

From:
Sent: Friday, March 25, 2011 6:34 PM
To: Kara Goucher
Cc: Treasure, Darren (ETW); Salazar, Alberto
Subject: body composition

Hi Kara,

I was able to get in touch with Alberto today to get his take on the body composition/racing weight. He is fine with the approach we laid out but he wants to make sure we are not going for too much. The two of you will just keep a watch on your criterion workouts (just like the 8x1 mile workout you used as an example when we met) and evaluate the body compositions along with weight as the season moves along. He believes you have put on some muscle, we want to be careful we don't go overboard.

In terms of Boston, Alberto wants to just keep you in a good place, so he doesn't even want you to weigh starting the week prior to Boston. We will even wait until after the marathon to do the body composition. I think that is a good approach and we can do the same for after USAs in June.

Let me know if you have any questions. Any food, drinks etc you need for Boston just let me know.

Hope you had a great day,
Krista