

# intraining

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the running store run by runners

April 2018

**HOW A  
LIGHTWEIGHT  
SHOE CAN  
MAKE YOU  
FASTER**

**I WANT  
THAT** *Smile*

How do I start running?

**Knee Pain**

know when to stop

**COACHING KIDS FROM  
TINY TO PRIMARY**

What every parent should know to  
give their child the love of running

*Yum*

Beef, Chickpea  
and Beetroot  
Casserole



**GET OFF THE COUCH.  
HOW TO RUN 10KM**

*page 6*

**How  
to run  
Faster**

**intraining**  
the running store run by runners

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2018  
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## Welcome to your one stop running shop and rehab studio

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**Front cover:**

All smiles from club member  
Elsa at the Gold Coast  
Airport Marathon in 2017

# Running at the mouth

## ARE YOU A RUNNER?

By Margot Manning  
intraining podiatrist, coach and runner

What would be your answer to this question?

There is a common misconception that to be a runner requires the accomplishment of a set distance to be covered, or to be achieving a certain time. It should be noted that when asked what 'that time' is, the notion is more specifically related to a fear of holding up other people in a running group or comparing the runners' ability to those faster runners around them.

Technically, running involves a phase where both feet are off the ground at the same time. We have always maintained that if you do that, then you are a runner. This is different from walking where one foot is always on the ground. This said, there are runners I know who have completed marathons purposefully combining both running and walking.

However, what I have discovered is that when the above question is answered it is not in relation to running itself, but to the runner's self-reported

perception of their identity as a runner. This identity as a runner is also dependant on where you are in your own running journey.

"Are you a runner?" is not the correct question here. Instead it should be "When did you become a runner?" because it's about the transformation that every runner experiences. You can not escape this... it's inevitable, but the speed at which you achieve it can be augmented.

The most wonderful part is that that once you transform and become a runner you will never really lose this identity, even if you stop. I bet, in the future, if someone were to ask you if you were a runner, you would probably still say "Yes, I was a runner"

Now, if asked, "When did you become a runner?", what would your answer be?

[CLICK HERE](#) to visit the Couch 2 10k Facebook page. Listen to Julia, Michelle and Donna's stories and how they became runners. In particular listen to how surprised Julia is now in her own transformation from when she first wrote her story.



*My anxiety as a non-runner faded when someone said 'if you are moving you are a runner'.  
- Julia Briskey*



# intraining

the running store run by runners

# Footwear

# MATRIX

asics

HOKA ONE ONE

saucony



new balance

BROOKS

Mizuno

GET THE  
RIGHT SHOE  
Be fitted by the  
intraining Running  
Experts



## MODERATE STABILITY

Asics Kayano	Mizuno Paradox
Asics 2000	Mizuno Inspire
Asics 1000	New Balance Vongo
Brooks Adrenaline	New Balance 1260
Brooks Transcend	New Balance 860
Hoka Arahi	Saucony Hurricane
Hoka Gaviota	Saucony Omni
Mizuno Horizon	



## MILD STABILITY

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



## FIRM NEUTRAL

Asics Fortitude	Hoka Vanquish
Asics Nimbus	Mizuno Sky
Brooks Dyad	New Balance 1080
Brooks Glycerin	New Balance 2090
Brooks Levitate	New Balance Fuel Cell
Hoka Bondi	Nike Vomero
Hoka Elevon	Saucony Echelon
Hoka Stinson	Saucony Triumph

## FLEXIBLE NEUTRAL

Asics Cumulus	New Balance 880
Asics Dynaflyte	New Balance Pace
Asics Pursue	New Balance Rush
Asics Roadhawk FF	New Balance Zante
Brooks Aduro	Nike Pegasus
Brooks Ghost	Nike Flyknit LunarEpic
Brooks Revel	Nike Free Motion
Brooks Launch	Nike Free Run Distance
Brooks Pure Flow	Nike Free Run Flyknit
Hoka Clifton	Nike Free Run Motion
Mizuno Rider	Nike Free Run
Mizuno Shadow	Saucony Freedom
Mizuno Waveknit R	Saucony Ride



## RACER TRAINERS

Asics Feather Glide	Mizuno Catalyst
Asics Noosa FF	Mizuno Sayonara
Brooks Launch	New Balance 2090
Brooks Pure Flow	New Balance Pace
Brooks Ravenna	New Balance Rush
Brooks Revel	Nike Zoom Fly
Hoka Clifton	Saucony Kinvara

## RACING FLATS

Asics DS Racer	New Balance 1500
Asics Tartherzeal	Nike FlyKnit Racer
Brooks Asteria	Nike FlyKnit Streak
Brooks Hyperion	Nike Zoom Streak
Mizuno Emperor	Saucony Endorphin Racer
Mizuno Hitogami	Saucony Type A

