Pushups Reverse Pec 3x10-12 Carries 	<ul style="list-style-type: none"> Squats 3x6/8 RDL 3x10 BSS 3x10 Banded Hip Thrust 3x20 Leg Ext. 3x10 Calf Raise Banded Lat Walk 	SMR/ Mobility 4-6 miles