



clubnews
#gointraining

TRAINING | RACING | COMMUNITY | RUNNING | TRIATHLON

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



COACHING REPORT, 21st OCTOBER, 2021

How can you maintain your fitness gains over the summer/holiday season?

After a year of hard training most people are ready for a rest both physically and mentally. There are a few key ways to maintain your motivation for running while recovering and building back your reserves for the next season.

1. Do not worry about pace.

The intraining program is all about teaching you to run smart by learning to be a master pacer. That way when you race you can be in control to have the best potential run possible. Once our base training starts the focus of the Tuesday speed sessions goes to having fun, running less but faster and not thinking about pacing. With the exception of regular time trials the sessions are structured to have no feedback on your pace. That way it takes the pressure off trying to achieve a specific result.

2. Maintain Frequency while reducing Quantity.

The biggest threat to your training comes from having time off running completely. You then break your routine and it can be much much harder to get back to consistent training that will maintain your fitness. Ideally you should do the same number of training sessions but reduce your mileage and number of repetitions. You can convert a harder session into a recovery session if needed but routine is what your mind and body craves.



3. Add a higher level of intensity.

During the main running season intensity is controlled to hit 3km to 10km pace at speed sessions. We can then do longer sessions with longer reps without breaking down and overtraining. During the off season the quantity of sessions is reduced so the intensity is able to be increased without over stressing your system. It is then safe to run closer to maximum speed over shorter reps with more recovery.

4. Add some strength with hills or cross training.

The off season is the ideal time to add some strength training to your program. It is safer to incorporate some new type of training when you are not at maximum training load. The best way for runners to develop strength is with hill running. That can be with hill sessions or running hillier courses in recovery runs. It might also be beneficial to include some gym sessions, cross training or core strengthening exercises. You should try to do these extra sessions two to three times a week. You may want to work on a specific weakness you have identified or have a general program to improve strength and posture.

5. Focus on shorter events.

There are usually no long events in the summer months anyway but a change in focus to improving your speed over 5km or less will let you develop extra speed that will help you in February when you are back to half marathon and marathon training. Hot weather has less impact on short races and they will not knock you around like a long race.

6. Try something new like track, trails or triathlon.

For many runners February to October is all about road running. November to January is the perfect time to try something new.

We just had the 1500M track classic at UQ and there are many other track races available with the Qld Masters Athletics or Queensland Athletics. On November 20 there is the Qld Track relay championships which is 3 x 1500M for Masters and 4 x 800M for open and juniors. The club puts in and pays for as many teams as possible and you get to transform your running into a team sport. The next day is the Toowong gift at Jack Cook Park Toowong. It is 3000M races for masters and Open 1000M races for juniors.

Trail runs are available all year round but the season is focussed on the summer months. This is a perfect opportunity to run a race that is all about surviving rather than running a specific pace. The terrain and hills combine to make your normal pacing irrelevant. Trail runs have a slightly greater risk of injury from tripping but in the long run they help to strengthen your muscles outside a limited range and improve your balance and feel for the ground. That will help you start the next season stronger with a reduced injury risk.

Triathlons are another great way to maintain your fitness while having a new type of goal. You do not need to do heaps of swimming and cycling especially if you choose one of the shorter triathlons like the super sprint distance 400M swim, 15km cycle and 4km run. This has the added advantage to learn how to cross train safely in case you pick up an injury in the future.

7. Do a weekly tempo run.

Research has shown that you can maintain your fitness with a significantly reduced training load as long as you have a weekly hard run over 5km. Parkruns and track races are perfect for achieving this goal.



8. Plan out your 2022 Goals.

It may be 3 months before you start training for your major 2022 goals and 6 months before you start racing them. However, you can maintain your dedication and training purely by sitting down and working out what races you want to focus on and what goals you want to achieve in them. You do not need to think about what training you need to do but having a clear goal will help you maintain your fitness through to the start of the season.

Most importantly, stay connected with your running friends and coaches as they are your easiest ways to stay motivated in your down time.

Steve Manning – intraining Coaching Director

WHAT'S ON THIS WEEKEND

Become a Guide to support vision impaired runners

Saturday 23rd October, Kedron parkrun
Come along to the Kedron parkrun this Saturday and join the free Achilles workshop for guiding vision impaired runners. It is a very rewarding process to support other runners, particularly when running and walking is a lot harder to access. You'll learn the techniques and tips when taking a vision impaired runner on a run.

