



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



*Eurosport.com.au*

### COACHING REPORT, 12<sup>th</sup> AUGUST, 2021

#### TOP 10 Olympic Memories

What an Olympics we just experienced! Australia had one of its most successful medal tallies placing 6<sup>th</sup> with a record 17 Gold Medals.

Coinciding with the Brisbane lockdown and home Quarantine plus being in a similar time zone made watching the Olympics this year much easier. It also followed the warm glow from finding out Brisbane would be an Olympic City in 2032.



#### Here are my top 10 favourite memories from the Olympics:

1. Skateboarding: Watching the skateboarding that was added this year and seeing the great performances from the 13 year old Japanese and Brazilian girls. Then being blown away by Australia's male Gold medalist, 18 year old Keegan Palmer who had two runs better than anyone else. The perfection and poise shown by these young athletes was inspiring.
2. Canoeing: Australia's canoeist Jessica Fox missing out on a medal after being in the lead and just clipping her head on one of the barriers in the Slalom to drop to fourth. She then recovered from this disappointment to take the Gold in the Canoe Sprint.



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3. High Jump: The tie in the high Jump mens final that could only occur because the two winners were clear at all the same heights throughout the competition. The joy on their faces when they realised they could share the Gold medal was fantastic.
4. Sifan Hassan winning the 5000M Gold after doing the 1500M heats in the morning. Even more impressive was she fell in the 1500M with only one lap to go and then got up and ran down everyone to win the heat. Her three medals in the 5000M (Gold), 1500M (Bronze) and 10000M (Gold) will probably never be attempted again. Even though she was told her 6 race schedule would likely affect her ability to win any event, she ignored the naysayers to achieve an incredible result.
5. 19 year olds coming first and second in the Womens 800M in 1:55. It is supposed to take a lot of knowledge and experience to win one of the most tactical events on the track and they both ran perfectly against their elders.
6. Steeplechase: US Runner Courtney Frerichs surging away from her opposition at halfway in the Womens steeplechase to achieve a courageous silver medal. Seeing someone throw caution to the wind and run her own race was beautiful to see.
7. Favourites sometimes win as Joshua Cheptegai showed winning the 5000M after backing up from a second place in the 10000M. He came through under enormous pressure.
8. Kichoge: Another favourite, Eliud Kipchoge, proved once again that he is the greatest marathoner of all time. There is probably no other runner in history that would get a vote for best marathoner ever.
9. Unlikely medalist Molly Seidel in the Womens marathon. She placed third in only her third marathon running against multiple runners with PB's minutes faster than her. The two runners just ahead of her were the world record holder in the marathon Brigid Kosgei (10 seconds) and the world record holder in the half marathon Peres Jepchirchir (26 seconds).
10. My most anticipated race: The events I was most looking forward to were the 1500M races. Australia had two women and two men in the finals for the first time. Jessica Hull broke Linden Hall's Australian record in the Semi's but the order was reversed in the final with Linden 6th and Jessica 11th. The mens race saw Kenya's invincible Timothy Cheruiyot taking on the 20 year old Norwegian Wonderkid Jakob Ingebrigsten. Timothy and lost only two races out of 19 in the last 3 years. Against Jakob he had a 11-0 win loss record. At the last world championships in Doha he just ran away from the field from the start. After 400M in the final it looked like it might go the same way again when Timothy took the lead from Jakob. He kept cranking up the pace but this time Jakob stuck to him. They had run each 400M lap faster through the race. Jakob took the lead with 100M to go and smashed his PB and the Olympic record running 3:28.32. Behind him the top 6 runners also broke the old 1500M record from the 2000 Olympics.

*Steve Manning – intraining Coaching Director*

**Twilight Bay Run registration is on! [Click here](#) to see full details and register.**





## Thank you, Steven Poon

A massive thank you to Steven Poon for his commitment to intraining as a committee member and as the club registrar. Steve has been a member of the club's committee for many years. In particular, he was instrumental in administering the transition of our club memberships into the new Queensland Athletics portal. This was a huge change and we are grateful for the way he has now set up the membership tracking process into a seamless and simple system. You will be missed Steve, but we look forward to seeing you on the road running.

### NEW REGISTRAR NEEDED

It's not a big job, and it's very easy to administer. Your role would be to:

- Do a monthly reconciliation of memberships. This is a download of the file from the Qld Athletics platform, and an update on new members
- Email send to the committee for tracking, the coaches for training group updates, and the shop for club discounts.
- Note: you are not on the committee and do not have to attend the committee meetings.

We would love your help. Please email Steve Davidson at [club@intraining.com.au](mailto:club@intraining.com.au) if you are interested.

If you have often thought you'd like to contribute to the club, but didn't want too big a commitment, this is a perfect opportunity to do so.



## WHAT'S ON THIS WEEKEND

**It's a quiet weekend following the recent restrictions.**

A huge shout out to all Sunshine Coast Virtual runners. We will be cheering for you in spirit and look forward to seeing your posts.

### Future races

#### 12<sup>th</sup> Sept - [River Run 100](#)

This has all distances from 5K to the marathon. There will be a large number of intraining runners present. If you are looking for a way to complete your marathon, this is a great event to run your marathon at. Four laps along Coronation Drive path, with the support of so many more runners.

#### 26<sup>th</sup> Sept – [TwilightBayRun](#)

Twilight is back on the calendar. If you are worried about cancellations, we have this covered in covid cancellation policy, PLUS, have a backup date of October 23rd.

