

FROM THE SOLE

Tips to keep you running at your best



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BEGINNER RUNNER - JULIA BRISKEY

I started participating in Parkrun every Saturday morning to improve my overall health and fitness. I really enjoyed running and wanted to improve my Parkrun time. However, after six months I was still unable to run the full 5km course.

My decision to join intraining was difficult for me, as I didn't consider myself as a runner, I couldn't run very far and I was quite slow. While researching intraining offerings and training locations, I discovered the 13 week 'Couch to 10km' program on their website and thought 'I'll try that'. My initial goal was to be able to run 5km without walking, because I couldn't even imagine running any further. I signed up to the 10k program which was part of the Marathon School in February 2016.

As soon as I joined the group at Milton, I felt welcome. The intraining Staff, Coaches and Members were all friendly and sociable. My anxiety of being a non-runner faded when I heard "if you're moving, you're a runner". That made me feel so much better and part of the group. At the beginning of the program, each sessions was an easy Walk/Run. As the program progressed we walked less and ran for longer durations at each session. The increase in running durations was structured in a way that was easy to maintain while still challenging enough to improve our running capabilities. Within a few weeks, I noticed an improvement in my Parkrun times. This was due to the Coaches who were constantly giving us advice on running style, pacing yourself and breathing. I was surprised to hear that if I ran at a slower pace my times would get better, and they did! It wasn't long before I could run the whole 5km at an easy pace. The Coaches, James and Gerard, are very supportive and encouraging. The sessions are



always different, which keeps it interesting. We had pace sessions on the Go Between Bridge, 500metre reps around Suncorp and pyramid sessions at the Milton Tennis Centre. At the same time, I was making new friends with a common passion; I now have running partners who inspire me every time we go out for a run together.

It's not only the running, intraining also support their Members with night Seminars on nutrition, stretching, race planning and tactics, footwear and race equipment. I have learnt so much, I didn't realise there was so much more to running than a good pair of comfortable shoes.

The 'Couch to 10km' program concluded with a 10km goal race at the Brisbane Road Runners Club. I am proud to say that I completed the 10km run with a pretty decent time (for a beginner). Since then I have ran in numerous events, including 10km at Gold Coast and 14km at the City to South. At each event, my overall PB improves. When I finished the program, I moved from the Beginners Group at Milton to run at New Farm. The intraining New Farm Park group caters to experienced runners, who also welcomed me into the group and support me when I need a bit of extra encouragement. The Coach, Tracy, is so passionate about her running, it's contagious and makes you want to be a better runner.

Recently, my goal was to run 5km under 30min, and 10km in an hour. I am proud to say that I have achieved this goal and it is thanks to the 'Couch to 10km' intraining program.

My next goal is to run a half marathon! I have signed up for the 21km at the Brisbane Marathon Festival in August and

plan to finish this running season by also competing in a half marathon in Melbourne in October, which finishes inside the MCG. How amazing is that? I never believed I could have achieved so much, in such short a time. I would like to thank all the Coaches and Members of intraining for their inspiration and enthusiasm.

The culture of the group is awesome. When I wear the intraining singlet I know I will be encouraged and supported at every event.

By Julia Briskey
intraining runner

CRUNCHY LENTIL SALAD

By Liz Lovering,
sports dietitian, runner,
coach and chef

Legumes such as beans, lentils, peas and soy foods make a great addition to weekly meals. They are a cost-effective source of plant protein, rich in low glycaemic carbohydrate (slow release of energy), a great source of fibre and are very versatile. For example, hummus, dahl, baked beans, lentil patties, Mexican mince with beans, bean soups, falafel, chickpea curry, lentil salad to name but a few.

CRUNCHY LENTIL SALAD

Makes 4 generous serves (will serve more if served with other salads)

Ingredients:

- 1 x 400g can brown lentils, rinsed and drained
- 1 x 125g can sweetcorn kernels, rinsed and drained
- 2 x large carrots, washed and cut into small cubes or sliced (grating reduces the crunch!)
- 2 x sticks celery, washed and sliced
- 1 x medium green capsicum, washed, deseeded and cut into small bite sized pieces
- 1 x punnet grape tomatoes, washed and halved
- ½ x large continental cucumber, washed and cut into small cubes
- Handful of fresh herbs (I used basil, parsley and mint), washed and chopped
- 10 Kalamata olives, pitted and halved
- Juice of ½ lemon + splash vinegar (I used balsamic) + 2 tablespoons extra virgin olive oil
- Salt and pepper to taste
- ¼ cup (30g) sunflower seeds

Method:

Place lentils and sweetcorn in a large bowl
Prepare other ingredients as above and add to the bowl
Mix well, season to taste and serve (see below for suggestions)



Nutrition

Each serve contains approximately 30g carbohydrate, 9g protein, 16g fat, 8g fibre and 1250kJ (300 calories).

Serving Suggestions and Tips

Delicious served with most things e.g. grilled fish, chicken, steak or marinated tofu. Add some raw nuts for extra protein and crunch if you are eating this salad on its own. The salad vegetables are suggestions, you can add whatever you like.

DON'T LET YOUR HOLIDAY BREAK YOU

The end of year holidays is a great time to unwind and relax, and recover from a busy year of work and running. It's also a time when people decide to get stuck into chores they've been putting off. Just as dramatic increases in running training can lead to injury, doing a lot more repetitive physical labour than usual can also lead to injury.

