



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



COACHES REPORT, 13TH MAY, 2021

Be responsive to your training

We are now well and truly into the racing season. Brisbane Marathon is now only 4 weeks away. Gold Coast is 8 weeks and Sunshine Coast is 14 weeks. This is when training is the hardest and has the most impact on your goal race performance.

Many of our runners have already run PB's in their lead up races. This early success can lead to increased motivation and the temptation to push even harder in training. **The topic I want you to consider this week is to learn to be responsive to how your body is coping with this peak training stress.**

Your program can cope with a day off of training without any impact on your development. Sometimes you need to make the tough call to cut back on a run or reduce the number of reps in training. If you have pushed a bit too hard on your weekend long run or race then the best decision you can make is to adjust your Tuesday speed session.

Hard training breaks your body down. You only get a benefit from that hard training if you are recovering from it. Struggling through a sub par training session as you get slower every rep will lead to a de-training effect.

You need to stick to your pre-planned training paces. If you cannot maintain them then you should cut your losses and stop the session early. This will reduce the risk of overtraining that leads to injury or illness. Save it for another day and be confident that a poor session you cut short will have minimal

impact long term while pushing through can lead to missing your major goal race.

Now that you are close to maximum training load and peak fitness you can start to add a bit of extra intensity. That can be doing some shorter races harder like this weekends club 5000M track race or next weekends Cross Country race at Sherwood. You can also start to finish your long runs at your major goal pace. This prepares you for running at your maximum potential and gives you the confidence that you can go for it when it is needed and not blow up.

You can do these short races on a Saturday and still follow up with a long run the next day. You can follow intensity with quantity but it is too risky the other way around. Do not try and sneak in a Saturday long run so that you can do a Sunday race.

The club committee has lots of great things planned over the next few months. We have our free breakfast after a few Sunday long Runs and we will be having a big presence at the major races with FREE post run refreshments to club members. Our AGM is coming up after our last long run the week before Gold Coast Marathon. We have had a great committee during tough times this last year but if you would like to contribute then consider nominating to join them.

Happy Running! See you Saturday for our track 5000M and Sunday for our long run.

Steve Manning – intraining Coaching Director



WHAT'S ON THIS WEEKEND

Club 5000M Track Race 15th May

Race in the cool of the evening under lights on the flattest course possible.

This is a club event and will only be open to club members. Pay via the APP as a normal session selecting Steve Manning as the Coach and Track Fees \$5.

Be at the start at 6:30pm so that you can be allocated to a race. There will be a faster race off first at 6:40pm and a slower race starting at 7:05pm. You will be allocated to a race on the night depending on numbers.

Please email steve@intraining.com.au with your target time so you can be allocated to a start time.

Sunday LONG RUN

Get your miles in this weekend with your intraining community

Come join the long run from the intraining shop 535 Milton Road Toowong, then enjoy a free social brekkie after.

Meet and connect with club members from other groups who run at your pace. You can then meet on race day to help each other to run smart and achieve your goals. This has a huge impact on your ability to stay stronger mentally at the end of your race. While we all have our smaller tribes, a wider group of club runners around your pace can really help you succeed. Together you support each other to make 'hard' running feel easier. This is one of two long runs we have targeted, before Gold Coast to bring the whole club together. The next one is June 13.

Big TIP: You should be running your long runs 30 to 40 seconds per kilometre slower than your goal race pace. Do not make your long runs harder than your race.

Join us this Sunday for our Long Run from the shop.

5am start for 30 to 35km and 5:30am for all other distances.

Cost: \$5 (new long run price).

Course:

<https://www.mapmyrun.com/routes/view/2917235392>

PLUS, Post run Brekkie supplied by the club.





MANY TRIBES, ONE COMMUNITY

A Champion non-runner in the running community

Linda Ripper is affectionately known to many of the Chermside group as Mumma Ripper and has unofficially been a part of our crew since 2019, supporting her son Ruben (the “runner” in the family). The Rippers have also blessed the New Farm and Wilston intraining training groups at various times and are stalwarts at BRRC events.



Not content to play a passive role in the Chermside group, Linda’s generous baking of post run snacks is always appreciated after a hard or long run session. In addition to this, she coordinates our monthly birthday cakes, and social dinners, to name just a few of her selfless contributions to the intraining Chermside Social Committee.

Linda is also actively involved in the club as a whole as an avid, and very talented, photographer. She regularly captures running images at BRRC, in addition to parkruns and other runs the club may have scheduled. She has the ability to capture a great running image no matter how awful or hard the session is.

Linda is always offering her words of encouragement to everyone, as well as making individuals feel special for milestones or achievements. We feel very grateful for all that she does for us at Chermside and the whole intraining and Brisbane running community. Thank you, Linda!

Melissa Clark – intraining Club Member

UTA 100, Blue Mountains

Goodluck to all our runners competing this weekend. Runners will be competing the UTA 100km, 50km, 22km and 11km from Friday to Sunday. Here’s a list of runners you can support.