Half, marathon, 10K, 5k, kids and Half marathon relay. This will be a fast course in the evening. Perfect if you want to have a strong hit out, and with it now two weeks prior to Sunshine Coast gives the ideal predictor race. [ENTER NOW!](#)





**10<sup>th</sup> Oct** – It’s a full weekend... Sunshine Coast Running Festival, Enduro Trail Series Race 1, Melbourne Marathon.

Watch this space and our [intraining club calendar](#) for long runs updates.

## MANY TRIBES, ONE COMMUNITY

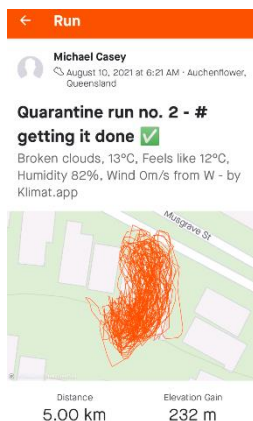
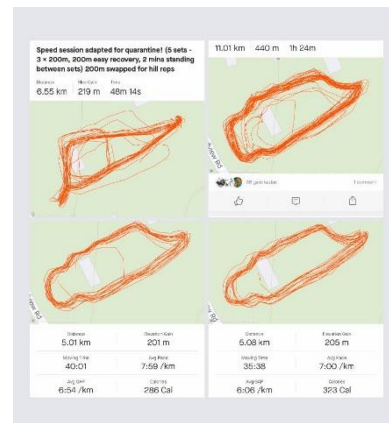
### Creative training

Following the recent government restrictions and lockdown there have been some very entertaining posts of backyard training.

Well done to everyone who has survived this and a huge thank you to the intraining community for helping and supporting our members who have been stuck at home.

As Stephen Walsmley said, *“Love how the intraining community has come together”*

Here’s a few pics:





## WELCOME TO OUR NEWEST COMMITTEE MEMBER

Teigen Faux

### What have been your biggest achievements in running?

Although my running journey has only started this year, I'm so grateful for the opportunities and races I was able to participate in. Keeping a consistent schedule and attending every training, regardless of how cold, rainy or dark, was definitely my biggest achievement of this year. Proving to myself I could fully commit to what will be a life long journey of improving my running performance.

Regarding racing, I have achieved more than I ever thought I could this year. I went from being completely new to running, struggling to run 5km at the start of the year, to a 25-minute 5km PB to now a 22.22-minute 5km PB. I ran my first half marathon at Brisbane Road runners finishing in 1 hour 50 minutes. I then improved my time by 5 minutes at Brisbane marathon festival, finishing in 1 hour 45 minutes.

I still have one important milestone to complete this year which is my full marathon. This was originally going to be the 15<sup>th</sup> of August at Sunshine Coast but has now been moved to October 10<sup>th</sup>. Regardless of it being hotter in October and having already peaked for both Gold Coast half in July and Sunshine Coast full in August, I will look to redirect my training and peak for Sunshine Coast full in October. In preparation for this, I have put in countless hours of long runs and training, running further than I ever thought was possible. This has meant giving up a lot (but not all) of my Friday and Saturday late night adventures as a 19-year-old and I wouldn't change it for anything.



### How did you start running?

Coming out of last year, I personally was in a bad mental and physical state. I had set myself a goal to try something completely different to what I had done before and fully commit myself to achieving something new. Although I had the motivation to try something new, the person to blame (joking of course) for the start of my running journey is my beautiful second mum, Clare Mitchell. She encouraged me to join the intraining group and held me accountable in the first couple of weeks when I was struggling. She invited me into not only her beautiful running world but also her family and I'm forever grateful for that.



## Who has inspired you?

The list is endless when it comes to people that inspire me but I'll try and narrow it down. Firstly, the intraining community and its constant support and encouragement from every member makes long runs, sore legs and early wake ups achievable. Specifically, my lovely Indooroopilly crew who truly transform any bad morning into the best day. Without the coaching, guidance, encouragement and wise words of Margot and Simon, I wouldn't have improved my times or felt as comfortable to try my hardest. There are three members of intraining that truly inspire and motivate me every single day. I could not of achieved what I did this year without Lou Vickers, Keiran Gilmore and Clare Mitchell. They are such strong and motivational woman who were by my side through everything.



## Which group do you train with?

Indooroopilly.

I would also just like to add. I never thought in a million years I would try running and most importantly never thought I could achieve what I have.

intraining has not only transformed my running performance but it has transformed my mental and physically health. Thank you.

*Teigen Faux -intraining Club & Committee Member*

*Teigen will be our youngest committee member in the Club's history.*

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## NEW TO THE ASICS RANGE:

### The GEL-KAYANO Lite 2

Embraces a sound earth, with a focus on sustainability. The engineered mesh upper is made with a high percentage of recycled materials than the previous model. It has a full contact outsole that provides a stable platform with a gender specific 3D space construction pillars to provide support for pronation. Flytefoam cushioning is lightweight, improves shock absorption allowing for a smooth and stable ride.

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## ITB INJURIES... WHAT'S NEW

What's new research about ITB injuries, plus, get Doug's 3 Tips to stop that niggle on the outside of your knee turning into a nasty injury.

[FIND OUT MORE...](#)

**YOUR RUNNING INJURY HELPLINE PH:3367  
3088 | E: [clinic@intraining.com.au](mailto:clinic@intraining.com.au)**

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

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**intraining** THE ONE STOP SHOP  
FOR RUNNERS