



Keep up to date...

## intraining Running and Triathlon Club Weekly Newsletter



### COACHING REPORT, 3<sup>rd</sup> JUNE, 2021

#### PACING the Brisbane Marathon

The Brisbane Marathon Festival is on this Sunday and is the first major Marathon of the season. It is then 4 weeks to the Gold Coast Marathon and a further 5 weeks to the Sunshine Coast Marathon

Intraining will have a large contingent participating in the marathon, half, 10km, 5km and kids race. On top of this we are organising the pacers for the day. They will be wearing the intraining singlet and sporting balloons with their Goal times.

I think it is really appropriate that we are doing the pacing as good pace judgement is the greatest strength of our runners. Our constant emphasis at training of staying in control and hitting your target times results in our runners running through the fields of flagging runners at the ends of races.

While knowing what pace you are running is part of the equation for our success the other factor is having a good race plan.

The way to run at your best in your most important race starts with a predictor race. That means you will be aiming for a realistic time in your goal race rather than going out faster than your potential and hitting the wall.

Our race strategy centres around working out your average pace, then doing the first few kms slower than that pace, followed by a slightly faster than average pace for as long as possible. In a half marathon you should run 10 to 15 seconds slower per km for the first three kilometres and then try to run 5 seconds per kilometre faster than average pace. You will then be back on pace between 9 and 12km

but running faster then, required to meet your goal. That way if you are having a great day you can run an ultimate goal time and if you slow towards the end you can still make your challenging goal.

One caveat about pacing is that the course may have a big impact on running even pace. For example, at Brisbane it is flat to 2km but then has a series of long hills up over the Story Bridge at 5km. That means you need to be slower than your goal time to 5km. It is then downhill and flat to 8km which will be faster than planned pace. There are more hills to 11km and then the rest of the race is pretty flat except for some bridge crossings. What is important is that you keep race effort as even as possible and run according to the demands of the course.

When it comes to pacers in the race you need to use them as a marker rather than blindly sticking with them. It is important to remember that there are usually two pacers for each time. One is trying to run the Gun time and the other is doing the Nett time. If you are going to run with a pacer, make sure it is the Nett time pacer. The Gun time pacers often go way too fast at the start in order to get back on pace in the first few kms.

Towards the end of the race, you need to look for the Gun pacers to see how close you are to meeting your target time and whether you need to push the pace a bit to achieve it.

Pacers are giving up their own race goals in order to help you achieve your times. Please make sure you thank the pacers for helping you out.

*Steve Manning – intraining Coaching Director*



## WHAT'S ON THIS WEEKEND

### BRISBANE MARATHON FESTIVAL

Good luck to all runners racing this weekend on BMF. Remember the training you have done to make it this far, whatever distance you're aiming we're all proud of you. Come and celebrate at the intraining tent after your race with cool drinks and fruit.

WHEN: Sunday 6<sup>th</sup> June

WHERE: Riverstage, Brisbane, QLD

Time will vary depending on the event you enter [check competitor booklet here.](#)

#### Bag Drop for intraining Club Members ONLY

Plan your Bag drop off for Sunday's race with the club.

**Option 1: Saturday 2pm-4pm.**

Drop your bag off (with post-race warm clothing) at intraining Running Centre. This will be taken into the Riverstage and stored at the intraining Shop tent until the morning, then moved to the club tent. **Do NOT leave any valuables in your bags.**

**Option 2: Sunday morning.**

Leave your bag at the club tent on the morning of the race. **Do NOT leave any valuables in your bags.** Your bag will be ready for you to collect from the intraining club tent after your race.

**Note: Label your bag clearly with your name and race bib number. Do NOT leave valuables.**



### BRRR RIVERBANK RUN

Not running in BMF this weekend? Come along and run 4K, 12K or 20K this Sunday morning at BRRR Riverbank run with your buddies and families.

WHEN: Sunday 6<sup>th</sup> June

WHERE: Riverbank

TIME: 6:30am

[View full details here.](#)



### MARK ON YOUR CALENDAR

13 June intraining Long Run 15k to 35k - Toowong to Portside 5:30 am

26 June intraining Parkrun Tour - Wishart parkrun 7 am

Watch this space for future regional long runs at Sandgate

[View more long runs and races here.](#)



## MANY TRIBES, ONE COMMUNITY

### Warwick Petathrun, 2021 5 races, 2 days, total 42.2K

#### Why would you do that?? With Catherine Turton

This seems to be the question my (particularly non-running) friends and family ask most about the Warwick Pentathrun, particularly when they realise it is in late May...in not the warmest town...involves 5 races over 2 days...and adds up to 42k.

There are of course lots of sensible reasons (it's all relative) to do Warwick. Even reasons you 'should' do Warwick. It's good timing around the Gold Coast or Sunny Coast, it's fantastic for learning to run when fatigued, and it's a great strength-building weekend. It teaches you to keep some in the tank (early in the weekend) and empty it further when you thought it was completely empty (late in the weekend). If you make big pace errors in the first few races, you are pretty much guaranteed to find out by the end, and there's no teacher like experience...

The reasons I love the Warwick weekend, though, are the other ones - the reasons you 'want' to do it. It's the big skies, gorgeous scenery, country hospitality and the chance to catch up with runners from here and there. It's seeing your buddies finish a race well, or finish a race when they didn't think they could, or having support when things didn't go to plan. It's sweaty hugs and warm coffees, fancy dress in the main street of town and time away with your running family. Even if, as in my case, the family (Wilston intraining) are the 'crazy cousins'. Might just put it in the diary now for next year...