## TRAIL

Asics Fuji Lyte	Hoka Speed Instinct
Asics Gecko XT	Hoka Stinson ATR
Brooks Cascadia	Mizuno Daichi
Brooks Mazama	Mizuno Kazan
Brooks Pure Grit	Mizuno Hayate
Hoka Challenger ATR	Saucony Peregrine



## KID'S TRAINING

Asics 1000	New Balance 860
Asics 190TR (black leather)	New Balance 880
Asics Cumulus	New Balance Rush
Asics Roadhawk FF	New Balance Zante
Brooks Adrenaline	Nike Lunarsolo
Brooks Maximus (black leather)	Nike Pegasus
Brooks Pure Flow	Nike Free
Mizuno Rider	Saucony Freedom
New Balance 625 (black leather)	Saucony Kinvara
	Saucony Ride
	Saucony Zealot



## WAFFLES

Asics Firestorm  
Asics Hyper XCS  
Nike Zoom Waffle Racer  
Saucony Kilkeny XC



## SPIKES

Asics Hyper Sprint	Nike Zoom Maxcat
Asics Hyper MD	Nike Zoom Rival Sprint
Asics Hyper LD	Nike Zoom Rival M
Asics Hyper Rocket Girl SP	Nike Zoom Rival Distance
Asics Hyper Rocket Girl D	Nike Zoom Victory
Nike Superfly	Nike Zoom Matumbo
Nike Superfly Elite	Saucony Endorphin
	Saucony Showdown

Some models available in multiple widths

# Knee Pain

## Know when to stop

By Doug James

intraining physiotherapist, podiatrist and runner

As a runner you may have been told at some point that "running will ruin your knees". Whether this was from a fear mongering medical professional, or well-intentioned colleague there isn't a lot of scientific evidence to support these claims. In fact, there are an increasingly large number of studies demonstrating that regular weight bearing exercise helps to preserve knee joint (and your overall) health. While it is true that damage does occur during exercise, the human body constantly works to repair and strengthen muscles, bones and tendons, usually improving it to a level beyond that of the pre-exercise level. Where problems develop is when early warning signs (i.e. pain) are ignored.

It's not uncommon to develop minor aches and pains from exercise. With sufficient time these usually settle as the body repairs itself, and assuming you don't run too hard or too far you may even be able to continue training while these niggles settle. However, any pain that becomes worse with running is best allowed additional time to settle. This is especially true of any pain felt on the underside of the patella (knee cap).

The patella is an important bone that sits at the front of the knee allowing your quadriceps (thigh muscles) to bend and straighten the knee. The underside of the patella is lined with cartilage that sits within a cartilage covered groove on the front of your femur (thigh bone) allowing the knee to smoothly bend without the muscle tendons becoming damaged from rubbing on the femur or tibia (shin bone). Unfortunately, cartilage is prone to wear and tear. Patella cartilage is at risk of damage from a range of factors including biomechanical (poor knee, foot, and/or hip stability), anatomical (small patella size, shallow patella groove, steep hip to ankle angle), and training causes (drastically increased load, too much downhill running).

Compounding the ease in which knee joint cartilage is damaged is the slow healing rate of cartilage due to poor blood supply to the tissue. Continuing to run on knees with damaged joint surfaces can lead to further cartilage loss as inflammation created by these injuries begins to degrade and soften the cartilage leading to a condition called 'Chondromalacia Patella' (CMP). In less severe cases, CMP will feel like an ache behind the patella when sitting, though in more severe instances may be a strong, sharp pain with walking, running or descending stairs. At this late stage, significant time off running is required, with surgery sometimes advised to repair damage to the cartilage and bony surface of the patella and/or the femur.

Chondromalacia Patella is best avoided. Watching for early warning signs – particularly pain under the patella – is crucial. If symptoms start to develop it is imperative to promptly have them assessed by a Physiotherapist or running focused Podiatrist (such as those at the intraining Running Injury Clinic). Once the injury has been diagnosed, the causes can then be identified and addressed. Based on this, a range of interventions may be applied including muscle strengthening, stretching, knee joint taping, training load adaption and gait retraining. If you are experiencing knee pain, contact the intraining Running Injury Clinic for an appointment with our Physiotherapist or Podiatrists today.

## SUFFERING FROM KNEE PAIN?

We want to see you back running injury free, so for the month of MAY you will get a **BONUS 10% off all your appointments at intraining Rehab**

Use code: **KNEEMAY18**

Don't miss out! Book before the end of May.



**BONUS**  
*book here now!*



# How to run Faster

By Emily Donker

intraining podiatrist, coach, elite running & triathlete

Run too slowly and without enough variation in your program, and your performance will plateau. But run too quickly and your risk of suffering injury, over-training and burnout is significantly increased. Finding a balance between training and recovery, and training at the correct intensity is essential to ensure training consistency and to promote both short and long term improvement.

Regardless of your running experience, ability and racing goals, the ideal training program should contain different types of sessions. By varying the intensity and frequency of reps (faster running) and rest (easy running), different sessions will target different energy systems and performance factors.

