

FREE

MARCH 2016

intraining

the running store run by runners

15 *eating*
WELL

9 **events**
CALENDAR

Take your pick.
Challenge yourself.

**RUN
WITH
EASE**

8 **CROSS
TRAINING
BENEFITS**



15 **Pumpkin, Chickpea and
Sweet Potato Ragout**

**COUCH
to 10K**

Choose your 2016
training plan

17

intraining
the running store run by runners

SPECIALIST RUNNING STORE
SPORTS INJURY CLINIC
RACE ORGANISATION SERVICE
COACHING & TRAINING SESSIONS
RUNNING AND TRIATHLON CLUB

PHONE: 07. 3367 3088
33 PARK ROAD MILTON
& INDOOROOPILLY SHOPPING CENTRE

2016 March



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Running at the mouth

Revolutionise your resolutions

The beginning of the year is a typical time for resolutions to make a change in your life. One of the most popular types of resolutions is to get fit. Unfortunately most of these resolutions only last a few months before people fall back into their previous routines. So what can you do to revolutionise your resolutions?

The most important thing for you to turn a resolution into a new behaviour pattern is to create a support network for your goal. This starts with putting it out there to your friends, family and colleagues what you want to achieve. You may not always get much encouragement from all of them but it only takes a few people supporting you to make it work. Even better is if you can get one of them to join you and share your journey to a new resolution. If that is not possible then you can still find training partners by joining a club or training group like the intraining marathon

school. There you will find people of all abilities willing to help you achieve your goals. This year we have a Couch to 10km school that will be repeated multiple times during the year. So even if you do not have a background in running you can find the support to become a runner.

The best way to revolutionise your resolutions is to get a personal coach. You then have someone who is as committed to your goals as you are. They will have the experience of knowing what is possible and push you towards it without letting you do too much. A coach keeps you focused on what you need to do to improve. They share the load and give you a balanced perspective on your struggles. Most importantly when you achieve your goals they are there to share your joy at your success.

By Steve Manning
Podiatrist and running coach

Footwear MATRIX

2 WEEK 'FIT GUARANTEE'

intraining Running Centre guarantee to ensure you are happy with your purchase
See website for terms and conditions

www.intraining.com.au

moderate stability

Asics Kayano
Asics 2000
Asics 1000
Brooks Transcend
Brooks Adrenaline
Hoka Constant
Mizuno Paradox
Mizuno Inspire
New Balance 1260
New Balance 860
Nike Odyssey
Nike Structure
Saucony Hurricane
Saucony Omni
Saucony Guide

flexible neutral

Altra Torin
Asics Cumulus
Brooks Ghost
Brooks Pure Flow
Hoka Clifton
Hoka Huaka
Mizuno Rider
Mizuno Sayonara
New Balance 880
New Balance Pace
New Balance Zante
Nike Lunar Tempo
Nike Pegasus
Nike Zoom Elite
Nike Free 5.0
Nike Free Flyknit 4.0
Nike Free Flyknit 3.0
Saucony Ride

mild stability

Asics DS Trainer
Asics Feather Glide
Mizuno Catalyst
Brooks Ravenna
Nike Lunar Glide
Saucony Zealot

firm neutral

Altra Instinct
Altra Intuition
Asics Nimbus
Brooks Dyad
Brooks Glycerin
Hoka Bondi
Hoka Conquest
Hoka Stinson Lite
Hoka Vanquish
Mizuno Creation
Mizuno Enigma
New Balance 1080
Nike Flyknit Lunar 3
Nike Vomero
Saucony Triumph
Saucony Echelon

racer trainers

Asics DS Trainer
Asics Feather Glide
Brooks Pure Flow
Brooks Ravenna
Hoka Huaka
Mizuno Catalyst
Mizuno Sayonara
New Balance Pace
New Balance Zante
Nike Lunar Tempo
Nike Zoom Elite
Saucony Zealot

kids training

Asics 2000
Asics 1000
Asics 190TR (black leather)
Brooks Adrenaline
Brooks Maximus (black leather)
Brooks Pure Flow
Mizuno Rider
New Balance 625 (black leather)
New Balance 860
New Balance 880
New Balance Rush
Nike Lunar Glide
Nike Pegasus
Nike Free 5.0
Saucony Kinvara

waffles & kids racing

Asics Firestorm
Brooks Pure Flow
Nike Zoom Waffle Racer
Nike Free 5.0
Saucony Kinvara

trail

Altra Lone Peak
Asics Fuji Pro
Brooks Cascadia
Brooks Pure Grit
Hoka Maffate Speed
Hoka Speedgoat
Hoka Stinson ATR
Mizuno Hayate
Mizuno Kazan
Nike Terra Kiger

racing flats

Altra The One - 235g - 0mm
Asics DS Racer - 224g - 11mm
Brooks T7 Racer - 190g - 12mm
Brooks Racer ST - 258g - 12mm
Mizuno Hitogami - 200g - 9mm
Nike Lunar Racer - 188g - 7mm
Nike Flyknit Racer - 184g - 10mm
Nike Zoom Streak - 190g - 10mm
Saucony Kinvara - 226g - 4mm
Saucony Grid Type A6 - 172g - 4mm

Info = weight (men's US size 9) and heel pitch (mm)

spikes

Asics Hyper Sprint
Asics Hyper MD
Asics Hyper LD
Asics Hyper Rocket Girl SP
Asics Hyper Rocket Girl D
Nike Superfly
Nike Zoom Ja Fly
Nike Zoom Rival MD
Nike Zoom Maxcat
Nike Zoom Victory
Nike Zoom Rival Distance
Nike Zoom Matumbo

intraining shoe brands



FOOTWEAR PARADIGM SHIFT

by Steve Manning

"A paradigm shift causes you to see the same information in an entirely different way." WIKI

At intraining we have always done things differently. That is because our focus is on finding the best shoe for our customers rather than just trying to sell them the most expensive shoe. We believe in the long run a happy customer will return for the service only we provide. A recent article written by Benno Nigg's team out of the University of Calgary has given support to our unique sales process.

In July this year Benno Nigg and his researchers at the University of Calgary published an article in the British Journal of Sports Medicine called **"Running shoes and running injuries: mythbusting and a proposal for two new paradigms: 'preferred movement path' and 'comfort filter'."** This article reviewed the research over the past 40 years and in particular the relationship between impact characteristics and ankle pronation to the risk of developing a running related injury. They questioned whether or not running shoes had any influence on injury rates, but concluded that the change in demographics of the running population and the inconsistent definition of running injuries made a comparison over time inappropriate. There were multiple research studies that found that cushioning did not have a significant effect on injury frequency. Another study found a 200% increase in running injuries between a neutral shoe and a minimalist shoe with the minimalist shoe being more injury prone. With regards to orthotics and injury a softer insole reduced injuries which was the not what was found with a soft shoe midsole. Self-selected comfort of an insole/orthotic had the biggest impact on reducing injury rates.

