



Keep up to date...  
intraining Running and Triathlon Club Weekly Newsletter



**Features in this week's enews:**

SEQ Numinbah pics  
Last One Standing race story  
November Club Challenge Teaser  
Latest Runtalk Ankle Sprain Video

## COACHING REPORT, 29<sup>th</sup> OCTOBER, 2021

### November Club Challenge

It is nearly the end of the year and as race opportunities wane it is time to think about what you want to achieve in 2022. What will be your major goal races? What sort of times do you hope to run?

Our 3 to 4 month Base training phase has begun and it is good to consider where you want to be as things get back into the groove in February. Will the base phase be an opportunity to build up your mileage base? Perhaps you want to work on your short speed to start next season with a 5km PB?

Brisbane is a difficult place to build up your kilometres in Summer. However, it is possible to achieve it if you reduce your training speed significantly. The main risk of doing lots of running in heat and humidity is it can drain your physical reserves and cause detraining. It is no good to get through to the start of the 2022 season and need a break from running. You also want to recover from any niggles you picked up in 2021 rather than have them become injuries.

For most people the safest option is to try to improve speed by focusing on shorter races. You can then start 2022 with better speed that you can carry through to the build up in mileage through the season.

To facilitate your plan to get faster the intraining coaching team is bringing you the November Club 5km Challenge starting next weekend. This is a contest over 5 weekends to gain points for your intraining training group in a friendly intra-club competition.



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Points will be tallied over 7 events in the 5 weeks it runs. The club will be providing a prize for the winning group. Full details of the events, pointscore and organisation will be announced this Monday. Make sure you enlist your fellow squad members to get behind the competition and participate.

One of the conditions for entry is that all runners must be renewed club members. Membership ran out on September 30 and from November 1st runners must pay the non-club member rate at training if they have not renewed. So many good reasons to rejoin the club for November.

*Steve Manning – intraining Head Coach*

## WHAT'S ON THIS WEEKEND

### Brisbane Road Runners Club 5k,10k Novice Event

Calling runners who would love to a chance to win a BRRC cup. Come this weekend to the Novice Event.

Novice winners are BRRC Club members (male and female) who have not received a winner's trophy (mug or plate) this year. [More details here.](#)



### Upcoming races and club activities

- 06<sup>th</sup> November – Club November Challenge
- 07<sup>th</sup> November – SEQ Trail Series 9: Round 3
- 07<sup>th</sup> November – Bridge to Brisbane
- 28<sup>th</sup> November – Gold Coast 50

[Quick reminder... Renew your Club Membership by 31<sup>st</sup> October!](#)



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## MANY TRIBES, ONE COMMUNITY

**Don't miss out... [Renew your Club membership](#) by 31<sup>st</sup> October**

Your club membership renewal is due and this is important to have to stay covered with your personal training and racing insurance. Renew before end of October.

Remember... Running is a lifestyle.

We wake early or leave work on time for running sessions.

We wear running watches with work clothes.

Your daily shoe choice becomes dependent on your race or training phase.

You use Strava as much as Facebook.

Your running gear is used for gardening

Stay connected.

[RENEW your membership. CLICK HERE](#)

## WHAT YOU NEED TO KNOW ABOUT THIS YEAR'S MEMBERSHIP

- Select the BASE membership option (it's more versatile)
- We are now in a rolling membership i.e. auto renewal from when you register
- If your friend registers half way through the year, their membership goes from that time that they register giving them a full year's membership.

[CLICK HERE to register!](#)

Don't forget to renew your membership. Aside from the value of being a part of a wonderful community, there are many other benefits:

- Personal training insurance through Qld Athletics
- Discounted training fees (\$8 for club members, \$14 for non-club members)
- 10% Discount on footwear at intraining
- 10% on Podiatry and Physiotherapy at intraining

[CLICK HERE to register!](#)

*"The beauty of being part of intraining is that all types of runners are valued and supported. From beginners to elites, you will be encouraged and supported every step of the way to achieve your goals."*



## SEQ Trail Series 9 Round 2 was a success!

Congratulations to everyone who ran at Numinbah. A massive shoutout to Alanna Dicks 1<sup>st</sup> female, short course and huge thank you to awesome work by our intraining crew for putting on the BBQ for everyone. Hills and creek crossings that was a sweaty morning of fun. We're looking forward on the next round.