Running a marathon is all about being efficient – essentially using as little energy as possible to run at the fastest pace possible. On the contrary, running shorter distance (eg. short and middle distance track events) requires power – an ability to accelerate. Strength is important for all events, but is more endurance focused for longer events, where strength becomes important to maintain good running technique. These performance factors can be built and enhanced through training.

Broadly speaking, short and fast reps will target the anaerobic system and build strength and power, whilst longer reps at more controlled pace will develop better efficiency and strength endurance. However, there is great variation in this approach depending on session specifics – intensity, speed, length and frequency of the reps and recovery intervals. Following is an outline of the key session types that are part of the intraining Marathon School Program.

## SPEEDWORK

Interval session of shorter reps (most often 500m – 2km) @ approx. 5km race pace\*

\* the pace of these reps and the duration/intensity of the rest period will vary significantly between different sessions to target different responses

## TEMPO RUN

Distance is typically < 8km to be run at a strong yet sustainable pace. Pace should be challenging but slower than race pace for prescribed distance, and should remain relatively constant throughout rather than having periods of effort/rest.

## THRESHOLD SESSION

Interval session of longer efforts (approx. 2-3km) @ 10km-half marathon pace, with only short periods of rest between efforts. These sessions are designed to raise your lactate threshold and improve the body's ability to clear and tolerate lactic acid, and therefore improve ability to run faster for longer without accumulating lactate.

## LONG RUN

Pace should be considerably slower than goal race pace (approx. 45sec-1min/km slower). Long run distance is dependent on goal race, running ability, experience and phase of training.

Running your prescribed session at the prescribed intensity is important, otherwise you will not get the desired physiological or physical response. For example, running a session too fast or without sufficient rest between reps could mean that:

- You will fatigue and accumulate lactic acid much more quickly during the session, and you may not be able to complete the prescribed number of reps
- Your body will not recover as quickly from the session and your performance in future training may be compromised as a result

## You need to run fast during training to get faster...but how fast is too fast?

Increasing your pure speed is not the intention, and nor is it necessary to run a fast marathon or distance event. Intervals are much more about developing awareness and improving your pace judgement, than they are about improving speed. By running intervals at your goal pace, over time you will become more efficient running faster, and your threshold and maximum pace will improve as a result.

## JOIN A GROUP

Training with a group is very motivating. To avoid running too fast, you need to focus on your own ability, set your own pace, stay mindful of your own goals and create a 'ceiling pace' that you won't run faster than. Pace judgement is difficult, but you'll improve dramatically as you become more familiar with running intervals. There are many intraining running groups that support runners of all ages, speeds and abilities to achieve their goals

## USE A PROGRAM

Following a personalised program can be beneficial for runners of all abilities, whether you need guidance setting your training goals, a more refined approach to hit your targets, keeping you on track to avoid injury or burnout, and to help you return to running after time off from injury or the business of life.

## WANT EXTRA HELP WITH YOUR TRAINING?

Book in for an individualised training plan

*Click here*



# COACHING KIDS FROM TINY TO PRIMARY

## What every parent should know to give their child the love of running

By **Steve Manning**

intraining Level 3 coach, runner, parent, intraining CEO

### PART 1 How to progress your child's running through PRIMARY School

The hardest thing to decide as parents is how much training our children should do at each stage of development. Talented and motivated children should be nurtured through a gradual progression in training until they reach maturity. Too much intensity and pressure to perform at an early age will lead to injury, burnout and the child quitting sport.

Few runners will ever be elite or professionals in the sport of running. Coaching everyone as if that is the ultimate goal is a mistake. The vast majority of kids will be reaping the physical benefits of a lifetime habit of exercise leading to better health and mortality. The mental benefits of running include better grades due to better cognitive function, less depression and increased resilience. Setting a challenging goal and achieving it after putting in the required workload is a lesson that can be transferred to any area of their lives.

Hard training will get early results but it is often at the detriment of their long term success and love of the sport. The result is an increased number of younger children coming to our clinic with actual running injuries rather than growth related problems. The question I ask parents and children is do they want to be at their best in grade 7 or in grade 12?

#### AGE 2 TO 5: - WALKING TO PREP

Some children are running as soon as they can walk. They become little escape artists and constant vigilance is required if you do not want to lose them in a shopping centre. Being active is critical at this early stage of development. Running should be linked to play and games. Active parents who are role models is the most important factor in their future health and success. Avoid structured training but 1km and under races at fun runs or cross country can develop the running bug.

#### AGE 6 TO 8: - LOWER PRIMARY SCHOOL

It is at this age that you may first find out your child has some ability or love of running. While there is no pathway through school to participate at a state championships they may do their school cross country and possibly some 1 to 2km fun runs.

This is the age where interested kids can start group training sessions. The sessions themselves should be fun and focused more on technique than hard training. At our kids group we do a 500M to 1km warmup followed by 5 minutes teaching them how to stretch properly. The next 15 minutes is teaching them drills. There is less direction about their technique but they have the older kids as role models to copy.

