

The 52nd Annual Journal Jog is Sunday, August 27th!



Start your running journey with our 6-week Beginner Running Plan, and a great pair of shoes from Reno Running Company.

A runner's first focus should be on having proper footwear. Reno Running Company offers a complimentary video gait analysis to help runners and walkers of all ability levels achieve their active lifestyle goals.

The next focus ought to be on prudent training. Our 6-Week Beginner Running Plan is designed to get you to the starting line fit and healthy.

Week 1:

Monday: Rest (Monday is the rest day since it follows the longest workout of the week)

Tuesday: Run 2 miles easy (if the entire distance is not yet do-able, run five minutes, walk two minutes, and then repeat until reaching 2 miles)

Wednesday: Run 1.5 mi with increasing tempo or join our track workout, 6am from the Hub Coffee on Riverside.

Thursday: Cross-train 40-45 minutes (cross training should be a non-impact cardio exercise such as cycling or work on an elliptical trainer)

Friday: Rest

Saturday: Run 2 miles easy

Sunday: Run (or run/walk) 2 miles easy (or join the Sunday morning group run at the Reno Running Company)

Group Runs

Wednesday: 6am Track workout from Hub Coffee on Riverside

Saturday: 8am RRC Sparks Store Run from 1276 Disc Dr Sparks

Sunday: 8am RRC Summit Store Run from Summit Sierra Mall

Fuel Your Run as You Prepare for the Journal Jog



During the dog days of summer, hydration becomes a critical component to training. Reno offers mid to high 90-degree temperature throughout summer, which means you will most likely be running in hot weather. Running in intense heat and not being adequately hydrated before and during your run makes your body work harder just to keep you cool.

Gu is the official on-course nutrition of the Journal Jog and offers a variety of nutrition products for before, during and after your run.

Week 2:

Monday: Rest (Monday is the rest day since it follows the longest workout of the week)

Tuesday: Run 2.5 miles easy (if the entire distance is not yet do-able, run six minutes, walk two minutes, and then repeat until reaching 2.5 miles)

Wednesday: Run 2 miles with increasing tempo or join our group track workout

Thursday: Cross-train 40-45 minutes (cross training should be a non-impact cardio exercise such as cycling or work on an elliptical trainer)

Friday: Rest

Saturday: Run easy 2.5 miles

Sunday: Run (or run/walk) 3 miles easy

Group Runs

Wednesday: 6am Track workout from Hub Coffee on Riverside

Saturday: 8am RRC Sparks Store Run from 1276 Disc Dr Sparks

Sunday: 8am RRC Summit Store Run from Summit Sierra Mall

Mental Preparation



Just as important as physical training, mentally preparing for the road ahead will create a piece of mind come time to toe the line.

You are a runner. You have committed to running an 8K race and registered for the Journal Jog; training has begun. Along the way, many challenges will arise within your training regimen, which forces you to question your ability to achieve and reach your goal. The good news is, no matter how experienced you are, those feelings are common.

Considering the various obstacles you encounter during your weeks of training, and face these fears head on before race day.

Run the course: The course map is published on the Journal Jog website. Running the actual course allows you know what to expect on race day.

Your first race: Everyone has a “first race”. And the unexpected is what keeps runners coming back for more each time. You will know what your pace or time is for anticipated completion after training for an 8K. Finding a friend or a fellow runner to pace off of takes the pressure off.

Stay motivated: Staying motivated is easy with company. Reno Running Company offers a group runs, open to all ability levels. This is an opportunity for you to meet likeminded runners who are generally training for a goal.

Leave stress behind: Don’t forget you love running. Not applying too much pressure on yourself will make for a great experience. The effort and sacrifice you put into training will be rewarded on race day.

Week 3 Training Plan:

Monday: Rest (Monday is the rest day since it follows the longest workout of the week)

Tuesday: Run 3 miles easy (if the entire distance is not yet do-able, run six minutes, walk two minutes, and then repeat until reaching 3 miles)

Wednesday: Run 3 miles with increasing tempo or join our group track workout

Thursday: Cross-train 45-60 minutes (cross training should be a non-impact cardio exercise such as cycling or work on an elliptical trainer)

Friday: Rest

Saturday: Run easy 3 miles

Sunday: Run (or run/walk) 3.5 miles easy

Group Runs

Wednesday: 6am Track workout from Hub Coffee on Riverside

Saturday: 8am RRC Sparks Store Run from 1276 Disc Dr Sparks

Sunday: 8am RRC Summit Store Run from Summit Sierra Mall

Pick Up The Tempo



In the mid-1950s, singer and songwriter Little Richard made the crossover from rhythm and blues to rock 'n roll. He is reported to have made this statement about the differences between the music: “Played up-tempo, you call [the music] rock 'n roll; at a regular tempo, you call it rhythm and blues.” In these final weeks leading up to the RGJ Journal Jog, runners in training truly need to begin to rock 'n roll, to move beyond their regular pace and thereby raise their fitness levels. Most experts believe that the best way to do that is to add a tempo run to the workout week.

A tempo run is a moderately hard run—in other words, a run just above the line of an uncomfortable pace. One goal of such a pace is to hit one’s lactate threshold, or LT. The LT is the point at which the body begins to produce more lactic acid than it can buffer. A runner at the LT will begin to fatigue and slow down; but, if she or he fights through the lactic acid buildup, it’s possible to raise the LT and, therefore, increase the pace at which one can run. Another goal is to stretch the capabilities of the body’s cardiovascular system and metabolic fitness; and, according to exercise scientist Bill Pierce, the chair of the Heath and Exercise Science Department at South Carolina’s Furman University, “Tempo runs do just that by teaching your body to use oxygen for metabolism more efficiently.”