Here's some social snap shots...

[Click here](#) to watch the short video wrapped, credit to Dominic Murphy Moving Image



## Last One Standing Endurance Run

*Interview with Susan McGee*

One Friday back in August I decided to drop in on the Clint Eastwood Last One Standing race at Oxley Common to cheer on club members Susan McGee and David Wood. It's a race in which you start a 6.7 km course on the hour, every hour until you stop.

Sounds simple. I have run at Oxley Common a few times and I can easily complete the course in under 35 minutes, which would give me a leisurely 25 minutes to relax before lining up at the start again.

The next day, I learned that David completed 9 laps, or 60.3 km, but had to back up the following weekend for the Coastal High 50 trail run. Susan completed 20 laps - an astounding 134 km in less than a day. This is 31 km more than I have done in an entire week at the peak of my marathon training. The eventual Last One Standing completed 42 laps for an incredible 281.7 km - that's pretty much all the way to Noosa *and back* from Oxley Common.





As a marathoner myself, I thought that not much in distance running could surprise me, but these vast distances boggled my mind and raised a lot of questions. Susan McGee generously agreed to answer some of them.

**Phil:** *Hi Susan, congratulations on your amazing run! Firstly, how did you get into endurance running?*

**Susan:** I came back from working overseas and wanted to train for a half marathon. I had done some running myself but wanted it to be a social thing and wanted more structure in my training, so I joined the intraining Marathon School in 2012 or 2013. I made some friends there and did the Gold Coast half marathon. Then I saw a 50km trail run in Melbourne advertised in Runner's World magazine, and we decided we'd do it as a team. We were pretty naïve and hadn't done much trail running in preparation, but it was quite flat and we stuck together and finished in about 6:45. So I hadn't done a marathon before I did my first 50k. And things kind of snowballed from there!

**Phil:** How do you prepare for a run like that?

**Susan:** In the past 12 months I've had a play around with how much nutrition I need depending on the effort of the run. I use a product called Tailwind and I dialled it back a bit because I knew my effort level would be a bit less with run/walking.

With sleep deprivation I didn't really practice but again I had experienced crew who said I need to close my eyes and rest rather than eat between some laps, but I don't think I really fell asleep, maybe a micro-sleep.

I could have done a bit more training. In hindsight I would have been more regular getting those extra Wednesday runs in, and making my weekend runs a bit longer.

**Phil:** The faster you go, the more rest you get between laps. If you go too slowly you get no rest at all. How did you decide how fast to go?

**Susan:** I spoke to a few people about tactics, and had friends who had crewed for other people on this run who gave me advice. Some people run the whole way so they have more time to rest, but I thought a run/walk strategy was best for me. I winged it a bit for the first lap. I worked out where I wanted to walk rather than run, and when I finished I felt good and I had enough time to go to the loo, sit down and eat something. I only ate between laps and didn't see any other runners eating on the run.

**Phil:** *How do you keep your body fuelled and hydrated during such a long run?*

**Susan:** I loosely still follow a carb-loading plan that came from the Marathon School. I do two days of carb loading and that's enough for me. I am not so sugar-tolerant any more so I tend to just eat more of what I would normally eat. My go-to for a carb-loading lunch is a foot-long Subway sandwich!

I knew how many calories I wanted from Tailwind and the solid food was just a bit of a top-up. I was told that where people often went wrong was having insufficient nutrition due to the low effort level, so I was lucky to have an experienced crew who force-fed me every lap even though I didn't want it!