The session itself will total between 1km and 2km and be based on relays and handicapped runs. Sessions will teach them how to run the hills and turns on a course. There are no timed sessions except for an occasional time trial. We finish all our sessions with running games like Tiggy and Red Rover. Often the games are harder than the sessions and most of the kids come for the game, not the running.

Children at this age should not be pushed to train harder. They should be the ones deciding how committed they want to be. The maximum training they should do is two of these sessions a week with a weekend cross country race or maximum 5km Parkrun. This is the time to try a lot of other sports to see what they may like and find out where they may have a hidden talent. It is not always as a runner.

#### AGE 9 TO 11: - UPPER PRIMARY SCHOOL

Some kids immediately show some desire and drive for excellence, however most kids have no idea what it means to be a good runner. In grade 4 to 6 kids with talent may achieve early success off little to no training.

Sessions are based around fun and games but the distance covered increases to 2km to 4km. They run their two speed sessions a week with a weekend race but may add another easy run of 2km to 4km on a weekend. This easy run is important to establish a love for running. Do not be tempted to add another speed session. This is the start of feedback on technique and structured speed sessions however with good recovery between reps.

At races most kids will sprint off at the start then blow up a few hundred metres down the road. Our focus at this age is to teach them patience in training and races so they can be leading at the end rather than the start of races. We want them to run smart and develop confidence rather than to run hard. Frequent racing is the missing factor in many kids programs. In races they can try different tactics and strategies while learning to run with other people. Frequent racing will prevent them fearing racing and racing older kids will teach them how to lose without getting disillusioned.

Early developers often win easily at this age. That is sometimes a poisoned chalice as in the future it can be difficult to cope when the late developers catch up. While I do not recommend hard speed training at this age a case can be made to train harder in grade 6 in order to increase chances of getting a sporting scholarship. This may be at the detriment of long term success but could save the parents thousands of dollars in school fees.

During this time they should run their first 10km as a training run. It can be done in a fun run as long as it is treated as a training run not a race. They will start to do organised sport either through a club or school. It is important for their long term welfare as a runner that they maintain other sporting interests during this time. Specialisation at an early age is a major cause of burnout in a child.



Create your journey as a runner.

Listen to "RUN TALK" for tips on everything running



**Become a runner and get your finish line dream**

# I WANT THAT Smile

**By Margot Manning**  
intraining coach, runner, podiatrist and Running Centre GM

Taking those first steps to start running can be made so much more easily and enjoyably when you connect with someone else who feels the same as you. You don't need to be fit. You don't need to be fast, and you certainly do not have to have even run. All you need is a little courage to put on a pair of shoes, put your keys in the car, drive to the location of your new group, get out of your car, walk over to the group, and say to the first person you meet "Hi, I'm new". What will surprise you, is that before you even get to say "Hi", you will be greeted with smiles, be introduced to other people in the group and be welcomed as if they were all waiting for you to join them.

You need to know that most of the runners at the intraining beginners running groups have felt like you. They wanted to start running but didn't know how. Many of them felt they were too slow or not 'good enough'. Most of them did not know anyone at the groups beforehand.

That all changed. They now can tell you their story of how the support of the coaches, the friendliness of the other people in the group and structure of the program gave them a belief in themselves that anything is possible.

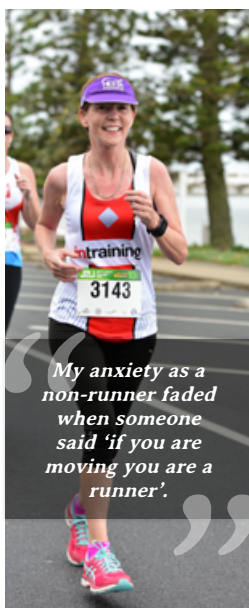
The first step towards running is simply to make the commitment to yourself to start. What happens next will surprise you. It will be the beginning of a journey that involves a mix of running, new friendships, and new challenges that you may not even imagine at this moment. Most importantly, once you have taken that first step, you are guaranteed to eventually "Get that Smile".

Donna Buckley, a previous intraining Couch 2 10km runner, said "It takes courage to run, but everyone can do this."

## Take the leap, go for that smile, and start your transformation to become a runner.

Be inspired... join the intraining Couch210k Facebook group.

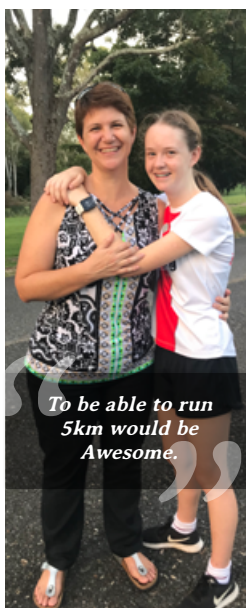
Listen to the wonderful stories from some of our runners including Julia Briskey, Michelle Maynard, and Donna Buckley.



