

Phil Krajewski's Story ^a

March 31, 2013

The past six weeks I have had a series of very difficult training runs. I had no clue what was happening as these were the first extended group of bad workouts that I have had since I started running 12 years ago. I am 69 and I started to have wild thoughts like 'age was setting in', and that 'my time for crisp competitive running was over'. The sluggish workouts, the physical unresponsiveness, started to affect me psychologically and I thought that I would not be able to recover. Then I noticed that the only new thing that coincided with the six weeks was that I had started taking Timolol (a type of beta blocker) for my glaucoma. I initially did not want to take Timolol (I was taking other drops) but my doctor wanted me to try it before I had a laser procedure known as SLT. I resisted because I knew one of the side effects was possible shortness of breath and dizziness. However I also discovered that extreme fatigue was also a side effect. I stopped taking the Timolol two days ago and I had my first 'normal' non sluggish run since I started Timolol 6 weeks ago. I had a very gratifying 10 miler with a 3 mile tempo at a 7:15 pace and I shouted when I walked through my door I'M BACK. I might need a few more runs to enlarge the sample but my feelings are that the Timolol (beta blocker) was the cause. Phil Krajewski Age group Philadelphia Marathon winner the past two years

^a <http://community.runnersworld.com/topic/running-with-beta-blockers>