



clubnews
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TRAINING | RACING | COMMUNITY | RUNNING | TRIATHLON

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



Feature this week's newsletter:

Heating the wall by Pete Lane

Flood support for intraining members

Movie Night - The Epic, 'Barkley Marathons'

Parkrun Result

Mizuno Wave Sky 5

COACHING REPORT, 14th April, 2022

Avoid common running mistakes

Many of the runners who I see for their first training program have been making the same mistakes. The result is continually underperforming in races but also not enjoying their training.

Most of these mistakes can be described as doing too much or too little.

Training Pace or Intensity:

- Perhaps the most common mistake novice runners make is running too much of their mileage too fast. They think if they want to run under 60 minutes for 10km then they should try to run all their runs at that pace. In fact, most of your training should be run at 30 to 60 seconds slower than your predicted pace for a marathon. If you do the bulk of your training too fast then you will not recover from the stress of the training and will not improve.



- The other side of this training intensity is not doing any speedwork. Running all your training at the same pace will result in you being a mono paced runner. Speedwork is not sprinting but you need to learn to run shorter segments like kilometre repetitions at 10km pace, 5km pace and 3km pace. This gives you a better training effect while also improving pace judgement.

Training Load:

- It is tempting to try and train more and more as you gain fitness and experience. The law of diminishing returns means that at some point adding extra distance will result in no improvement to your fitness or even worse a reduction in your performance. This will lead to constant soreness and tiredness and eventually illness or injury. Total training load should be progressed gradually.
- Not enough frequency of sessions or too many days off in a row is also a problem for runners. Regular running is needed for your body to be stimulated to adapt and grow stronger. When you have more than one day off your connective tissue gets tight and is more susceptible to a strain leading to injury. More running frequency can in fact lead to less running injuries.

Racing:

- Usually, people are motivated to enter some major race in the future. It might be a new year's resolutions or a pact with a friend to do a marathon. This goal race is months away and they often put all their eggs in one basket having no lead up races. You need to take many small steps up to your major goal race including some races at shorter distances. That way you can practice pace control in a big crowd and are less likely to make a pacing error in your major goal race.
- Parkrun is a fantastic opportunity for runners of all abilities to regularly race in a group over a shorter distance that does not impact adversely on your general training. However, many new runners try and run fast every Parkrun. Most of the time they should be approached as Tempo runs not races. You trial different pacing strategies and perhaps once a month try and do a fast race. If you are always trying for a PB you will be frequently disappointed and become jaded when you can't perform at your best every race.

Footwear:

- The biggest preventable mistake for new runners is wearing old or inappropriate shoes. They may not realise that their shoes are worn out because they are just looking at the outsole wear when the cushioning in the midsole is the most likely thing to wear out first. When they start running, they will wear the shoes they have been using for Gym, hiking and wearing around casually. Your shoes will not have a large contribution to injuries in those activities but are a significant factor in running injuries.
- As the owner of a running shoe store, I can guarantee there is no downside to having too many shoes!
😊

Steve Manning – intraining Head Coach



WHAT'S ON THIS WEEKEND

There is no scheduled long run this coming weekend. Have a good time with your families and friends. Whatever you are doing, have fun and be safe. Make sure you find more hidden eggs. 😊

Store Holiday Hours:

Good Friday - Closed

Saturday - 10am to 4pm

Sunday - Closed

Monday - 10am to 4pm.



Upcoming Long runs and Trail sessions

Long runs....

- **24 Apr - 5:30am, Regional Long Run Anzac Day hosted by the Chermshire Group**
– *The upcoming regional long run on the 24th of April will be dedicated as a fundraiser to support our fellow intraining club members who were affected by the flood a few months ago. [View details here](#)*
- 15 May - 5:30am, intraining Long Run from the Toowong shop.

Trail sessions...

- 22 Apr – 5:30am Coached Trail Session

Keep a look out on [intraining Trail Tribe Facebook page](#) for more trail running updates.

MANY TRIBES, ONE COMMUNITY

Hitting the wall

Oh I'd hit the wall,
from the recent Brisbane flood
from the clinging heavy mud
and I knew that I oughta
continue working week after week thru the mess drowned in the water,
push thru the wall
then put in the bin and a pile on the street
those hopes, dreams, memories, fears
thru endless tears,
of loss
no time to run,
only time for mud and water
only time for water and mud
then something, yes something glittered in the mud
a light in the darkness!?
bent down,
picked it up,
tears again,
but those of joy
it was my hard won victory crown
from 1996
my first marathon finishers medal.
Thought For you
Life might be all mud water, flood and tears
But push thru the wall to get the finishers medal.