### JULIA BRISKEY:

Julia wanted to run 5km to stay healthy while balancing her busy worklife. After 6 months she still could not run 5k without walking. She joined intraining's Couch 2 10k to get the structure, and support which she was looking for to make a change in her ability to run. What she didn't realise at the time, was that she would meet lifelong friends with whom she now travels to fun runs with...and she now calls herself a runner!!

*My anxiety as a non-runner faded when someone said 'if you are moving you are a runner'.*



### MICHELLE MAYNARD:

Within three weeks, Michelle Maynard went from being only able to run 1km saying, "To be able to run 5km would be Awesome"... to running the 5km nonstop. With support from a friend during a Park Run, her family and the running community, Michelle completed a long term goal to run the 5km. Her smile is huge as she shares her story on the intraining Couch 2 10km Facebook Page.

*To be able to run 5km would be Awesome.*



### DONNA BUCKLEY:

Two years ago, Donna spontaneously joined the intraining Couch 2 10km after being inspired by other people's motivating stories. Running was not something she considered for herself, and found the idea of running amongst her busy family life and shift work as a nurse quite difficult. This changed once she had a set routine and discovered other people like herself in the running groups.

*It takes Courage to run, but everyone can do this.*

## How do I Start?

If you are wanting to start running, to run 5km non stop, and even run a 10km, take the next step and join intraining's Couch 2 10km Program. This program is a simple but very nurturing process that will not only start you running but give you that smile you see people have when they finish their runs. The 14 week training plan, seminars and support group will start you from no recent running to finish a 10km.

## FIND OUT MORE HERE



**COME** to the Couch 2 10km launch  
Sunday APRIL 29th, 9am  
**intraining** Running Centre Milton  
**BE INSPIRED** and "Get that Smile"

**CLICK HERE TO JOIN**



# HOW A LIGHTWEIGHT SHOE CAN MAKE YOU FASTER

By Emily Donker

intraining podiatrist, coach, elite running & triathlete

Lightweight shoes can offer many benefits, all culminating in the potential for a faster run. How, you might ask?? How does a lightweight shoe make you faster? Well... a basic understanding of physics and physiology can provide some insight, but shoe composition and the power of the mind also should not be underestimated.

## HOW: PHYSICS

Relative to other activities, running is a simple motion. The upper body twists and moves to balance movements of the legs and lower body, and some torsional force is created as a result. For the purpose of this discussion, movements of the leg joints are essentially in one plane. The hip, knee and ankle all flex and extend to act as hinges.

In running, energy is required throughout the gait cycle. In propulsion, the calves and ankle flexors are active to push off from the ground and drive the body forwards. The hip flexors are then active to begin the swing phase, when the hip joint flexes and the leg is pulled through underneath the body before the next stride begins with another foot strike. Efficient runners will expend less energy for the same pace compared to a less efficient runner, and therefore would be able to maintain the same pace for longer, or able to run faster for a given distance. Many factors can affect running efficiency and energy expenditure, including footwear choice.

Discounting movements of the knee and ankle, the leg can be considered like a pendulum, swinging from the hip. Your foot (and shoe) is a weight at the end of the pendulum swing.

More weight requires more force and more energy to overcome the current state (inertia) and cause acceleration to change or generate movement. So, wearing lighter shoes will reduce the amount of energy required to initiate and move through the swing phase. Extrapolating this notion means that wearing a lighter shoe will allow you to run faster for the same energy expenditure.

## HOW: PSYCHOLOGY

Broadly speaking, lighter weight shoes will offer much less cushioning than their heavier counterparts. This means they are likely to be more responsive and allow the runner to 'feel' the ground more. They also typically have a less structured upper and therefore further contribute to the feeling of not wearing a shoe. Being more in tune with your running and foot movement can encourage you to run faster because you feel faster.

Knowing you're running in a lighter shoe, and also physically feeling that the shoe is lighter can further promote positive psychology and promote the notion that your running will feel easier and you will be faster.

## WHY RUN IN A FASTER SHOE

Running in lighter shoes can encourage a number of benefits. Lighter shoes should provide increased sensitivity and feeling, and therefore may promote improved foot strike patterns and running efficiency. You want more feel and responsiveness running your shorter and faster sessions. Running in lightweight shoes for such sessions can be a good way to moderate their use whilst using them to your advantage to vary the stresses through your feet and reduce the risk of overuse injury.

There are considerations and risks to account for when running in lighter shoes too. Generally, they offer less cushioning and therefore less protection from impact and ground reaction forces comparative to other shoes. For this reason, you are best to wear your more cushioned and heavier shoes for your longer runs and easier runs when you need more protection.

Think about how you can benefit from wearing a lighter-weight shoe and add a pair to your footwear arsenal.