Catherine Turton – intraining Club Member

#### A bit of intraining Warwick trivia:

intraining won the trophy for the biggest team

#### Overall placings:

Chris Jacobson placed 5<sup>th</sup> overall and Kate McLennan 2<sup>nd</sup> overall

#### Category winners (from all 5 races)

##### Women

U 20. Kate McLennan 3:25

U 50 Catherine Turton 3:31

##### Men

U 30. Jarred Gunn 2:53

U40. Damien Woolfe 2:59

U45. Chris Jacobson 2:52

PB's in the half marathon from Marty Nguyen, 1:29,

Catherine Turton 1:45 and Bob Sainsbury 1:49

PB in the 5k (race 3 day 1), from Mel Bates 27 mins.

Congratulations to all intraining runners who competed at Warwick Pentathrun.





## TAILS ON THE TRAILS

from our adventurous trail runners

Tomorrow night at 6:30pm.

Don't miss out on a night of great stories and tips you can use for your own trail running adventures. Come along this Friday 4th June, 6:30 pm at intraining Running Centre.

Join Tracy Baker and a panel of trail runners who will share their trail running adventures.

Runners included:

### Lyn Robertson:

Lyn's chats about her experience in entering a multi-stage trail adventure. 'This run is like nothing I have ever done before it was a privilege to be immersed in such a special place.' Lyn Robertson.

### Peter Randle:

A friend convinced Peter to run a half marathon, which he did with no training and finished the race terribly ill, that is when he joined intraining. Peter is known for his fun, competitive nature on the trails, he trains and plays hard. His favourite trail running location is Hamilton Island.

[RSVP your spot here!](#)

BYO trail chair... Light snacks provided.

*"Anything is possible if you train and recover well and a good network of like-minded people around you." – Tracy Baker*



### Paul Newsham:

Some great insights into Paul's training as he shares his own trail training for endurance events with great success. He draws his inspiration from a trail runner called Hillary Allen, who had a horrific fall during a race in Norway in 2017.

### Colin Buckley:

Congratulations to Colin who just completed the 2021 UTA 100 on the 17th of May, one of the most challenging trail races in Australia. Get the insight on how he went from 'I'm never running UTA 50 again or any race in the Blue Mountains' to why? How? You train for an event like this.

## Do you know someone who wants to earn their first 10K medal?

The intraining Couch to 10K Program is a great way to get them running!

Share your love of running and help someone experience the joy of getting a medal too! Our 10 Week **Couch to 10K Program** is almost ready to launch - just in time for the Bridge to Brisbane race.

What's included:

- A REAL coaching experience (unlike running Apps)
- Easy to follow online lessons developed by expert coaches
- Proven pace strategies
- Tips to keep motivated
- Live coaching support at your fingertips
- Access to intraining's Couch to 10K Facebook Group community
- **VIP PACKAGE AVAILABLE (includes a one-on-one personalised training program with a Coach)**



PLUS... we've adapted the Couch to 10K Program for hearing and sight impaired runners!

**Don't delay! Share this link now** ➔ [Click here.](#)

## CLUB WINTER GEAR ORDER IS CLOSED

Thank you for ordering your club winter gear with us.

Cart is closed already and all orders will be processed and production will begin. It will be a short wait (approx. 4 weeks) before your order arrives in the mail. Looking forward to seeing you wearing it up.



**clubnews**  
#gointraining

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## PARKRUN RESULTS

Saturday 29<sup>th</sup>, May 2021

**INTRAINING** had 215 runners last week. Southbank saw a few intraining tourists with 31 intraining runners attending and intraining taking out first finisher for both the boys and girls.

Our **FASTEST MALE** runner was: LIAM WOOLLETT – 15:19 – YAMBA

Our **FASTEST FEMALE** runner was: EMILY DONKER – COFFS HARBOUR – 18.56

**NEW AGE CATEGORY RECORDS** were set by Marty Kelly for M40-44 at ROCKS RIVERSIDE– 16:47 and Liam Woollett for M25-29 at YAMBA - 15:19.

[View full result here.](#)

Don't forget to register intraining as your parkrun team and wear your intraining shirt to parkrun!!



## GET IN QUICK – MIZUNO SALE ENDS 13<sup>TH</sup>, JUNE 2021



Bring that race on and get ready with a new pair of Mizuno shoe.

Available this weekend at the Mizuno/intraining marquee in the event activation zone or instore at intraining Running Centre, 535 Milton Road Toowoong.

*Score up to 50% off selected Mizuno footwear*

*Received 20% off all other Mizuno footwear*

*Get a FREE 3 pack of socks with every Mizuno shoe purchase*

**Limited time only... Grab yours now!**

## RACE WEEK IS COMING... ARE YOUR FEET HEALTHY?

Our podiatrists can check the health of your feet to ensure you start and finish well

Don't ignore those niggles, [book in now.](#)

The intraining Podiatry & Physio Clinic have appointments available six days a week with free parking and no referral necessary.

Call our friendly reception team to make an appointment on 3367 3088.



[TO SEE PAST CLUB ENEWS. CLICK HERE.](#)

**intraining** THE ONE STOP SHOP  
FOR RUNNERS