In the past, without any research evidence, it was thought that foot pronation and impact forces were the main factors in injury risk. Most of the research on impact forces was inconclusive due to the small sample sizes. Faster runners with higher impact peaks or loading rates also did not have increased impact related injuries as you might expect. One study with a very large sample size found an inverse relationship between foot pronation and injury rates. It found that injury frequency decreased as pronation increased. So the two variables that were considered to be the greatest risk factor for running injuries were not valid.

How can we select shoes that will reduce our injury risk?

Nigg proposed two new theories of the 'preferred movement path' and the 'comfort filter'. The idea for the preferred movement path came from studies done with bone pins rather than skin markers to see how the foot and leg actually moved when barefoot, in shoes and with orthotics. They found that the path of movement did not change but the range of motion did. A good running shoe should allow the body to move in the preferred movement path. This means visual assessment of movement may not be as helpful in selecting shoes as other indirect ways.

Different subjects were found to select different shoes as most comfortable.

There is not one type of shoe that is most comfortable for everyone. Comfort was associated with a reduced injury frequency as well as better running economy and performance. The comfort filter paradigm proposes that by selecting the most comfortable shoe a runner will reduce their injury risk.



intraining Running Store
33 Park Road, Milton

Fortunately this is the way we have always selected shoes at the intraining Running Centre. We let the runner and their foot decide which shoe works best. The most critical factor is to run in the shoes before you make any decision. During the trial run we tell our customers to pick the shoe that feels like it gives the most even support on both sides of the foot, has the smoothest action making it easier to roll off the forefoot and is the quietest when running. Different runners will find different shoes that meet that criteria.

There will always be different theories and paradigms posed to help us understand what is 'the best shoe'.

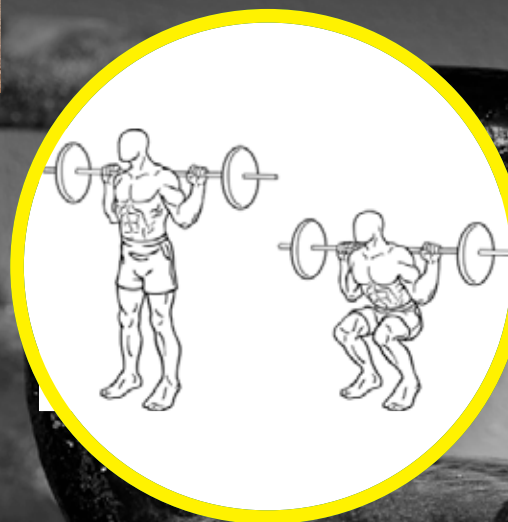
It is comforting know that a model the intraining Running Centre adopted 30 years ago, has been shown as possibly 'the best fit' by the leading researchers in the field of footwear and biomechanics.

See full article on our website:
www.intraining.com.au

BEST WEIGHT TRAINING EXERCISES FOR RUNNERS

Doug James intraining physiotherapist + podiatrist

Distance runners can benefit from a certain amount of weight training. **Targeting key muscle groups can help to improve running form and performance without adding unnecessary muscle bulk.** The key to weight training is using a suitable amount of weight for the ideal number of repetitions. For runners, this weight should be one that is comfortable to lift for at least 80% of the set and become slightly harder towards the end. Using a mirror is recommended to help ensure correct form is being used.



KEY EXERCISE #1

Squats: can help develop stronger legs and glutes.

Technique: Start with feet about hip width apart. Using dumbbells or a barbell positioned across your shoulders, slowly squat down until your thighs are close to horizontal, then raise back up again.

Repeat 15 times for 4-5 sets.

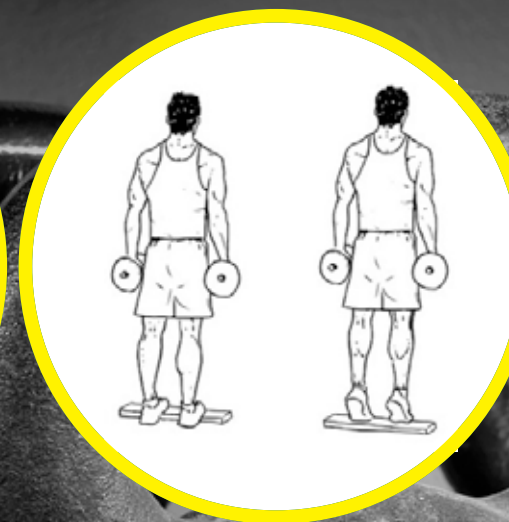


KEY EXERCISE #2

Lunges: helpful for improving hip stability and leg strength

Technique: start in a similar position to the squat. Step forward with one leg and lower the back knee towards the floor. The front knee shouldn't pass over the top of your front foot. The goal is to keep your front knee steady and facing forward while keeping your hip stable and level. Stand up and repeat with the other leg.

Each leg should move forwards 12 times in a set. Repeat 4-5 sets.



KEY EXERCISE #3

Tip toe raise: the slow lowering component of this exercise helps to improve Achilles tendon strength.

Technique: holding on to weights, slowly raise on to tip toes, pause for 3 seconds, then slowly lower.

Repeat 20 times for 4-5 sets.



Need a massage after that weight session or run?

Call 07 3367 3088 or book online
www.intraining.com.au/
33 Park Road, Milton

Balance Core & Sport Rehab STUDIO

Movement is critical for a long and healthy life. However, to 'Move with Ease' at any age isn't always easy. Even in the prime of your life there will be times when things like a sore back or a sprained ankle limit your ability to comfortably do the things you want.

Thankfully the Balance Core & Sport Rehab studio at the intraining running centre in Milton has the solution. Featuring a fully equipped studio, this newly built facility offer a range of programs to keep you moving with ease through all stages of your life.

"Core for Kids" is a strength and conditioning session aimed at improving the coordination and balance of kids and teenagers. While many kids taking running around for granted, it doesn't come easily to some due to poor coordination and/or strength. This can result in fatigue and discomfort, which is too frequently blamed on laziness or disinterest. In actual fact this may be due to 'hypermobility syndrome'

(excessive flexibility and low muscle tone) which is becoming increasingly common. Studies have shown that improving strength can have a positive improvement in ability and enjoyment of sport – which is an important aspect of childhood social and physical development.

"Ankle Strength and Balance" is for anyone who has suffered an ankle sprain or is involved in sports where sprains are likely (eg soccer, netball). This half hour session is designed to develop strength in your feet and legs while improving reaction time

and reflexes. Ankle sprains are painful, and can severely limit your ability to Move with Ease. Prevention is always the best solution, and improving your ankle stability and reflexes is a great start. For those who have suffered a sprain before, studies show that failing to properly rehabilitate an ankle sprain increases the likelihood of it reoccurring.

"Pilates" is a class that everyone should be taking! The primary focus of Pilates classes is to improve your core strength which can help to reduce your chance of developing lower back pain – something particularly likely in office workers or anyone who spends a lot of time sitting. A strong core is also great for anyone involved in sport as it can help prevent leg and knee injuries, and may actually result in better performance too. Recently a university study showed runners following a 6 week core strength program improved their 5km race times by an average of one minute!