**BOOK  
A FREE 15  
MINUTE CHAT  
WITH A COACH**

# Beef, Chickpea and Beetroot Casserole



By Liz Lovering

intraining sports dietitian, runner, chef and coach

## INGREDIENTS

- 4 tablespoons extra virgin olive oil (EVOO)
- plain white flour for dusting
- 500g lean stewing beef, cubed
- 1 large red onion, chopped
- 2 cloves garlic, crushed,
- 2 tablespoons paprika
- 1 teaspoon ground turmeric
- 1 teaspoon ground cinnamon
- 2 leeks, washed and sliced
- 1 large raw beetroot, peeled and cut into bite size chunks
- 4 sticks celery, washed and sliced
- 2 large carrots, sliced
- 1 x 400g can chopped tomatoes
- 1 x 400g can chickpeas, rinsed and drained
- 1 ½ cups beef stock
- Salt and fresh cracked black pepper, chopped parsley

## METHOD

1. Pre-heat oven to 150°C. Toss the beef in the flour\*. Heat a little olive oil in a large flameproof, ovenproof casserole dish over medium-high heat. Add half the beef and cook until lightly browned. Transfer to a plate. Repeat with the remaining beef.
2. Using the same dish add the onion and garlic and sauté for a couple of minutes, then return the beef and add the spices, vegetables, tomatoes, chickpeas and beef stock.
3. Bring to a simmer, place on the lid (or transfer everything to an oven proof pot with lid) and put in the pre-heated oven for around 2 ½ hours or until the beef is tender.
4. Add salt fresh black pepper to taste and sprinkle with chopped parsley

## TIPS AND SERVING SUGGESTIONS

Delicious served on a bed of steamed greens. Add more stock and serve as a soup. To increase the carbohydrate, serve with mashed sweet potato or grainy bread.

\* Tip - place flour and beef in zip lock bag and shake to coat. If you don't own a casserole dish that can be used on the stove, prepare everything in a large pan and then transfer to an oven proof casserole.

## NUTRITION

Each serve contains approximately 20g carbohydrate, 25g protein, 15g fat, 7g fibre and 1400kJ (340 calories).

*Need help*  
TO MANAGE YOUR  
RUNNING AND NUTRITION?  
**BOOK IN TO SEE LIZ**

## EATING RIGHT FOR WINTER

As we head into cooler weather many of us seek out warming meals and drinks. These can be nutritious. Food variety is key in providing the runner with all the nutrients required for health and activity. Soups and casseroles are easy to put together and can provide a balanced meal if they contain a mix of vegetables, lean protein and carbohydrate. Ensure the largest pile of ingredients on the chopping board is vegetables, as consuming a variety of these on a daily basis can help support a healthy immune system, and the non-starchy varieties are low in calories (kilojoules).

**VEGETABLES** are rich in vitamins, minerals, anti-oxidants and fibre. Starchy vegetables e.g. sweet potato, potato, sweet corn, legumes and beans are a good source of carbohydrate. Choose a variety of colours. Swap salads for roasted or steamed vegetables, make vegetable rich soups or casseroles, add roasted vegetables to toasted sandwiches, wraps or pizza bases.

**FRUIT** is also packed with vitamins, minerals, anti-oxidants and fibre, and is a good source of carbohydrate. Choose a variety of colours. Stir apple puree into hot porridge, serve warm poached fruit or baked apples with Greek yoghurt or warm custard.

**GRAIN** and cereal foods are an excellent source of carbohydrate, fibre

and B vitamins. Choose a variety of wholegrains e.g. porridge, buckwheat pancakes, toasted sandwiches on grainy breads, warm quinoa with roasted vegetables, brown rice, or add barley to soup.

### DAIRY OR CALCIUM FORTIFIED

**ALTERNATIVES** are a good source of calcium and protein. Hot milk drinks can aid recovery, so swap cold flavoured milk for a hot one.

### LEAN MEAT, POULTRY, FISH, EGGS

**AND ALTERNATIVES** (beans, lentils, tofu) are rich in protein and important for muscle growth and repair. Spread protein intake across the day e.g. eggs, lean savoury mince or beans on toast for breakfast, lentil soup for lunch, and for dinner try Beef, Chickpea and Beetroot Casserole (see recipe).



PODIATRY | PHYSIOTHERAPY | DIETITIAN | MASSAGE | PILATES

**Call or email to book  
an appointment**

**intraining  
REHAB**



**The 1st shoe...  
the 2nd shoe...  
the new shoe!**

**As a runner you will always be able to find a reason to purchase new shoes:**

- A second pair of shoes is needed to allow the cushioning to recover from your last run
- A lighter pair is essential to make you go faster and get PBs
- The coach said a lighter shoe is necessary for the faster, lighter and more specialised way of running when doing speedwork, and that the risk of injury is reduced as you are not fighting the more structured shoe you use for long slow running
- My podiatrists say that since running is such a repetitive movement, it is important to have an alternate model so that different muscles can be strengthened
- Wearing a running shoe as a lifestyle shoe means that there is less chance of developing heel pain and achilles tendon injuries that may occur from wearing thongs or dress shoes
- The shoes are on sale, and your size just happens to be there

So many good reasons to buy another running shoe. Come in and see our staff who are trained to help you choose the right shoe!