Come run the parkrun at 7am, then stay for a short time after for the guiding workshop.
If you'd like more information message Robert Jamieson



Trail Blazing 101

A workshop for runners new to the trails

Date: Saturday 23rd October
New Farm Park, 6:30am to 7:30am

This Workshop is for:

Anyone new to trail running
Road runners looking for an alternative to pounding the pavement or
If you simply want a new experience

What will be covered:

This, one-hour session, covers trail running 101, including practical trail running technique, trail safety, hints and tips and a Q&A opportunity to prepare you to be able to 'blaze' those trails more confidently.





Numbers: Limited numbers are available.

What to bring: Wear running gear, sunscreen, and bring water.

intraining Coach: Peter Richards | **Cost:** \$8 Pay via intraining wallet

Location: New Farm Park. Meet at the Shaded Picnic Area (where Parkrun sets up).

SEQ Trail Running Series 9: Round 2

Shout out to all intraining trail runners who will tackle the round 2 of SEQ Trail Running Series 9 event this Sunday 24th October.

If you have spare time to cheer and support our intraining trail runners that would be amazing.

Location will be at Numinbah Valley and race start at 6:30am.

[View more details here.](#)



Upcoming races and intraining club activities

23rd October – Trail Blazing 101

23rd October - Club parkrun tour

24th October – SEQ Trail Series 9: Round 2

07th November – Bridge to Brisbane

28th November – Gold Coast 50

RENEW YOUR MEMBERSHIP

Membership renewals for 2021/2022 must be done by 31st October to remain as a club member for training in our system.

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!](#)

MANY TRIBES, ONE COMMUNITY

Blackall 100/50/21

With Peter Randle

7am, 16th October, a hot day was on the cards - 27 degrees and not a cloud in the sky. Not a runners idea of a perfect day, but what a place to run!

I told myself to start slow and build. Well, I took it easy for about 2K, then we hit the trails. The first section is 19K, mainly flat with an awesome long downhill to finish. Soooooo much fun, I didn't even try to go slow anymore, just went with the flow and joined in the fun. Single track, winding through the awesome rainforest, jumping logs, swerving branches, carefully navigating creek beds. Seriously I had an absolute ball - and tried not to think about what lay ahead. First checkpoint came and went just after the 2hr mark. Plenty more electrolytes on board and a delicious chocolate brownie (boy, did I regret that...).



Second leg 22k, the tough leg, 2 very big climbs totalling around 700m over 4k, but with more awesome single track to navigate in between. To my surprise, I think I rather nailed the main climb - Gheerulla Bluff - I'm usually more of downhill racer than a climber, maybe the training helped 😊 Unfortunately it has a rather misleading finish where you think it's all over, but it's not, nasty little shit of a hill, just when your legs are starting to feel normal again. Anyway, got through that at which point I started having gastro problems. Bit of a theme for me, but with 18k still to go, just had to get on with it. On the upside I wasn't cramping like everyone else - did I mention the heat?

Made it to the final checkpoint at 42k rather delirious, just wanting to get the thing done. The last section is easy on paper, 5k pretty flat rolling trails, followed by a 3k road section to the finish.



Unfortunately, as they say - the race isn't ran on paper... Walk/jog, walk/jog on flat bitumen isn't my idea of a strong finish. On the upside, I wasn't on my own, plenty of other competitors joined me on the pain train!

Anyway, got there eventually, 7:08, 7 mins under my goal time, so it probs wasn't that bad.

Was great to see so many intrainers and other trail community friends at the checkpoints and at the finish, all cheering each other in and helping rehydrate, feed and patch up the runners.

Final thoughts - Blackall is a top event, wasn't sure what to expect but it far surpassed my expectations. I've ran a few ultras now and this was the most fun, I'd definitely recommend a run here, for experienced and newbie ultramarathoners alike.

Peter Randle – intraining club member

PARKRUN RESULT

Saturday 16th of October. 195 intraining runners in 47 locations. Congratulations everyone.

Podium Finishers

First finishers: 🏆

Laura DALY
Kalina BENNETT
Max NEUMANN
Jade GRAHAM
Hanne SCHOOFs
Stephanie LAWRENCE
Ruben RIPPER
Tahlia MURDOCK
Catherine TURTON
Selina WARD

Second Finishers: 🥈

Nick CROSBIE
Miwa KOLB
Ashley O'LOUGHLIN
Marty KELLY

Third Finishers: 🥉

Jarred GUNN
Jillian ANDERSON
Gregory MACKS
Tim LEACH
Erin LEE



[View intraining club result here](#)

Don't forget... Club membership renewal is due now! [Register 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.



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

[BOOK AN APPOINTMENT HERE](#)

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

Don't forget... Club membership renewal is due now! [Register here](#).

intraining THE ONE STOP SHOP
FOR RUNNERS