



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



IMPORTANT ANNOUNCEMENT:
**intraining Running & Triathlon Club AGM & Pre Gold Coast Marathon
Breakfast, 27TH June at New Farm Park.**
[CLICK HERE FOR MORE DETAILS](#)

COACHING REPORT, 17TH JUNE, 2021

How to Run a predictor race

This weekend is the BRRC 10km that is two weeks out from the Gold Coast Marathon. We have traditionally used these races as a predictor for the half marathon or marathon.

Having a realistic goal time is the most critical part of running to your potential in your major goal race. People with no race plan usually go out too fast at the start when they are feeling good and pay for it later by slowing up massively at the end. I usually say that 10 seconds a kilometre too fast in the first 5km will translate to 1 minute a kilometre slower in the last 5km. But it could be much worse if you are forced to walk.

This 10km comes with 2 weeks to go when any further long runs will detract from rather than enhance a race time. A fast 10km race along with Power sessions fulfil the role of sharpening you up for a great race in two weeks.

Once you have your 10km time you need to convert that performance to a marathon by multiplying it by 4.7. For example, a 50-minute 10km will calculate out to a 2:55 marathon. You might want to add another 5 minutes if it is your first marathon. To calculate a realistic half marathon, you need to divide the marathon calculation by 2.1. That would give you a half marathon in around 1:52.

The question I am often asked is how do I run this predictor race. Firstly, you need to pick a course that will be similar to your major goal race. A flatter 10km should be used for a flatter goal race. After that make sure the course is accurate and has kilometre marks.

The goal in the predictor race is not to go out as hard and fast as you can. Your goal should be to go out at a pace that previous races have indicated you can run. In the first 7km, you should try to stick closely to this time. In the last 3km, you can then run as fast as possible. If you can drop the pace 10 to 20 seconds a kilometre then you will run 30 to 60 seconds faster for the 10km. That translates to 2:20 to 4:40 faster over the marathon for our 50-minute runner and about half that for the half. If you do not get faster than you know your current goal time is ideal and if you get slower then you will need to adjust your goal time accordingly.

The predictor race should give you confidence on the day of your major goal race that your goal is achievable. As long as conditions oblige you will have the basis of a great plan to run your best race possible.

Steve Manning – intraining Coaching Director



WHAT'S ON THIS WEEKEND

Brisbane Road Runners 10km (GCM Predictor)

Run along this Sunday with BRRC 5k and 10k Championship. Read more details [here](#).

When: Sunday 20th June, 2021
Where: River View Terrace, West End
Time: 6:30am
Distance: 5k and 10k



Upcoming Club Events

26 June - intraining Community parkrun Tour

Wishart parkrun

Mark your calendars for parkrun tour to Wishart, June 26.

Come join our intraining Stone's Corner running group for this month's parkrun **Plus, we are looking for volunteers to pace.**

Pacing at parkrun is a perfect to support other runners but also an opportunity for you to practice and hone your own pacing skills. It can be an excellent way to prepare yourself for future racing.

If you are keen to volunteer, please leave your comment [here](#) to let us know. We need pacers for:

Sub 20 mins
22:30
25 mins
27:30
30 mins
32:50 mins
35 mins
39 mins



27 June – intraining Running & Triathlon Club AGM Announcement and Pre-Gold Coast Marathon Breakfast At New Farm Park

Attention all intraining Running and Triathlon Club Members.

Sunday 27th June is the Pre Gold Coast Marathon Annual Club Run and Breakfast. This breakfast also doubles as the Annual General Meeting for the club. Club run at 6am from New Farm Park followed by breakfast from 7am, with the AGM at 8am. You will find a link to the AGM agenda, committee roles and last year's minutes in this newsletter. We are always after new committee members, if you are available for meetings on the first Monday of each month and are interested in being a club committee member, please talk to your coach or one of the current committee members.

[CLICK HERE FOR MORE DETAILS](#)

[CLICK HERE](#) TO VIEW LONG RUNS AND OTHER RACE INFO.



MANY TRIBES, ONE COMMUNITY

Speedy Week 2021 parkrun

By Philip Teakle – intraining Club Vice President & email contributor

Last weekend Sandgate held its annual “Speedy week” parkrun, in which local running groups get together and run informal 5km championships. Sandgate was presumably chosen because it is a fast course in good weather. The course follows a gently-winding concrete path for just over 2km along the waterfront, then turns quite abruptly onto a long wooden jetty. The turnaround is at the very end of the jetty, and then you just retrace your steps back to the start/finish line.

544 participants showed up, and with a widespread of running/walking speeds – from under 15 minutes to over an hour – the start had to be carefully seeded. The parkrun volunteers did an excellent job of this, taking their time to get everyone into pace groups. The first pace group they called for – under 16 minutes – had so many runners that they had to create an extra under a 15-minute group, which added to the air of excitement.

The weather on Sunday was ideal: cool, dry and still; and the results reflected this with a large number of PB's. The

first finisher was Tim Fisk in 14:53. Caitlin McQuilken-Bell set a new female record for Sandgate parkrun in 16:36. The first intraining finisher was Michael Cnops in 15:42 and the first intraining female was Caitlin Murdock in 18:21.



Overall, there were 63 runners under 17:00 and 153 runners under 20:00.