At **intraining**, we don't just sell shoes, we sell a great run!

**We have  
way too  
many shoes...  
GRAB A BARGAIN  
2ND SHOE!!**

## GREAT BARGAINS AMAZING Prices

### NIKE FREE RANGE



RRP:  
\$169.95 - \$219.95

**Sale Price:  
\$80-\$110**

#### IF YOU HAVE

Any shoe

#### WHY IT'S A GOOD 2ND SHOE

- Perfect function-meets-fashion shoe
- Protect those running feet every day
- Helps with heel pain for every day wear

### BROOKS LAUNCH 4/ REVEL/ADURO



These shoes were  
up to \$199.95!

**Crazy Prices...  
only \$99**

*I love my Mizuno Wave Rider and Brooks Glycerin, but I need a lighter shoe for speed.*

#### WHY IT'S A GOOD 2ND SHOE

- Launch: lightweight and perfect for parkrun, and racing the longer races.
- We have so many of these, it's not funny!

### ASICS NIMBUS & SAUCONY TRIUMPH



RRP: up to \$150

**Sale Price:  
\$150**

#### IF YOU HAVE

Hoka Bondi or Clifton, Brooks Glycerin or Ghost, New Balance 1080, Nike Pegasus

#### WHY IT'S A GOOD 2ND SHOE

- Great 2nd shoe for recovery day
- Responsive

### ASICS FORTITUDE 7



Wow these were  
\$200 before!

**Sale Price:  
\$120**

#### IF YOU HAVE

A wider foot that needs a change from your New Balance 860 or Brooks Adrenaline or Asics Kayano

#### WHY IT'S A GOOD 2ND SHOE

- Give your other shoes a rest day
- If you love your Adrenaline's, but need a spare shoe for recovery days, this is perfect!

### NEW BALANCE 1500



Was: \$199.95

**NOW \$99**

*I love my Brooks Ravenna and Mizuno Inspire but I really want to race... fast.*

#### WHY IT'S A GOOD 2ND SHOE

- Finally, a lightweight shoe with stability!
- Flexible
- Great for running FAST over short distances

### SAUCONY KINVARA 8



RRP: \$189.95

**Sale Price:  
\$120**

#### IF YOU HAVE

Brooks Ghost, Nike Pegasus, Nike Vomero, Mizuno Wave Rider, NB 880, Asics Nimbus

#### WHY IT'S A GOOD 2ND SHOE

- Low heel to toe drop with some cushioning
- Flexible
- Marathon racing shoe

# Here's the word from our experts...

## LONG IS THE NEW SHORT

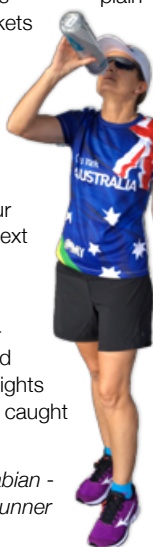
Who wears short shorts? Who does but longs for another option?

intraining now stocks Skirtsports Go-Longer Shorts. With a six inch inner seam they are two to three inches longer than most others. Among the great features is a wide, four way stretch waistband which makes Go-Longers more comfortable than any running shorts I've tried ... ever!

Also in store are the Run Amok Pocket Tights. Lengthwise they sit around 2/3 of the way to the knee, and are available in a range of patterns as well as plain black. The side pockets on the legs will fit a phone, gels, key etc. These tights are perfect not just for running but also for the gym (no more leaving your phone on the floor next to you as you work out).

With Skirtsports Go-Longers (\$69.95) and Run Amok Pocket Tights (\$60) you'll never be caught short again.

*Theresa Fabian -  
intraining staff & runner*



## COOL AND HYDRATED

I'm not lying when I say I NEVER leave the house without my Camelbak Podium Ice Bottle. If cold water is important to you on long runs or rides, it is well worth the money. The insulation keeps the water cold four times longer than regular sports bottles. It can also keep your drinks warm in the colder weather.

The features of the bottle are like no other. With a lockout self-sealing Jet Valve it has never leaked on me and I leave it open the majority of the time. The nozzle is easy to clean, and the whole bottle can be put in the dishwasher.

Finally, I prefer to taste the water, not the bottle, and Camelbak ensures that. I am not exaggerating when I say this is the best bottle I have ever owned. If I haven't convinced you yet, come into our store and speak to the staff... almost all of us own one!

*Ashleigh Harding -  
intraining staff & runner*



## EXCEPTIONAL COMFORT

Mizuno has added a new shoe to their range, the WaveKnit R1, and like the Wave Rider, it is dynamically responsive with a soft cushioned ride.

The difference between the two is in the WaveKnit upper which wraps around your foot like a second-skin for incredible support. It is lightweight and breathable, and has the dual ability to stretch and hold providing a natural and dynamic fit.