The Balance Core & Sports Rehab studio is your key to being able to 'Move with Ease' at any age.

For more information or bookings, please call 3367 3088 or visit www.intraining.com.au/sportsrehab

By Doug James
physiotherapist and podiatrist

intraining
running injury clinic

33 Park Road, Milton

PILATES CLASSES

Tues 6pm
Wed 12pm
Fri 12pm
Sat 9am

KIDS PILATES CLASS

intensive 4 week block
Wednesday 6pm
April 6th, 13th, 20th, 27th

Simply head to the website below and book your next session online!

individual classes available on request.

www.intraining.com.au/sportsrehab/pilates

IT'S LIVE!
in Queensland

#GCAM16 GOOD TIMES



**MARATHON
HALF MARATHON
10KM RUN
5.7KM CHALLENGE
JUNIOR DASH**



goldcoastmarathon.com.au

ENTER NOW!



Building the FUTURE

Fostering a Healthy Active Lifestyle Amongst Australia's Children and Teenagers

According to a 2007-2008 national survey, 25% of Australians aged 5-17 are overweight or obese. More worrying is the increased risk (25-50%) of these children becoming obese adults, and being more susceptible to all the health risks associated with carrying extra weight.

In addition to eating well, maintaining good physical fitness and activity levels significantly reduces the risk of being overweight and suffering other health complications such as diabetes and heart conditions. Physical activity is also great for mental health and can improve quality of life in many ways. So it's important to encourage physical activity amongst our young people to ensure they hit the ground running and get a good start in life.

Adolescence can present many challenges – puberty, hormones and mood swings, peer pressure, increased workload and stress.

The prevalence of social media ideals about body image can influence the willingness of young people to participate. Many children may be unnecessarily self-conscious about their body, whilst those who are overweight or insecure about their appearance may be subjected to bullying and suffer as a result. During this time regular exercise can be particularly beneficial as it provides stress relief and releases the body's natural 'feel good' chemicals (endorphins).

Physical growth and development can also present challenges, increasing the likelihood of injury and pain. Throughout childhood and teenage years, common issues include hypermobility, poor skill development, co-ordination and balance,

high or low muscle tone, lack of muscle and joint control and poor co-ordination of movement patterns. Physical activity and focused co-ordination and strength training is very beneficial to reduce injury risk.

Injuries affecting the growth plate (Sever's, Osgood Schlatter and Sinding-Larsen-Johansson Diseases) are most common in active children aged 8-16. Often these conditions can be effectively managed with activity modification, sensible footwear choices and modification along with simple pain-relief strategies.

Family, friends and environment play a huge role in shaping our young people. It's important to foster values of self-importance and self-worth, and encourage the benefits of eating well and exercising regularly. Feeling comfortable and confident whilst exercising significantly increases the likelihood of young people participating in, and enjoying their physical activity.

School and club running is a

great way to develop values such as camaraderie, commitment and team-building skills, generally in a safe and positive environment. Fostering a love and enjoyment of physical activity is also important and is shown to increase participation in adulthood. Children shouldn't be forced into exercising, but should be encouraged to find activities they enjoy. This approach will help to increase physical activity involvement and ensure our children have a bright future ahead of them.

By Emily Donker
podiatrist, coach & athlete



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By Emily Donker
podiatrist, coach & athlete

SUNDAY TEEN CHALLENGE

- ✓ A casual running group for teenagers who want to improve their fitness and endurance. Goals are:
 - to run 5km or further
 - to sleep in then enjoy an afternoon run
 - to provide a non-competitive run

Parents are welcome to join
Coach: Margot Manning 0437026092
5pm @ UQ, St. Lucia
cost: \$8 (\$5 intraining club members)

intraining KIDS RUNNING GROUPS

- ✓ **Toowong & Chermide**
Running groups for kids & students from 5 yrs aimed at developing running form, speed, racing skills & a love of running.

Monday sessions
Chermide, 7th Brigade Park 4pm
Coach: Solly Litchfield 0431593607

Toowong, Anzac Park 3:45pm 5yrs to 8 yrs & 4:30pm from 9 yrs
Coach: Margot Manning 0437026092

Thursday sessions
Toowong 4:15pm from 8 years

intraining JUNIOR DEVELOPMENT SQUAD

- ✓ A more specific speed session for the competitive teenager (& pre-teen) wanting to perform at cross country and track. Focus is on improving speed and racing strategies and in helping transition from primary to secondary competitions

Coach: Steve Manning
(Contact 0437026092 prior to attending)



Running Injury Clinic
Pilates & Core Strength for Kids & Teens

Intensive 4 week class

Wednesday evening 6pm April 6th, 13th, 20th, 27th

Bookings essential

Regular Pilates classes available during the week

Ph: 3367 3088

clinic@intraining.com.au



Cross Training Benefits

Cross training has many benefits, particularly for people who love to stay active. The advantages can be applied to various different training principles.

Incorporating cross training into your normal routine increases variety and can allow you to achieve greater training volume, frequency and intensity, with less chance of overtraining. Focusing on multiple different activities can also decrease injury risk- especially the risk of overuse and repetitive injuries such as strains and stress fractures.

To apply the principle of specificity, cross training should compliment the goals of your normal activities, and can also be used to target weaknesses.

Swimming, cycling and rowing provide alternatives for improving cardiovascular fitness. Water running is another great alternative – offering increased specificity without the impact forces of running. Pilates and yoga provide a good basis for building strength, controlled movement and flexibility, whilst high intensity cross fit and PT sessions develop speed, power and co-ordination.



“core strength and unilateral exercises such as leg lifts, single leg squats and lunges, provides great functional strength for runners.”



Regular strength training is beneficial for everyone, if used effectively. Ensure you choose exercises that target muscle strength and movements that are specific to your chosen sport. Functional strength can reduce fatigue and allow you to more easily maintain good running form. Focusing on core strength and unilateral exercises such as leg lifts, single leg squats and lunges, provides great functional strength for runners.

Cross training also provides lifestyle benefits because fitting in training around your busy schedule or travel becomes much easier.

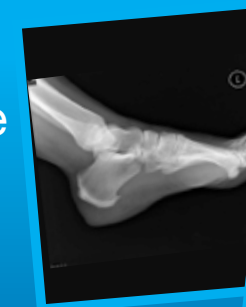
Whether you're looking for an edge against your competitors or to improve your everyday health, incorporate some cross training into your regular routine.