We look forward to seeing your pics and hearing your stories after.



Thank you for generously supporting Lynda

Nearly \$1000 has been contributed. With \$1000 we can support Lynda with 6 months of cleaning and home support. The link below will remain open for the rest of May.

[Support Lynda Coulson’s here](#)

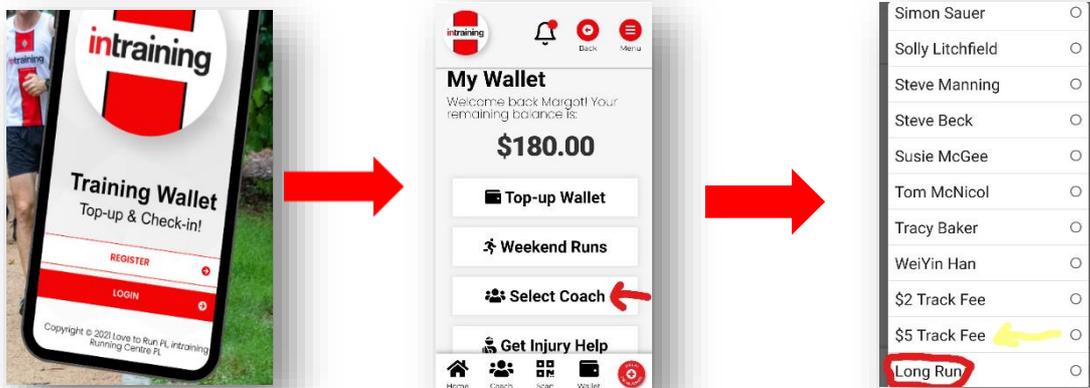


The intraining App New Update

How to pay your long run and track fees?

Follow These three basic steps:

- Login to intraining wallet app
- Select Coach, scroll down to see Long run & Track Fees
- Tap any of those options and complete the process as usual.



[Watch a short tutorial here.](#)

Volunteer to guide our Vision Impaired Runners

[CLICK HERE](#) If you'd like to become a Vision Impaired Guide

It's very rewarding to support other runners and a great way to create another interest to your own running. Become a volunteer guide and supporter for vision impaired runners. Our intraining community looking for volunteers to assist with the Couch To Run Vision Impaired program.

The specific areas the program needs your support with are:

- guiding VI runners at training, parkrun and races
- assistance with transportation for training, parkrun and race

There is a team of volunteers so that you can be a supporter and still continue to enjoy your own running.

The Couch to Run Program is proudly supported by an Access and Inclusion Community Partnership Program Grant from Brisbane City Council. The intraining Running & Triathlon Club has been working in partnership with Achilles Brisbane to help encourage more people to enjoy running.

If you're interested, please fill in the [Vision Impaired Guide Form Here](#)



Weekly Parkrun Updates

INTRAINING parkrun results for Saturday 8th May 2021.
The club had 239 runners this week.

Our **FASTEST MALE** runner was:
MICHAEL CNOPS – 17:07 – ROCKS RIVERSIDE

Our **FASTEST FEMALE** runner was:
KATIE DALL – 19:19 – KEDRON

[View full results here...](#)



BRRC RACE

Congratulations to all runners who ran last Sunday morning on the BRRC 15k and 30k race. A special day to all running mum's enjoying the ran with families and friends. Pretty sure surprises and celebrations after awaits.

Looking forward to seeing your next BRRC run.

[View results here](#)



MIZUNO SALE

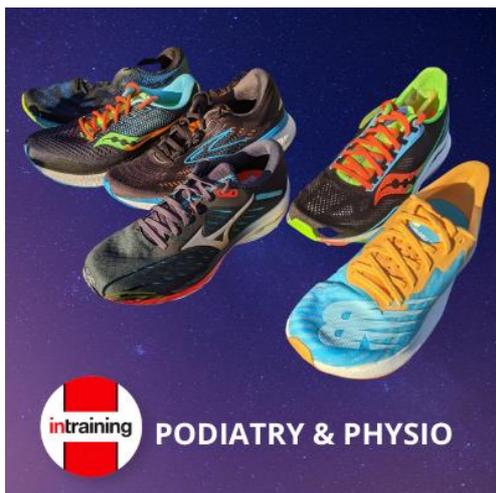
at intraining Running Centre

Refresh your run with new shoes!

Four favourite Mizuno shoes on sale... up to 50% OFF. [Find out more.](#)

Come and see us at 535 Milton Rd, Toowong

Ph 3367 3088 | run@intraining.com.au



Need a new pair of running shoe?

Racing season has started and you've done months of miles. Keep your legs in top form and refresh your running shoes. Check intraining's latest news about the "Five reason why you need a second pair of running shoe."

Not sure? Ask the experts!! The staff at intraining are knowledgeable and have tried and tested many different shoes.

[Book an appointment here!](#)