

Wellness Weekly

Oven-Baked Salmon & Toasted Almond Parsley Salad

UPCOMING EVENTS:

POP PILATES
JANUARY 8TH
STUDENT
COMMONS
12:15

EVERY
WEDNESDAY IS
WALKING
WEDNESDAY
MEET AT BASE
OF RIVERSIDE 2
STAIRS
12:00

MINDFULNESS
WITH LAURIE
SEIDEL
JANUARY 14TH
STUDENT
COMMONS
12:15

OPEN MIC NIGHT
(AKA VTC
TALENT SHOW)
COMING IN
EARLY MARCH....
START WORKING
ON YOUR ACTS!

Ingredients:

- 12 oz salmon fillet (cut into 4 pieces)
- Course-grained salt
- Fresh ground pepper
- Toasted Almond Parsley Salsa
- Extra-Virgin Olive oil
- 1 shallot
- 1 Tbsp red wine vinegar
- 2 Tbsp capers, rinsed
- 1 cup fresh flat-leaf parsley
- 1/2 cup toasted almonds

Directions:

1. Preheat the oven to 450 degrees.
2. Season salmon with salt & pepper. Place salmon, skin side down on a non-stick pan. Bake until it is cooked through, flakes with a fork (12-15 minutes).
3. Meanwhile, prepare the toasted almond parsley salad.
4. Mince the shallot & add to a small bowl. Pour the vinegar over the shallots and add a dash of salt. Let sit for 30 minutes.
5. Roughly chop the capers, parsley, and almonds and add to the shallots. Add the olive oil, to taste.
6. Enjoy!



Wellness Weekly Challenge

Roanoke Pinball Museum



If winter weather is keeping you indoors, don't forget one great option is the Pinball Museum found downtown in the Market Square.

Open Tuesday through Sunday.

Hours:
11:00-8:00 T-F
Saturday 10:00-8:00
Sunday 1:00-6:00

On-Going VTC Wellness Activities

Pop Pilates

January 8th
12:15

January 22nd
5:00



Wellness Google Group

Need Wellness Event Reminders!?

Join:

vtcsom-wellness-g@vt.edu

Walking

Wednesdays

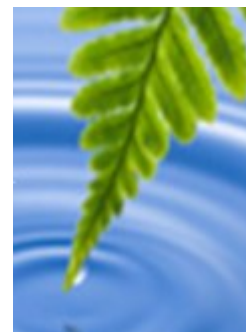
Every Wednesday at noon—group meets at the base of the Riverside 2 steps.



Mindfulness

January 14th
12:15

January 28th
12:15



Train for a Spring Race!

By: Alyssa Vassallo

New year resolutions are upon us as well as VTC's Fitness Challenge. Are you aiming to up your fitness in 2019? What better way than to train for a spring race? Putting a race on your calendar can really help with motivation and forces you to create a training schedule that takes the guesswork out of "what should I do today?". It also takes the monotony out of doing the same routine run. So whether you have your eyes set on a 5K or a full marathon, a general weekly schedule looks something like this:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------|------------|-------------------------|----------|------------|----------|----------|
| Easy run (or rest) | Speed work | Easy medium long run | Easy run | Speed work | Easy run | Long run |

Every run serves a purpose. On easy days, the goal is to recover and on hard days, the goal is to push. If you are brand new to running, start with 3 easy runs per week. Once you are running 5-6 days per week, you can then add in speed work! (If you need to run less, tinker this schedule so that easy runs are cross-training, rest, or strength days.) So what does speed work entail? I'll share with you some of my favorite workouts that will help you snag that next PR, guaranteed.

All workouts start and end with a 15-20 min warm up/down jog

The Fartlek

4-6 x (1 min on/2 min off/2 min on/1 min off)

The fartlek is a staple in the running world. It's a Swedish word that means "speed play" and can really help in learning to "run by feel" instead of being obsessed with pace or distance. The fartlek is a continuous run - during the ons you crank it up a bit, and during the offs you slow to your typical easy pace. This one will especially help when you're bored of "just running."

The Track Ladder

400/800/1200/1600/1200/800/400 (2-3 min rest between intervals)

The track can be extremely boring to do easy runs on, but time flies when you're doing intervals, especially ones that change distance. For this, the paces get easier as the intervals get longer, and the challenge is getting faster again on the way back down the ladder.

Hill Cut Downs

4 x 90sec/4 x 60sec/4 x 30sec/4 x 15sec (jog down recovery)

Hills build power and strength. It's a great time to focus on form too. Think about your foot landing underneath your body and using your glutes to propel you forward, rather than your foot landing in front of you and dragging your body up and over it.