By Emily Donker
podiatrist, coach and runner

BALANCE, CORE & SPORTS REHAB STUDIO

33 Park Road, Milton

- ◆ Podiatry
- ◆ Physiotherapy
- ◆ Dietitian
- ◆ Massage
- ◆ Pilates



Call or email to book an appointment Ph: 3367 3088 | Email: clinic@intraining.com.au | www.intraining.com.au

Appointments also available at Indooroopilly Shopping Centre (intraining located on 3rd Level)

intraining

running and triathlon club

2016

QLD running + triathlon calendar

MARCH

Sat 5 parkrun 5km - Australia wide
Sat 5 Queensland Running X-Country, Mitchelton
Sun 6 Tweed Coast Enduro half iron triathlon 1.9/90/21
Sun 6 bcu Coffs Tri 1.5/40/10km - Coffs Harbour
Sun 6 World Series Swim - Mooloolaba
Sun 6 International Womens Day Fun Run 5km
Sat 12 parkrun 5km - Australia wide
Sun 12 Queensland Running X-Country, Chermiside
Sun 13 Mooloolaba Triathlon Festival 1.5/40/10
Sun 13 Ride the Range - Toowoomba
Sun 13 BRRC | 5km - 25km | West End
Sat 19 parkrun 5km - Australia wide
Sat 19 Queensland Running X-Country, Sandgate
Sun 20 Kingscliff Triathlon 1.5/40/10
Sun 20 Bribie Island Triathlon - Race 4 - 750/20/5
Sun 20 **Twilight Running Festival 2016, St Lucia**
Start: 4.00pm
Twilight 5km Run/Walk
Start: 4.45pm
Twilight 1km Active Kids Challenge
Start: 5.00pm
Twilight 10km Run
Start: 5.00pm
Twilight Half Marathon
Sat 26 parkrun 5km - Australia wide

APRIL

Sat 2 Queensland Running X-Country
Sat 2 parkrun 5km - Australia wide
Sun 3 BRRC | 5km - 15km | West End
Sun 3 World Series Swim - Gold Coast
Sun 3 Coffs Ocean Swim - 2km
Sat 9 QA Queensland XC, Minnipi
Sat 9 Queensland Running X-Country
Sat 9 parkrun 5km - Australia wide
Sun 10 Sunshine Coast XC Series, Buderim
Sun 10 Sunshine Coast Run Series - Race 2
Sun 10 Gold Coast Triathlon | 750/20/5 | Gold Coast
Sat 16 QA Queensland Relay Champs
Sat 16 parkrun 5km - Australia wide
Sat 16 Queensland Running X-Country
Sun 17 GCB Fun Run | 5km & 10km | Robina
Sun 17 BRRC | 5km, 10km & 25km | West End
15-17 Dirt'n Dust Triathlon Festival |800/25/5
Sat 23 Queensland Running X-Country, Anzac Park
Sat 23 parkrun 5km - Australia wide
Sat 23 Mateship Run - Gold Coast | 5km and 10km
Sun 24 Sunshine Coast XC Series, Caloundra
Sun 24 Queensland Running X-Country
Sat 30 parkrun 5km - Australia wide
Sat 30 Corporate Triathlon - Gold Coast

MAY

Sun 1 Hamilton Island Hilly Half Marathon
Sun 1 BRRC | 5km, 10km & 21.1km Club Champs
Sun 7-8 Tough Mudder - Sirromet Winery
Sat 7 parkrun 5km - Australia wide
Sat 7 Queensland Running X-Country
Sat 7 Byron Bay Triathlon | 1.5/40/10 | Byron Bay
Sun 8 Mothers Day Classic | 4km & 8km
Sun 8 Sunshine Coast XC Series, Ewen Maddock Dam
Sat 14 Queensland Running X-Country
Sat 14 Straddie Salute | 750/18/8
Sat 14 parkrun 5km - Australia wide
Sat 14 QUT Classic 10km and 5km | Brisbane
Sun 15 Weet-Bix Triathlon - Townsville
Sun 15 Koala Run | 10km & 5km | Redlands
Sat 21 Ultramar Triathlon Australia | 10km/420km/84km
Sat 21 parkrun 5km - Australia wide
Sun 22 Sunshine Coast XC Series, Maleny
Sun 22 BRRC | 5km, 10km, 20km and 25km | West End
21-22 Warwick Pentath-run | 42.2km | Warwick
Sun 22 Weet-Bix Triathlon - Brisbane
Sun 22 Rotary Fun Run | 1km, 5km, 10km | St Lucia
Sat 28 Queensland Running X-Country
Sat 28 Queensland Running X-Country
Sat 28 parkrun 5km - Australia wide
28-29 Noosa Ultimate Sports Festival
Sun 29 Sunshine Coast Run Series - Race 3
Sun 29 Weet-Bix Triathlon - Sunshine Coast
Sun 29 Queensland Half Marathon | 10km
Sun 29 Kokoda Challenge | 30km | Brisbane
Sun 30 BRRC | 5km, 10km, 15km and 20km | West End

Warwick Daily News

Pentathrun

1/2 4.6km 5km 10km 1500

May 21 & 22, 2016

pentathrun.com

Brisbane MARATHON Festival

7TH AUGUST 2016

www.brisbanemarathon.com

CELEBRATE 25 YEARS

AIMS

JUNE

Sat 4 parkrun 5km - Australia wide
Sat 4 Queensland Running X-Country
Sun 5 City 2 South - Brisbane
Sun 5 Sunshine Coast XC Series, SCoast University
Sun 5 Ring Road Run | 10km & 5km | Wide Bay
Sun 5 Rocky River Run | 5km, 10km, 21km
Sun 5 Coral Coast Triathlon - Cairns 1.5/40/10
Sun 5 Mackay Marina Run | Half, 8km, 5km | Mackay
Sun 5 Sunshine Coast XC Series, Buderim
Sat 11 parkrun 5km - Australia wide
Sat 11 Queensland Running X-Country, Strathpine
Sun 12 BRRC | 5km, 10km, 15km, 20km and 35km
Sun 12 Ironman 70.3 Cairns 1.9/90/21
Sun 12 Ironman Cairns 3.8/180/42.2
Sat 18 QA Queensland Medium Course XC Champs
Sat 18 parkrun 5km - Australia wide
Sat 18 Queensland Running X-Country
Sun 19 Caloundra Foreshore Fun Run 3km & 10km
Sun 19 Mt Walker Fun Run | 4km | Hughenden, QLD
Sat 25 parkrun 5km - Australia wide
Sat 25 Queensland Running X-Country
Sun 26 BRRC | 10km Champs & 5km | West End

JULY

2-3 Gold Coast Airport Marathon
Sat 2 parkrun 5km - Australia wide
Sat 2 Queensland Running X-Country, Toowoong
Sat 9 parkrun 5km - Australia wide
Sat 9 Sunshine Coast Run Series - Race 4
Sat 9 Somerset Rail Trail Fun Run | 8.3km | Lowood
Sun 10 Queensland Running X-Country, Chermiside
Sun 10 Somerset Rail Trail Fun Run | 8.3km | Lowood
16-17 Kokoda Challenge | 96km | Gold Coast
Sat 16 parkrun 5km - Australia wide
Sat 16 Queensland Running X-Country
Sun 17 Color Run - Gold Coast - 5km
Sun 17 Airle Beach Running Festival | 21km & 10km
Sun 17 Jetty 2 Jetty | 21km, 10km & 5km | Woody Point
Sat 23 parkrun 5km - Australia wide
Sat 23 Queensland Running X-Country
Sun 24 The Brook Run | 7km | Kedron Brook Reserve
Sun 24 BRRC | 5km, 10km, 15km & 20km club champs
Sun 24 Pomona King of the Mountain | Pomona
Sat 30 parkrun 5km - Australia wide
Sat 30 Queensland Running X-Country
Sun 31 Park2Park | 21km, 10km & 5km | Ipswich