The cushioned and responsive heel wedge, and the springy Cloudwave Plate provide exceptional comfort on landing. These shoes feel so good you will want to run countless miles in them, and the durability of the outsole means you can do just that.

At \$219.95 the WaveKnit R1 is just \$20 more than the regular Wave Rider. If you're a neutral runner in the market for a new or second pair of shoes, drop in and try them out. You will be more than pleasantly surprised.

*Muriel McLean -  
intraining staff & ultra runner*



## NIGHT SAFETY

As winter starts to loom the days are getting shorter and the mornings darker. It's time we should all start thinking about how visible we are on our runs.

CEP has cleverly designed a Nighttech range of reflective compression socks and sleeves. As well as having the extra benefits of full compression, the coloured dot design on the calf helps promote visibility for runners in the dark.

The Nighttech range comes in a variety of fashionable colours. Prices range from \$59.95 - \$79.95.

*Prue Chellingsworth - intraining staff & runner*



## Outfit of the day

1. Skirtsports Go-Longer Shorts **\$69.95** 2. Mizuno Alpha Vent Tank (Clover or Black) **\$49.95** 3. Asics Loose Tank **\$39.95** 4. Lightfeet Evolution Predator Socks **\$34.95** 5. 2XU Visors **\$19.95** 6. Camelbak Podium Ice Bottle **\$39.95** 7. Mizuno Waveknit R **\$219.9** 8. New Balance Ice Mesh Tank **\$59.95** 9. Asics Everyday Sports Shorts were \$54.95 now **\$35** 10. NB Paccel 2.5 Shorts **\$39.95**



# intraining

running and triathlon club

## COME RUN WITH US

Join Brisbane's friendliest running group or join in casually. Designed to fit in with your busy schedule. Open to all ages and abilities with morning and evening training locations across Brisbane.

**No booking required.**

**Session fees: \$5 for members | \$10 casual attendance**



### 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: 6:00pm

• intraining Shop Milton *James* • Cleveland Point (North St near Lighthouse) *Liz*

#### MONDAY & WEDNESDAY: 6:30pm

• New Farm Park ..... *Susie McGee*

#### WEDNESDAY: 6:00pm

• intraining Shop Milton ..... *Gerard & Laura*

### 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*

5:15am Tarragindi, Laura St ..... *Dee*

5:15am Kidspace, 7th Brigade Park, Chermide ..... *Solly & John*

5:30am New Farm Park ringroad ..... *Kate*

6:00pm Milton, intraining Running Centre, 33 Park Road Milton ..... *Leo*

6:30pm New Farm Park ringroad ..... *Tracy & Bob*

#### FRIDAY:

5:30am Cnr MacGregor St & Heather St, Wilston ..... *Paul and Matt*

### 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 ..... *Paula*  
Corner Fairley St and Lambert St

### ADVANCED SPEED

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

#### THURSDAY 6am:

UQ Track, St Lucia ..... *Steve*

### 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.

### 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 Blue Cards.

#### MONDAY

##### Primary school age

Chermide ..... *Solly & John*

Toowong ..... *Margot*

Minnippi Parklands ..... *Selina*

#### THURSDAY

##### Primary & secondary school age

Toowong ..... *Margot*

Chermide ..... *Solly & John*

### SPEEDWORK

#### TUESDAY

5:00am New Farm Park Ringroad ..... *Emma & Susie*

5:15am Underwood Park, Priestdale ..... *Sandi*

5:30am Graceville, Simpson's Playground ..... *John*

5:30am Chapel Hill . Green Hill Reservoir, Russell Terrace ..... *Margot*

5:30am Nathan. QEII Athletics Track ..... *James*

5:30am Wilston. Noble St Downey Park ..... *Paul & Matt*

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

5:30am Stones Corner. Lincoln St, Stones Corner ..... *Steve*

5:30pm New Farm Park Ringroad ..... *Peter*

6:15pm Springfield. Robelle Domain Cafe. Education City Dr ..... *Peter*

6:15pm UQ at St Lucia. Cnr Keith St & Macquarie St ..... *Steve*

6:15pm Huxtable Park, Chermide West ..... *John & Solly*

6:30pm New Farm Park Ringroad ..... *Tracy & Bob*



## COUCH 2 10KM FREE LAUNCH

**When:** 29th April 2018

**Where:** intraining Running Centre  
33 Park Road, Milton

**Time:** 9:00am

**RSVP:** [www.intraining.com.au/couch210km](http://www.intraining.com.au/couch210km)

**What to expect?** Be inspired to start. Hear stories from people who have change their lives after starting running.

# **intraining**

the running store run by runners

**Your one-stop shop**  
FOR THE BEST RUNNING GEAR

Milton & Indooroopilly



**Specialists in:**

PODIATRY  
PHYSIOTHERAPY  
DIETITIAN  
MASSAGE  
PILATES

[www.intraining.com.au](http://www.intraining.com.au)