One of the more common causes of lower back pain is from muscle and ligament strains caused by gardening and yard work. The repetitive movements of lifting and twisting, combined with prolonged periods of poor posture and bending can lead to muscle fatigue, tightness and pain in the back. In more serious cases, a disc bulge can occur which often results in strong pain that can also be referred into your buttocks and legs. To reduce the likelihood of injury, there are certain things to remember. Rather than trying to tackle a large gardening project in one day, it would be better to attempt it in smaller sections over several days. Be careful when lifting to avoid bending at your waist (instead squat down), and minimise the amount of twisting your torso does when loaded.

By Doug James
intraining physiotherapist and podiatrist

FITNESS GOALS FOR 2017

READY, SET, GOALS

It is the time to be setting new fitness goals. Everyone will have something that is unique to their level of fitness. The Challenge with fitness goals is not merely the outcome or final result, but the ability to start and stay on target. Being able to convert your words into action is difficult. The first step is to join a group or to follow a program. The second is to commit to your goals and balance your life's activities. The third step is to maintain your momentum and regroup when you are faced with obstacles of daily living or interruptions such as injuries. Achieving your goal is a process and one that the diverse team at Intraining love to help you accomplish. No matter your level of fitness, intraining kicks off in the new year with a range of programs.



RUN101

A conference day designed mainly for someone about to begin running or to step up their distance. It is an informative day of seminars and workshops designed to empower you with skills and knowledge you'll need to maintain your fitness goals

and improve your running capabilities. The sessions will be run by our experienced intraining clinicians; including podiatrists, physiotherapist and dietitian. [FIND OUT MORE](#)



RUNNING FORM WORKSHOP

The 2017 form workshop series will provide participants with an overview of different types of running gaits, biomechanical reasons behind these, and an understanding of how and when improvements in running form can be beneficial. There are two sessions to cater for the novice, and for the more experienced runner. These sessions are run by the team from intraining Running Injury Clinic who are experienced runners, practitioners and coaches. [FIND OUT MORE](#)

COUCH TO 10K

This is an excellent program to help you take your first steps off the couch, start running and complete 10km. The program is designed for beginner runners who have a goal to run 5km then 10km without walking. It is run under the guidance of a nurturing

team of coaches and in a supportive and inclusive group of people with common goals. The first group in the year will also sign on to receive the seminar package linked with the marathon school which includes a series of informative seminars and the full program. [FIND OUT MORE](#)



HALF MARATHON AND MARATHON GOALS

The intraining Marathon school is the perfect way to set yourself up to work towards your half marathon or marathon goals. The program offers a clear and simple training program, a range of seminars that cover all the topics you need for success and a place that gives you the contact with coaches and other runners who have similar goals, or have been through the process you about to embark on. [FIND OUT MORE](#)

If you feel that you do not need any of the above, but know of someone who does, then make sure you share this with them. It can be very rewarding to see someone achieve their goals.

Set yourself up for success and join one or more of the intraining programs.

By Margot Manning
intraining podiatrist and coach

CHILDREN'S FOOTWEAR

- A Priceless Investment

Your children's footwear is a priceless investment in their future. It's important to purchase good quality shoes, and also ensure they are well-fitted. Spending the time and money on your children's feet and footwear during their younger years will reap many benefits throughout their schooling years and even into adulthood. Wearing good footwear will reduce their risk of short and long-term injury, and save from unexpected, expensive health practitioner bills.

Fit is the most important factor to consider, and you should seek out footwear stores with experienced fitting staff. Even if your child has the best shoes available, if they don't fit properly then the benefits will be negligible. Your child should be able to try on the shoes, and the staff should provide comprehensive, sound, and unbiased advice. Your child will be much more likely to become involved and enjoy their physical activity if they're wearing comfortable shoes. In this way, properly fitting shoes can provide benefits to your

child's physical and mental wellbeing. Ill-fitting shoes can cause discomfort for your child, and may also increase injury risk.

Put simply, big shoes are a trip hazard and therefore increase the risk of acute injury (eg. ankle sprain). Excessive muscle activation and overuse injury can also occur if your child is trying to stabilize their feet inside shoes that are too big and providing insufficient support or security. Jamming your child's feet into shoes that are too small is also detrimental. Discomfort is the most common complaint when shoes are too small, but burning pain and tingling may also be an issue in cases of nerve or vascular compression. Blisters, black toenails and other dermatological issues can eventuate from shoes either too big or too small.

Just like obtaining the proper fit is important, good quality shoes are worth the investment. Well-constructed shoes will be more durable and offer more reliable support and cushioning.

Shoes worn every day for school should ideally be used for that purpose only. Shoes with a leather upper are ideal because they are more durable and will withstand the rigors of lunch playtime.

If your child is a keen runner, you should treat them to a pair of running shoes. Running shoes will offer superior midsole cushioning and reduce the risk of overuse and impact-related injuries. The lighter-weight materials and breathable mesh upper will make your child's running easier and more enjoyable. Similarly, if your child plays a lot of field sports, then grass spikes or football boots may be worth considering. They will provide better traction and more appropriate support for their intended use. Having multiple pairs of shoes for different purposes will prolong their life.

intraining Running Centre stock a fantastic range of children's running shoes, waffles and spikes, as well as black leather shoes suitable for school use. Invest some quality time and money on your school and running shoes at intraining Running Centre these holidays and ensure your children are ready to run into 2017.

By Emily Donker
intraining podiatrist



Conquered parkrun?
Set yourself a new challenge in 2017.

Part of the intraining Marathon School program.

More information online at www.intraining.com.au/marathonschool

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running injury clinic

BALANCE, CORE & SPORTS REHAB STUDIO

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