Free Kids Activities & Games
Raising money and awareness for charity

AUGUST

Sat 6 parkrun 5km - Australia wide
Sat 6 Queensland Running X-Country, Mitchelton
Sun 7 **Brisbane Marathon Festival**
42.2km Brisbane City Marathon
21.1km Brisbane Half Marathon
10km Brisbane Run/Walk
5km Brisbane Run/Walk
2.2km Kids Mini-Marathon
Sun 7 Yeppoon Triathlon | 1.5/40/10
Sun 7 Townsville Running Festival
Sun 7 Cane 2 Coral 15km & 8km Fun Run
Sun 7 TQ Duathlon Champs | 10/40/5 | Springfield
Sat 13 parkrun 5km - Australia wide
Sat 13 BRRC | 5km - 15km | West End
Sun 14 Riverun Ultra Marathon | Brisbane
Sun 14 Botanic to Bridge | 8km & 3km | Gladstone
Sun 14 TLC Fun Run | 10km & 5km | North Lakes
Sat 20 parkrun 5km - Australia wide
Sat 20 Townsville Triathlon Festival | 1.5/40/10
Sun 21 Sunshine Coast Marathon
Sun 21 Rainbow Beach Triathlon | 750/20/5
20-21 parkrun 5km - Australia wide
Sat 27 parkrun 5km - Australia wide
Sun 28 Sunday Mail Bridge to Brisbane 5km & 10km
Sun 28 Airle Beach Triathlon 750/20/50

SEPTEMBER

Sat 3 parkrun 5km - Various Locations
Sun 4 BRRC | 10mile Champs & 5mile | West End
Sun 4 Sunshine Coast Ironman 70.3
Sun 4 Coffs Harbour Running Festival
Sat 10 parkrun 5km - Various Locations
Sat 17 BRRC | 5km & 10km | West End
Sat 24 **Twilight Bay Run - Wynnum Foreshore**
Twilight Bay 5km Run/Walk
Twilight Bay 1km Active Kids Run
Twilight Bay 10km Run
Twilight Bay Half Marathon
parkrun 5km - Various Locations

Sun 1 parkrun 5km - Australia wide
Sun 1 BRRC | 5km, 10km & 21.1km Club Champs
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Sun 15 Weet-Bix Triathlon - Townsville
Sun 15 Koala Run | 10km & 5km | Redlands
Sat 21 Ultramar Triathlon Australia | 10km/420km/84km
Sat 21 parkrun 5km - Australia wide
Sun 22 Sunshine Coast XC Series, Maleny
Sun 22 BRRC | 5km, 10km, 20km and 25km | West End
21-22 Warwick Pentath-run | 42.2km | Warwick
Sun 22 Weet-Bix Triathlon - Brisbane
Sun 22 Rotary Fun Run | 1km, 5km, 10km | St Lucia
Sat 28 Queensland Running X-Country
Sat 28 Queensland Running X-Country
Sat 28 parkrun 5km - Australia wide
28-29 Noosa Ultimate Sports Festival
Sun 29 Sunshine Coast Run Series - Race 3
Sun 29 Weet-Bix Triathlon - Sunshine Coast
Sun 29 Queensland Half Marathon | 10km
Sun 29 Kokoda Challenge | 30km | Brisbane
Sun 30 BRRC | 5km, 10km, 15km and 20km | West End

www.parkrun.com.au
www.queenslandrunning.com.au
www.city2south.com.au
www.sccrosscountry.org
www.ringroadrun.com.au
www.rockyriverrun.com
www.usmevents.com.au
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www.brisbanemarathon.com
6am Start
6am Start
6.30am Start
10am Start
10.15am Start
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www.statseries.com.au
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www.usmevents.com.au
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www.brisbaneroadrunners.org
www.twilightbayrun.com.au
4:45pm Start
5:00pm Start
5:00pm Start
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THE 30TH ANNUAL

J2J

JETTY 2 JETTY FUN RUN
Woody Point • Scarborough

3k 5k 10k 21k

Early Bird Entry Ends Wed 13 April
REGISTER TODAY!

SUN 17 JULY 2016
» All Ages » All Fitness Levels
» Individuals » Teams

j2j.com.au

Somerset

RAIL TRAIL FUN RUN

Sunday, 10 July 2016
Fernvale to Lowood

Register at railtrailfunrun.com.au

active community

Twilight BAY RUN WYNNUM 2016

SEPTEMBER
24
2016

Run under the
moon and stars



PRESENTED BY **intraining**
the running store run by runners

www.twilightbayrun.com.au

THE 30TH ANNUAL

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**REGISTER
TODAY!**

SUN 17 JULY 2016

» All Ages » All Fitness Levels
» Individuals » Teams

**PRIZE
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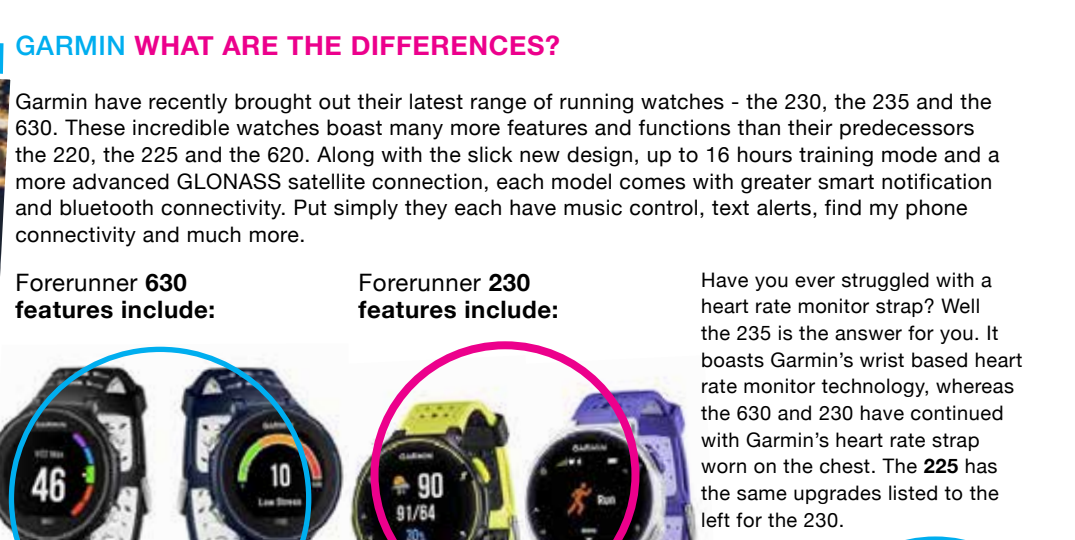
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Regional Council

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GARMIN WHAT ARE THE DIFFERENCES?