Pete Lane - intraining runner since before 1992

Big shout out to our 'Dead Cow Gully' runners taking on an interesting challenge this weekend, look forward to your stories.

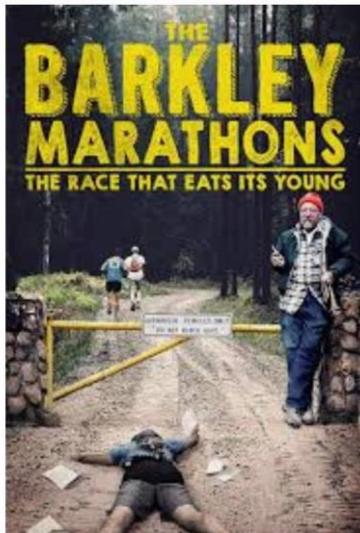


Flood support for intraining members

Earlier this year we saw devastating floods impacting many communities across South East Queensland and Northern NSW. Some members within our intraining community were significantly affected by this event and are still in the process of recovery. While it is a couple of months on, the clean-up, repairs and hidden costs that we don't see, continue for these families. Let's get behind our intraining community members and give them a boost of support. The club committee have decided to offer support through member fundraising and a donation from the club funds. If you know of a club member who was affected from the flooding and needs help then please email their details to run@intraining.com.au



All monies donated will go directly to those affected. If you would like to donate, [click HERE](#).



12 Tickets Remaining...

Movie Night - The Epic, 'Barkley Marathons'

We are thrilled & excited... The intraining Trail Tribe will be hosting a movie night at New Farm Cinemas at 6:30pm on 27th April. Tickets are limited, make sure you grab yours prior 27th April, buy ticket via intraining wallet app select Movie Night option and follow the process.

[More details can be check here.](#)

Congratulations to all intraining runners who participated the Brisbane Road Runners Club event last weekend. Well done everyone!



Parkrun Results

By Dale Murray – intraining Club Member

Last Saturday 9th April 2022, intraining had 184 participants (171 runners and 13 volunteers) across 58 locations.

Podium Finishers:

First Finishers

Aidan HOBBS
Brian PACK
Catherine TURTON
Clay DAWSON
Eamonn RING
Eimear MANN
Eliza HOYLING
Garth KLEE
Hannah TERRY
Jarred GUNN
Keith CASSILLES SOUTHGATE
Max NEUMANN
Ruben RIPPER
Ryan MOONEY
Zack NEWSHAM



Second Finishers

Ashley O'LOUGHLIN
Craig CROUCH
Miwa KOLB

Third Finishers:

Geordie KOEST
James DAVIS
Paul SHAMBROOK

[View full intraining's result here.](#)

*Please let us know if you ran your **250th** parkrun or volunteered for the **50th** occasion so we can celebrate your amazing achievement.*



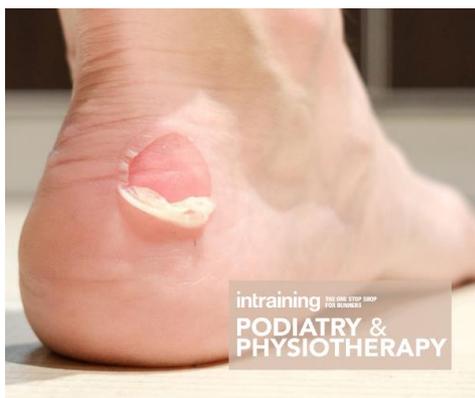
AVAILABLE INSTORE & ONLINE

Mizuno Wave Sky 5

Look to the Wave Sky 5 for a light weight yet responsive ride. Packed with cushioning and with an all new Smooth Stretch Woven Upper. The high energy return is thanks to the MIZUNO ENERGY CORE, our most responsive material yet. With an 8mm toe drop, the Wave Sky 5 is great choice for runners who tend to land midfoot. Now available in fresh new colours. [Shop online](#) or instore.



Free Gift with any purchase over \$100 this April (valued at \$25)



BLISTERS... Ever had one of these?

Blisters, chafing, callous, corns... all the ugly and sore stuff - can be debilitating! See one of our #podiatrists at intraining Running Centre to investigate and treat the cause so that these unpleasant issues don't hamper your running.

[Book online](#) / or call 3367 3088 today!

Did you miss reading our previous club newsletter?

You can easily find it [HERE](#).