The Tempo

2 x 2 mile tempo (3 min rest)

The tempo is a run at anaerobic threshold. At this point, lactic acid begins to accumulate in your muscles. Doing tempo runs increases your lactate threshold, reducing this accumulation. Tempos are done at a pace that is "comfortably hard," just a touch out of your comfort zone (usually 10sec slower than your 10K pace if you've ever raced that distance before).

Cruise K's

5-6 x 1K (90 sec rest; 1000 meters = 2.5 laps around a track, or find a grass loop ~0.62 miles long)

These are "cruise intervals," a close cousin of the tempo run — fast and smooth but not gut-wrenching. It's a sustained effort broken into smaller chunks with a short recovery periods between reps. The fatigue comes from the duration of the reps not the speed. Also a great workout about 10 days out from a race to practice "race pace."

Fitness Challenge Reminders

Please Remember:

- 1 point for every 15 minutes of wellness activity (e.g., cardio, weights, skiing, roller skating, golf, ice skating, mindfulness, yoga.... If you're worried if an activity counts email Emily).
- 0-14 minutes = zero points
- There is a 2 hour max per person per day.
- There is an 8 point max per person per day.
- There is a 64 point max per person per week (due to the trickiness of Friday).
- Points must be noted on the spreadsheet by NOON every Friday to count toward the official point standing. Points earned after 12:00 any Friday will count toward to following week's tally (thus the 64 point max noted above). Points will not be retroactively added into the official tally. Please do not miss the Friday NOON deadline.
- Points can also be earned by making any Wellness Weekly recipe, taking a picture of the team cooking together & emailing the picture to Elvir. This activity will win the team 2 points per person (counts toward a daily point max).
- Double points can also be earned by attending Wellness Advocacy Committee sponsored events (including: Pop Pilates, Mindfulness with Laurie Seidel, and Walking Wednesdays). Watch for emails from Emily (notes in the Wellness Weekly for additional bonus activities). Double points for these activities count toward the daily point max (cannot exceed 2 hours per day).
- Don't cheat on your spreadsheet (please). Teams caught tinkering with points will be disqualified.



VTC Fitness Challenge 2019

The Challenge Has Begun! This Week's Standings...

| | | |
|----|--------------------------------|----|
| 1 | Will Run for Margs | 63 |
| 2 | The Titan Fit Swolemates | 50 |
| 3 | Spite Team | 39 |
| 4 | Gains before Brains | 34 |
| 5 | Sparkle Motion | 28 |
| 5 | Thick &Thin | 28 |
| 7 | Swole Girls | 23 |
| 8 | Squat It like It's Hot | 20 |
| 9 | Pumped Up Chicks | 17 |
| 10 | Dopaleans | 16 |
| 11 | JAK'd STAT | 10 |
| 12 | We Got (Clinical) Skillz | 9 |
| 13 | Knee High by the 4th of July | 8 |
| 13 | Nocardia for Old Men | 8 |
| 15 | VALKyries | 7 |
| 16 | Mission Slimpossible | 6 |
| 17 | Harolds and Kumar | 4 |
| 18 | Airi Wants a Free Tank | 0 |
| 18 | Cirque du Sore Legs | 0 |
| 18 | Kalorie Kings | 0 |
| 18 | Los four Dost | 0 |
| 18 | Mass PEctrometry | 0 |
| 18 | Nicolas Cage Fighters | 0 |
| 18 | Quadratus Firmoris | 0 |
| 18 | Running On Empty | 0 |
| 18 | Team Name TBD (Shivani's Team) | 0 |
| 18 | We Get You In | 0 |

**PLEASE FEEL WELCOME TO SUBMIT ARTICLES OR IDEAS TO ANY
MEMBER OF THE WELLNESS ADVOCACY COMMITTEE.**

LINDSAY MAGUIRE - CLASS OF 2019

JEFF HENRY - CLASS OF 2020

AYESHA KAR - CLASS OF 2021

ROBYN GOODRICH - CLASS OF 2022

DR. JENNIFER SLUSHER, PHD, LPC

DR. ALLISON BOWERSOCK, PHD, CSCS, ACSM-EIM

LAURIE SEIDEL, MSN, RN

EMILY M. HOLT FOERST, COMMITTEE CHAIR

QUOTE OF THE WEEK:

**“You’re never too old to set another goal
or to dream a new dream.”**

- C.S. Lewis

IF YOU WOULD LIKE TO CONTRIBUTE TO OR COMMENT ABOUT THE WELLNESS WEEKLY,
PLEASE EMAIL [EMILY HOLT FOERST](mailto:EMILY.HOLT.FOERST@VTCSOM), OFFICE OF STUDENT AFFAIRS VTCSOM.

**TO SEND A “WEEKLY SHOUT OUT” MESSAGE,
EMAIL EMILY HOLT FOERST AT EMILY_10@VT.EDU**