Garmin have recently brought out their latest range of running watches - the 230, the 235 and the 630. These incredible watches boast many more features and functions than their predecessors the 220, the 225 and the 620. Along with the slick new design, up to 16 hours training mode and a more advanced GLONASS satellite connection, each model comes with greater smart notification and bluetooth connectivity. Put simply they each have music control, text alerts, find my phone connectivity and much more.

Forerunner 630 features include:



- Virtual racer (allowing you to compete against other activities via Garmin Connect)
- Activity tracker (including step counter and sleep monitoring)
- Greater physiological measurements as well as the improved bluetooth connectivity and satellite connection mentioned previously

Forerunner 230 features include:



- Activity tracker similar to the 630
- V02 Max estimate
- Recovery advisor
- Race predictor
- Accelerometer
- Running dynamics and many more physiological measurements

Have you ever struggled with a heart rate monitor strap? Well the 235 is the answer for you. It boasts Garmin's wrist based heart rate monitor technology, whereas the 630 and 230 have continued with Garmin's heart rate strap worn on the chest. The 225 has the same upgrades listed to the left for the 230.



So which one 630, 230 or 235?

630: If you are a runner who would like to use the 'virtual pacer' function to keep your training/racing under control.

230: Boasts all the key features of the 630 without virtual pacer function.

235: Ideal for the runner who is tired of wearing a heart rate monitor on the chest but still wants all the features of the 230.

Hamish

In the end Garmin's new range of running watches have something for everyone. Whether you are looking to begin your running journey or want to enhance your training further, pop into intraining Running Centre to try one out today!

HOKA VANQUISH

As an avid Hoka fan I always look forward to the release of a new model as much as I do the release of a new flavour of Tim Tams.

The Hoka Cliftons have been my go-to shoes for a couple of years now, I use them for most of my runs. Even though I found them good enough for marathon training and the race itself, at times I wanted something that might be built specifically for longer distances.

I found it with the Vanquish. The good people at Hoka say it's their most responsive shoe, and it gives you 'the lightest maximal run ever'. I have to agree with them.

I won't get too technical here, actually I won't get technical at all. What I will say is they are soft and springy to run in, and if running can be described as feeling smooth and easy, they're the terms I would use. I put it down to the blend of EVA and RMAT cushioning in the mid-sole. Hey, I just got technical!

If you'd like to give the Vanquish a try, intraining is the place to go. Test drive them in-store to experience this heavenly feel.

Tess



FLIPBELT

If you flip out worrying where to put all your stuff while you're running, the FlipBelt is for you - more storage space than your shorts or armband pocket, lighter and less hassle than a backpack and no bounce like other storage belts and bum bags.

Just step into the belt, adjust to a comfortable position, slide items into the multiple openings and flip it over to secure - it's that easy! Made from extra soft, quick drying, micropoly/lycra fabric with no sharp edges, it lays flat and feels like you're wearing nothing at all.

Even the largest smart phone fits in, together with your ID, cash, cards, gels and headphones. There's also a sewn in clip to attach to your keys for added security.

The FlipBelt is available in a wide range of colours and sizes for everyone, so why not visit our Milton or Indooroopilly stores and try one on for yourself!

James



SOCKS, SOCKS & SOCKS

So what are the best running socks for you? As runners at intraining, we know how important a good pair of running socks can be. It can change a beaming post run smile into a painful frown; when blisters, hot spots and friction get the better of our feet.

Whether you prefer a thick or thin, high or low cut sock, we have a range of technical running socks available to choose from. Below we have compared three of our most popular socks; Compressport, Feetures and Injinji toe socks.

Remember, if you are running cotton socks are a definite NO GO! Unless of course you would like to decorate your feet with hot spots, blisters and raw red friction spots.

Compressport - racing sock:

- uniquely compressive (aid in circulation, helps with recovery)
- made from a high quality materials (durable, won't lose it's shape, great moisture management)
- 3D dot design (makes the sock extremely breathable)
- Available in low or high cut, and a great range of colours

Feetures - light cushion running sock:

- low cut, lightweight and breathable
- highly durable offering lifetime guarantee
- seam free toe reducing friction
- Additional compression and support through the medial arch

Injinji - toe socks:

- 'Unique design - it's a toe sock! The individual toe pockets allow your toes to spread and splay more naturally to give better feel and reduce the risk of blisters between the toes
- available in 3 different thicknesses
- high quality construction ensuring breathability and durability
- contains 5% lycra to customise fit to various foot shapes and prevent bunching material

Ben



SUUNTO AMBIT 3 VERTICAL

Perhaps you're a runner, triathlete or adventure hiker looking for a stylish companion to plan monitor and relive your adventures? If so, then it's hard to go past the all new Suunto Ambit 3 Vertical.

Trying this watch on, you instantly notice it's how slim and sleek its stainless steel face is compared to previous Suunto models and most of the more "plastic" faced watches on the market. The Ambit 3 vertical is a top of the line multisport GPS watch, measuring countless swim, cycle, running and heart rate metrics.

For those who run and bike in hilly terrain, the addition of a barometric altimeter is an exciting new feature.

Traditionally in previous watches, GPS has been very accurate at tracking horizontal distance and not so perfect at tracking vertical distance (altitude). Atmospheric pressure rises and falls depending on your altitude, therefore by measuring it directly, more accurate altitude readings are achieved by this watch. You're able to pair this watch with your smartphone and computer, where you can transfer data, receive notifications such as text messages and even download certain apps to your watch! Many more advanced training, navigation and recovery functions are part of this watch so if you want to take your training to the next level come down to Intraining and check these awesome watches out.

Nathan



Eating well

By Liz Lovering, intraining dietitian & chef

Whatever your age good nutrition and eating well is important for both your health and well-being. But eating well isn't about being perfect all of the time. It's about enjoying a wide range of nutritious foods everyday whilst also still being able to include the occasional treat foods. Everyday nutritious foods that includes fruit; fresh vegetables; wholegrains; lean meats, poultry, fish, eggs, tofu, nuts, seeds and legumes/beans; and milk, yoghurt, cheese and/or alternatives (e.g. calcium fortified soy).

In this age of modern technology we are constantly being bombarded with information on the latest food or fad diet that is the answer to everything from health to weight loss. People may lose weight on fad diets, but this is typically due to a reduction in total daily energy (kilojoule) intake and not due to some magic ingredient or formula. Fad diets that are very restrictive are not sustainable long term, and often not very practical either. But more importantly, if you cut out food groups from your diet you may not be getting all the nutrients you need for good health.

