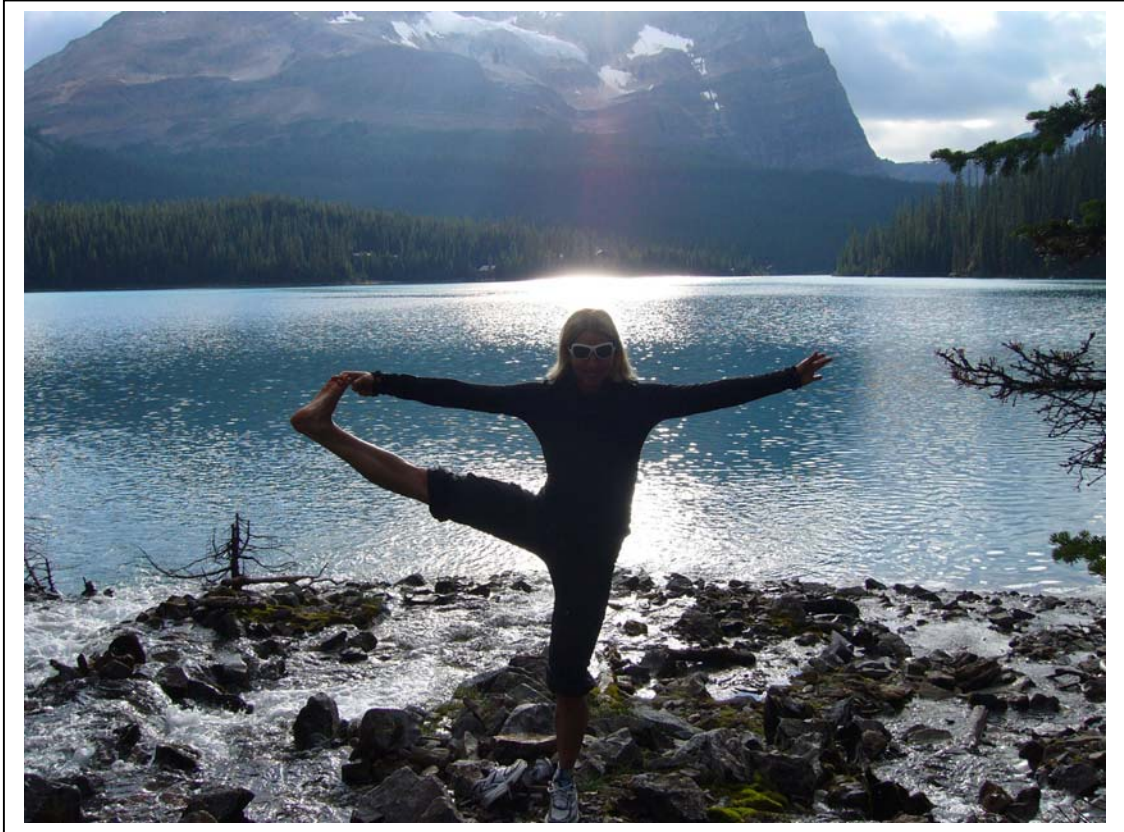


## *What's been going on this Summer? ...*



**(Enjoying some mental/physical/spiritual renewal at Lake O'Hara during my rest week)**

After a rough spring trying to adapt to the newfound craziness in my life I finally settled back into a normal training groove in July. My team started the hard training in May, so my teammates continue to kick my butt with their 2-month head start, but with some quality training I plan race shape by November. In general things are going well, especially because I just finished a fantastic recovery week.

Starting in July I did a 5-week block of training 2-4 hours per day, and added in some volume (a big week of training on the Haig glacier at the end of July), and intensity in the past month.

Following the 5-week block I entered one of the most valuable phases of any training cycle: recovery week. I gave my body some time to digest the training, and my mind a break from the daily focused regimen. I had a great week that started off at the Canmore Folk Fest before heading to Lake Windermere with my extended Crawford family, and went hiking at beautiful Lake O'Hara. Both of these trips gave me the physical, mental, spiritual break I needed to be prepared for another 5 week round of training.

I often think of author Stephen Covey's habit called "Sharpening the Saw" on these recovery weeks. It's so easy in our busy world to be so caught up in sawing that we don't take the time to sharpen the saw and keep up the quality of our work. What I like most about the concept is that the recovery process is an active one. In the saw analogy, the saw won't become sharper simply by taking a break and lying around for week. There needs to be some active renewal of its blade. For me this means time with my friends, (whom I often blow off in favor of early bedtimes), time hiking or exploring in nature (a much needed break from the pavement and roller skiing), lots of sleep and some easy yoga.

Heading into September, life will pick up it's pace as a more structured life is resumed for many after a summer holiday. Now might be a good time to look ahead and make sure that some quality saw sharpening time makes it's way onto the calendar. What gives you energy? What activities and people fill your spirit with life and love?

After my recovery week I am more than ready for another 5-week block. This will be my team's last hard load of training before the race season starts with world cups in Scandinavia in early November.

Because this training load is so important, our team will be doing almost all of it in a camp setting, where we work together as a team, and are free from distractions due to a change of location. Next week we'll train in Jasper for a week, followed by 3 weeks in Mammoth, California, where we'll do dry land and enjoy physiological benefits of high altitude training.

More updates to come after the camps. Thanks for your support... and sharpen that saw!

*Sincerely,*

*Chandra*