**Phil:** *Do you think endurance runs are good for your long-term health or are they experiences worth taking a toll on your body?*



**Susan:** The way I run I don't think my body takes much of a beating. For people competing at a very high level there may be ramifications long-term. I'm not doing so much pounding on the road any more. The toll on the body after a road marathon is so different to running out in the bush. I also combine running with yoga, stretching and the occasional Magnesium flotation bath. I think that all prolongs how long I can do it for.

**Phil:** *When I stop for a few minutes at a drink station near the end of a 30km long run, it is quite tough to get going again. How do you get yourself going again for the next lap during this race?*

**Susan:** I did wonder about that myself going into the event. I think I am quite a routine-based person, so doing the lap the same way every single time - the run/walk, sitting, eating, waiting for the whistle to blow – my body was waiting to go again, so I didn't actually find it that hard! It all seemed to go quite quickly, actually.

**Phil:** *When I saw you at nearly 100km, you still seemed quite calm and focussed. As the race progressed, how did you feel? And what made you decide to stop?*

**Susan:** My initial goal was 100km (15 laps) and my ultimate goal was 100 miles (24 laps). It was only in the last couple of laps (laps 19 and 20) I started to get a bit of knee pain - I think in the second-last lap it started twinging. I probably could have pushed through to the 24-hour mark but I was mindful that there were other events I wanted to do after this, and I didn't want the recovery to be so long that I wouldn't have time to prepare for them. Also, I knew I was the 3<sup>rd</sup>-remaining woman and I was happy with that for my first time at this event. In the end, my knee recovered quickly and I was able to resume training. I'm feeling pretty good for the 50k at Blackall in mid-October.



**Phil:** *If other people were interested in trying endurance running, what would you recommend they do?*

**Susan:** Find an event that speaks to you, maybe a destination event, something to build a holiday if family coming. Also, events like Last One Standing I think are where road running and trail running cross over - it's not a difficult trail run, but it's not a road run. In fact, a few years ago intraining member James Rees ran a similar event. Because of the nature of the event he ended up running over 50 km without planning to – he called it his “accidental ultra” – so that might be something to try!

**Phil:** *Well Susan, congratulations once again on your run; and thanks for taking the time to talk about it with me.*

Phil Teakle – intraining Club Vice President and email contributor

[Quick reminder... Renew your Club Membership by 31<sup>st</sup> October!](#)



## Parkrun Results

Saturday 23rd of October. INTRAINING had 214 participants (205 runners and 9 volunteers) across 42 locations.

### Podium Finishers

#### First finishers:

Sandy MASTERS  
Michael CNOPS  
Hanne SCHOOPS  
Aidan HOBBS  
Stephanie LAWRENCE  
Garth KLEE  
Maddy HOLE  
Eddie PEARSON  
Jarred GUNN  
Jillian ANDERSON

#### Second Finishers:

Gerard RYAN  
Ed CHAMBERLAIN  
Ashley O'LOUGHLIN  
Laura DALY  
Brian PACK  
Zack NEWSHAM  
Catherine TURTON  
Matthew DAVIS  
John PEARSON  
Selina WARD

#### Third Finishers:

Warren MARSH  
Miwa KOLB  
William LAWRENCE  
Kirsty SMALL  
Greg BRYSON



[View intraining club results here](#)

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**AVAILABLE** at intraining Running Centre's store

## HOKA BONDI X

The new Bondi X a super plush carbon plated runner! A maximal cushioned road shoe with spring-loaded carbon for extra propulsion. Enjoy a more energy efficient run with every stride.

Run on it in our 25m indoor track. Visit us at 535 Milton Road, Toowong. Ph 07 3367 3088.



## ANKLE SPRAINS

Learn what to do if you sprain an ankle during a run and why it's so important to get an ankle strength program.

Steve & Margot share these with you in their latest Runtalk episode.

[LISTEN HERE](#)

Did you miss reading our previous club newsletter? You can easily find it [HERE](#).

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