Eating to lose weight should be about lifestyle change rather than constantly feeling the need to 'go on a diet' and categorising food as either 'good' or 'bad'. Instead we should think more about the nutritious quality of the food we eat and then consider whether it is an everyday food or an occasional treat. We also need to reflect on the quantity of food we are eating and how much we are moving each day. Fitting exercise around family and work can sometimes be a bit of a juggling act, so planning meals is just as valuable as following a planned exercise program.

Here at intraining we can help you achieve your goals of moving more and eating better whatever your age or fitness background. We acknowledge that everyone is unique and there is not a one size fits all with movement or nutrition and so our advice is therefore based on the individual. Good nutrition should go hand in hand with moving more.

Try this!

Pumpkin, Chickpea and Sweet Potato Ragout

Ingredients

Serves 6

2 tablespoons olive oil
1 clove garlic, crushed
1 large brown onion (180g), sliced
1 teaspoon ground cumin
2 teaspoon ground coriander
½ teaspoon turmeric powder
½ teaspoon chilli powder (or to taste)
200gm sweet potato, peeled and cut into 2cm cubes

900g pumpkin, peeled and cut into 3cm cubes
1 x 400gm can chickpeas, rinsed and drained
1 ½ cups (375ml) vegetable stock (e.g. 1 salt reduced Massel Vegetable stock cube)
1 ½ tablespoons tomato paste
1 teaspoon garam masala powder
Ground black pepper to taste
Handful of fresh coriander, washed and roughly chopped

Method:

Heat oil in a large lidded pan over a medium heat, fry the garlic for a couple of minutes, then add the onion and cook until soft and lightly coloured. Add the ground cumin, coriander, turmeric and chilli powder and cook for a minute or two. Next add the sweet potato, pumpkin, chickpeas, stock, and tomato paste, stir, cover and simmer on a medium heat for approx. 20 - 25 minutes or until the pumpkin and sweet potato are tender and most of the stock has been absorbed, (add the garam masala towards the end of the cooking time). Remove from heat, add pepper to taste and serve garnished with fresh coriander leaves.

Serving Suggestions and Tips

Delicious served with brown or basmati rice or pasta as a main dish. (Serve with some steamed green vegetables as a side dish). Alternatively, serve with flat bread, salad leaves and plain natural yoghurt. Also delicious served cold as a side dish to complement other salads.

Nutrition

This dish is suitable for vegans. Chickpeas are a good source of protein and carbohydrate. Each serve contains approximately 6.5g protein, 7.3g fat, 28g carbohydrate, 4.8g fibre and 810kJ (190 Calories).

FITNESS & THE FRENETIC LIFE

By Margot Manning
podiatrist, coach and runner



Once you choose hope, anything's possible.

Fitting exercise around a busy schedule is very challenging. There is not one formula that can be used for every person, and the ability to keep a routine is frequently compromised by changing life commitments, job relocations or changes, travelling partners, babies, children's extra curricular activities, and even your own level of fitness (or lack of) will have a major impact on your motivation & routine. This can be even further challenged if you no longer live around your support network of friends, family & training partners, and even more so if you experience pain.



STOP for a moment. Amongst all of this business, there are moments of time to make a start. Look for opportunities in your weekly schedule where you can incorporate an exercise session. Think how to make this happen: set a new goal, create a plan and design strategies to stick as best possible to your new routine.

Useful strategies are to:

- enquire about exercise programs that are relatively accessible to you
- phone a friend for support or company.
- join a group or running community
- try to formulate a good routine that can also be flexible

If injury or pain is stopping you, attend to this by checking your footwear or booking in to see a health professional who understands running. Their goal will be to help you manage the pain,

and have you back running or walking to your exercise plan as soon as possible. During this time, stay in touch with your running or walking community, and with your coach. Try to substitute your usual run time with a strength session or a swim session. This helps keep your new routine and make the return to running much easier once over the injury.

Above all, be patient, be persistent and don't be afraid to ask for help.

You will eventually succeed. Starting a running or walking program can be a painful and frustrating process with interruptions that make you feel as if you will never succeed. However, the final outcome will be renewed energy, a sense of empowerment, and a greater ability to cope with those crazy work or family days. If you want to stay feeling younger and healthier for longer... exercise.

“When the world says, ‘Give up,’ Hope whispers, ‘Try it one more time.’”

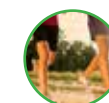
~Author Unknown

Need help to kick start your exercise routine or renew your running goals?

intraining has coaches who write individualised training programs for the busy runner, the new runner or walker, returning from injury, for triathlon, kids training and experienced runners trying to meet new goals.

To make an appointment or enquiry contact 33673088 Health rebates may apply

intraining helps you start and keep a routine



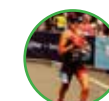
Evening & morning sessions
for anyone wanting to run



Beginner running groups
from couch to 5km... and beyond



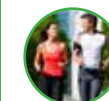
Intermediate running groups:
for 10km and longer



Triathlon training
from the newbie to the age group competitor



Night Flyers
designed for the parents who need to tag team or for anyone who can only squeeze in a run at a non-conventional time.



Parent running groups
to train while your kids are training



Training program development
for more individualised plans; specific goal setting; or just to get started



Return from injury training plans
Taking a sensible and managed approach after time off



Running & walking shoes
Footwear advice & fittings by runners who you can relate to.



Injury management
for old & new injuries

Go to www.intraining.com.au for times, costs and more info

COUCH to 10km

intraining
**MARATHON
SCHOOL** 2016

ABOUT THE COUCH TO 10KM PROGRAM WITH THE INTRAINING MARATHON SCHOOL:

The couch to 10km program with intraining is a 13 week plan to start you from no recent running to finishing a 10km. The program offers a supportive environment to develop fitness and aim for new goals. Every 13 weeks a new plan starts, however you can join in at any time during the year. The program is supported by our beginners groups held at 7th Brigade Park, Chermside, Park road, Milton and G J Walter Park Cleveland on Monday nights as well as Wednesday nights from Park road, Milton and intraining Running Centre at Indooroopilly Shopping Centre.

1 Recognise your current fitness back ground.
General fitness is not the same as running fitness. Running has repetitive impacts and movements that can lead to overuse. You may be able to run hard if you have general fitness but you are at risk of breaking down. For at least a month you need to run less distance and at a slower pace than you think you can.

2 Get the right gear
Running does not require much equipment other than shoes. Quality running shoes that suit your personal biomechanics is critical to running without injury. It will be physically demanding enough without adding the extra challenge of trying to deal with new physical stress without the proper support. Running clothes and socks with technical fibres will also keep you cooler with less chafing or blisters.

'Every 13 weeks a new program starts, however you can join anytime'

6 Aim to run the path of least resistance.
Run within yourself at all times. Do not add any other new hard exercise regimens while you are learning how to run. You can work on core stability with a Pilate's class and flexibility with a Yoga class.

7 Nutrition is an important part of running
You must have a balanced diet that can help fuel your new activity levels. Learn to eat at the right time for better recovery. Weight management will help you run with less stress as long as you are not doing a crash diet at the same time. You may even gain weight initially as your adipose fat converts to muscle.