For those runners who are unfamiliar with a tempo run, there are some guidelines for a good tempo-run pace. First, they should try to achieve a heart rate that is 80-90 percent of their maximum heart rate (note: Polar Watches are excellent for measuring the heart rate). Second, they definitely should not be at race pace, but rather right below it. Finally, at the right tempo-run pace, runners should not be able to converse in anything more than simple sentences.

The best time for a tempo run in the workout week is after either a rest day or an easy day because runners need to put a fair amount of strength into their runs. Here’s the recommended sequence: start the run with a slow ten-minute warm-up, then follow that with at least twenty minutes of a challenging but manageable pace, and then switch to a ten-minute cool-down (which may be either a slow run or a walk). The purpose of the cool-down is to allow muscles to slowly return to a non-firing state and to allow the heart rate to recover.

So, with just three weeks to go, runners training for the Journal Jog should not be singing the blues. Rather, they should be rockin’ 'n rollin’ with a weekly tempo run. Through just twenty minutes of running at a comfortably hard pace, runners can get faster and more powerful before race day and then maintain a great race pace during the entire run.

Week 4 Training Plan:

Monday: Rest (Monday is the rest day since it follows the longest workout of the week)

Tuesday: Run 3.5 miles easy (if the entire distance is not yet do-able, run six minutes, walk one minutes, and then repeat until reaching 3 miles)

Wednesday: Run 3.5 miles with increasing tempo or join our group track workout

Thursday: Cross-train 45-60 minutes (cross training should be a non-impact cardio exercise such as cycling or work on an elliptical trainer)

Friday: Rest

Saturday: Run easy 3.5 miles

Sunday: Run (or run/walk) 4 miles easy

Group Runs

Wednesday: 6am Track workout from Hub Coffee on Riverside

Saturday: 8am RRC Sparks Store Run from 1276 Disc Dr Sparks

Sunday: 8am RRC Summit Store Run from Summit Sierra Mall

Running Buddies



Running with a buddy is the best way to keep yourself moving. Not only do you hold yourself accountable, but you have someone to help you achieve a common goal. Running in a social setting encourages you to show up. On the hot days of summer it can be tough; you can be tired, you can have a packed schedule, but if you have somebody depending on you for a run, you will more than likely show up. Not only is it a great motivator but it is a great way to meet new people who also love running.

Reno Running Company offers three weekly group runs. The purpose of these social runs is to allow runners of all ability levels to meet each other and enjoy miles together. There is something to be said about a group of runners and the energy that they can create.

During the final weeks of training leading up with the Journal Jog, you have prepared yourself in several different ways, both physically and mentally. During a race, you will encounter the social aspect of running. Everyone is there for a reason. Although their reasons may vary, you can guarantee that it is a lot more fun to have someone to experience the thrill of racing with.

THIS WEEK'S CHALLENGE: Grab a running buddy and run! Whether it's at 5:00 in the morning, or 7:00 at night, challenge yourself to be accountable and schedule it on the toughest day to get up and go!

Week 5 Training Plan:

Monday: Rest (Monday is the rest day since it follows the longest workout of the week)

Tuesday: Run 4 miles easy (if the entire distance is not yet do-able, run six minutes, walk one minutes, and then repeat until reaching 3 miles)

Wednesday: Run 4 miles with 1 minute fast, 1 minute easy or join our group track workout

Thursday: Cross-train 45-60 minutes (cross training should be a non-impact cardio exercise such as cycling or work on an elliptical trainer)

Friday: Rest

Saturday: Run easy 4 miles

Sunday: Run (or run/walk) 4.5 miles easy

Group Runs

Wednesday: 6am Track workout from Hub Coffee on Riverside

Saturday: 8am RRC Sparks Store Run from 1276 Disc Dr Sparks

Sunday: 8am RRC Summit Store Run from Summit Sierra Mall



Tapering For Journal Jog

Race day is around the corner, and runners who have been training for the past 5 weeks have already won. The fitness achieved over the past weeks will definitely not be lost in this final week of training dedicated to the replenishment of body and mind.

The length of a tapering period depends on the distance of the race to be run and the demands of the previous weeks of training. In the case of the Journal Jog, one week ought to be quite sufficient. The essence of tapering is not to reduce the quality of training, but rather to reduce substantially the number of training miles run. At the end of this sixth week, runners should feel refreshed and energized; and the schedule shown below should do the trick.

Reno Running Company has been proud to be a part of the training process, and our expert staff are always ready to assist runners in any way, whether for this particular event or thereafter.

Week 6 Training Plan:

Monday: Rest (Monday is the rest day since it follows the longest workout of the week)

Tuesday: Run 3.5 miles easy

Wednesday: Run 3 miles with 1 minute fast, 1 minute easy or join our group track workout

Thursday: Cross-train 30 minutes (cross training should be a non-impact cardio exercise such as cycling or work on an elliptical trainer)

Friday: Rest

Saturday: Walk 30 minutes, rest, and get to bed early

Sunday: Race Day!

Group Runs

Wednesday: 6am Track workout from Hub Coffee on Riverside

Saturday: 8am RRC Sparks Store Run from 1276 Disc Dr Sparks

Sunday: No group run, we will all be running or supporting the Journal Jog