As with any parkrun, participants of all abilities were welcomed, and more than half the participants finished in over 25 minutes, with the tail walker coming in at 1:05:11. Congratulations to Sandgate parkrun for organizing a great event in which all participants could enjoy their usual enjoyable parkrun experience, irrespective of the speedy runners swelling the ranks.

REMINDER: Don't miss out! intraining Running & Triathlon Club AGM Announcement and Pre-Gold Coast Marathon Breakfast At New Farm Park

Attention all intraining Running & Triathlon Club Members. Sunday 27th JUNE at 6 am is our last long run prior Gold Coast Marathon followed by a sumptuous breakfast at 7am and club AGM at 8 am.

Committee positions open for 2021/2022 year include:

President
Vice President
Treasurer
Secretary
General Committee Members

Sharing your love of running can be done in so many different ways. Being actively involved in the running community as a member in an established club like intraining is not overly taxing but very rewarding. We'd love you to join us. To nominate email: kvanhuffel@gmail.com.

[CLICK HERE FOR MORE DETAILS](#)



Triathlon Queensland Membership Renewal

TQ Membership renewal is due and they have set up a new platform for their members. If you will be renewing your TQ membership you will be directed to the Go Membership platform and will be required to set up your profile as a new user. This won't take long. If you have any trouble, please contact us on run@intraining.com.au

[CLICK HERE TO RENEW YOUR MEMBERSHIP](#)



PARKRUN RESULTS 12/6/21

INTRAINING parkrun results last Saturday 12th June 2021. intraining had 226 runners last week and 25 speedy contenders at Sandgate Speedy Week.

Our **FASTEST MALE** runner was
ZAC GERRING – 14:58 – SANDGATE

Our **FASTEST FEMALE** runner was:
CAITLIN MURDOCH – SANDGATE – 18:12

PODIUM FINISHERS

First finishers:
JAMES DAVIS – ROCKS RIVERSIDE
JARRED GUNN – NORTH HARBOUR
JILLIAN ANDERSON – NORTH HARBOUR
JENNIE CARTWRIGHT – ZILLMERE
CATHERINE TURTON – KELVIN GROVE

Second Finishers:
EIMEAR MANN – SOUTHBANK
NICKY DAVISON - BERRINBA
NICK GENTNER – NORTH HARBOUR

[View full result here.](#) Don't forget to register intraining as your parkrun team and wear your intraining shirt to parkrun!!



Tales from the Trail's

Friday the 4th of June was our first intraining Tales from the Trail's information evening, offered at the intraining store at 6.30pm. The intraining members present were treated to an evening of informative and entertaining discussion from our guest panellists Collin Buckley, Peter Randall, Lyn Robertson and Paul Newsham, all very accomplished trail runners. Led by Coach Tracy Baker the panel were posed questions about their interest and passion for trail running and shared interesting insights on the growing sport of Trail Running. All present commented on how interesting the discussions were and gained some valuable tips on how to get more involved in trail running.

The panel summed up by saying their top tips were to;

- Cross/Strength Train
- Believe in yourself
- Listen to your body and
- Love what you do.

Many thanks to Margot Manning and Steve and Helen Davidson for their great support for the event.

A big season of trail running events is planned for the remainder of 2021 and 2022 and should be even more popular, with events selling out soon after release. Keep your eye out for information about events such as:

- SEQ Trail Running Series
- Hamilton Island Hilly Half Trail event
- Ultra-Trail Australia 22k, 50k and 100k events
- Mountain Goat Trail series
- The Guzzler 22k, 50k and 100k events... just to name a few!

Trail running is an exciting part of our running community and is growing in popularity. Tracy and I are excited about the future of intraining Trail. Stay tuned we have big plans for the Trails in 2022!

Bob and Tracy Baker – intraining Coaches





WANT A MEDAL ON YOUR OWN?

[Hear](#) Celina's elation at earning her first 10K medal.

Try our Couch To 10K Program Now!

Share this news to your friends and family who loves running.

[Join here!](#)



BROOKS AURORA LANDING THIS FRIDAY @ INTRAINING STORE!

Introducing the BROOKS AURORA

The Brooks Aurora with a new super bouncy midsole - DNA Loft v3. Also, with an unusual decoupled midsole separating function of the front and back of the shoe. We have 7 womens and 3 mens to try. This shoe is available for purchase Friday 18 June and we have 8 mens and 8 womens sizes available.

There are only a few hundred available in Australia and they will never make this shoe again. Definitely a collector's addition. Call the shop to secure your purchase before they are all gone 3367 3088.

Special Try on shoes available until Monday 21st June at 5:30pm.

Don't miss out! Stock extremely limited!

Come see us at 535 Milton Road, Toowong.



HOW TO AVOID GETTING CALF INJURY?



[Read](#) intraining's latest news about the Four Tips to avoid getting calf injuries. It's race season!! You want to stay strong, and injury-free.

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.

Find us at 535 Milton Road, Toowong.

DID YOU MISS READING OUR PREVIOUS CLUB NEWSLETTER?

YOU CAN EASILY FIND IT ON THE INTRAINING WEBSITE JUST CLICK WHAT'S ON TAB, THEN CLICK THE CLUB WEEKLY NEWSLETTER OR [VIEW IT HERE](#).