8 Set yourself a race goal
Goals help keep you motivated. Pick a 10km event at the end of your Couch to 10km program. Fun Runs are a social and emotional experience. Plan to give yourself a reward when you accomplish your goal.

9 Stage 1 finishes when you run 5km non-stop
This takes from 5 to 8 weeks depending on the person. After this improvements come more easily. You need to program in gradual progression but once you have run 5km things will become much easier. You then have to start a hard easy approach.

10 Stage 2 is to complete a 10km
You do not have to run more than 8km in one go before your 10km. The most important thing is to learn pace judgement and learn in training what will be realistic for you to do in the race. To do this you must incorporate speedwork (not sprinting) in your program. Work on your running technique and train for the specific nature of your chosen 10km.

HOW TO START RUNNING?

The first step to becoming a runner is simply to make a commitment to yourself to start.

However it is not as easy as putting one foot in front of the other. In the first few weeks running is hard. You must maintain your dedication to your goal until a routine is established after 6 to 8 weeks. Here are some ideas that will make it easier to start:

4 Be patient and establish a training routine.
It takes up to 6 weeks for your body to adapt to doing the routine of exercise without doing any significant training load. Your bones, ligaments and tendons need that time to strengthen and then cope with an increased training load. During that time just try and run every second day or about 3 times a week.

5 Mix up walking and running
Initially try and do a 30 minute run/walk every second day. Keep the walks short (less than 100M) but frequent. Over time gradually increase the running component. You should also walk before you have to walk. Schedule in each walk after a timed running interval and then look ahead to a landmark where you are going to run again. Make sure the walk is easy to help you recover quickly so the walk can be short. It can be easier to walk the uphill and jog on the flat and downhill.

DON'T STOP! Now that you have caught the running bug it is time for new goals.

Ultimately you should be running for life to achieve the many benefits of a healthy lifestyle.

FREE BEGINNERS PLANNING WORKSHOPS.

Join us every 1st and 3rd Thursday each month for our free workshops for beginner runners. Our dietitian, chef and coach Liz Lovering will be conducting a free workshop, covering topics such as healthy eating, training and weight management from the intraining Running Centre at Park Road Milton. Liz will be also available to answer general questions you may have on nutrition or training.

The purpose of the workshops is to provide a point of contact outside of the running time to talk training, dietary needs, health & fitness. Beginners often need this extra support as they establish their routine.

FREE HEALTHY LIFESTYLE WORKSHOPS

with dietitian & coach, Liz Lovering

Who is it for?: Ideal for beginner runners

When: 1st and 3rd Thursday each month
Time: 6:30-7:00pm

Topics: Nutrition, training & weight management

BEGINNER TRAINING GROUPS:

Milton, Chermside, Indooroopilly
Night Flyers (Thursday)

see the website for more details:
www.intraining.com.au

JOIN BRISBANE'S FRIENDLIEST RUNNING GROUP

intraining
running and triathlon club

Looking to get fit, train for a race, or do you simply love to run? Then come for a run with us!

intraining has **morning and evening run groups** around the greater Brisbane region, ideal for all ages and abilities.

> intraining offers a flexible, friendly, and supportive structure, with Accredited coaches who can guide you to your health and fitness goals.

> Each session is only \$5 for members*, or \$8 for non-members.

> With over 600 members, from beginners to marathon winners, no matter your pace you'll always have someone to run with. *intraining

is Brisbanes biggest and best running club. **Club membership is open to all. Cost is \$60 p.a (\$35 for U18), and includes club singlet,**

insurance with Qld Athletics, and much more.

BEGINNERS GROUPS

These are easy introductory sessions to guide novices from starting running/walking to being able to run 5km or 10km non-stop. Focus on improving fitness, building endurance, running technique and pacing. Makes running fun.

Monday: 6pm

• intraining Shop Milton James
• GJ Walter Park, Cleveland Liz

Wednesday: 6pm

• intraining Shop Milton Gerard
• Chermside, 7th Brigade Park Solly & John

NIGHT FLYERS

intraining Night Flyers is an interval based running session forming part of the Intraining Running Program. The group is dedicated to providing a safe and social atmosphere for runners from beginner to advanced who wish to run later in the evening. Helpful for parents and open to both male and female runners.

Thursdays 7:30pm

Indooroopilly Shopping Centre Paula
intraining Shop Level 3

KIDS GROUPS

Ideal for primary and secondary school students who want to improve fitness and train for school, district, state and national cross country and track championships. These are fun training sessions that include running technique drills, race strategies and guidance on correct stretching every session. Finishes with a fitness game. Coaches all have CPR and Blue Cards.

Monday for upper & lower primary

Chermside Solly & John
Toowong Margot

Thursday upper primary & secondary
Toowong Margot

SPEEDWORK - TUESDAYS

5:00am New Farm Park Emma & Susie
New Farm Park ringroad

5:30am Tennyson Qld Tennis Centre John Whelan
King Arthur Terrace Yeronga

5:30am Indooroopilly / Chapel Hill Margot Manning
Green Hills Reservoir, Russell Terrace, Chapel Hill
5:30am Nathan Dan Symonds
QEII Athletics Track

5:30am Windsor Sarah Mathers
Noble St Downey Park

5:30am UQ at St Lucia Emily Donker
Athletics Track Carpark riverend

6:15pm Springfield Peter Run
Robelle Domain Cafe, Carpark at the end of Education City Dr.
6:15pm UQ at St Lucia Steve Manning
cnr Keith St and Macquarie St

6:15pm New Farm Park Tracy Baker
& 5pm New Farm Park ringroad

THRESHOLD RUNS

A controlled pace session learning to run at the specific pace of your goal race for 10km to a marathon.

Thursday:

5:15am Indooroopilly, Ambrose Treacy College Carpark,
Bridge St, Peter Run
6pm Milton, intraining Running Centre, 33 Park Road Milton, Amanda
Harley
6:30pm New Farm Park ringroad, Tracy Baker

Friday:

5:30am Grange Municipal Library, Sarah Mathers
www.facebook.com/marathonschool

ADVANCED SPEED

A second speed session of shorter repetitions for experienced runners and high school students. Finished by 7am.

Thursday 6am:

UQ at St Lucia, Steve
UQ Track - ADVANCED SPEED

Contact us for more information coaching@intraining.com.au

SUNDAY LONG RUNS

5:30am long runs are either from the intraining shop Milton, Brisbane Road Runners at West End or an alternate venue. These are listed on the calendar on the website and also in each weekly email.

Occasionally long runs will be offered on a Saturday as an alternative.

SUNDAY TEEN RUNNING

A casual running group for teenagers who want to improve their fitness and endurance.

Goal is to run 5km or further, to sleep in then enjoy an afternoon run, and to provide a supportive, social environment to chill out and run. Adults are welcome to join. **5pm University of Qld, St. Lucia**



Join online now
intraining.com.au
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running and triathlon club

Brisbane MARATHON Festival



7TH AUGUST
2016



CELEBRATE

25

YEARS



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