

FREE MAGAZINE

FREE MAGAZINE

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intraining

July 2010

the running store run by runners

in-review

Product must haves

**Running Away
from Injury**

**Training Guide
SPEED**

Recovery Guide

intraining

33 Park Rd MILTON

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Sports Injury Clinic
Race Organisation Service
Coaching & Training Sessions
Running & Triathlon Club

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Win a free Entry
Details inside

Event Calendar inside

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On the Cover:

Centre: Jess Meares in the 500km Relay

Bottom left: Zoe Manning running in an intraining kids race

Bottom right: Adam Fitzakerly running in the 500km Relay

Running at the mouth: Achieving a Purple Patch

Sometimes everything goes right with your running. Where once you struggled now you soar. PB's keep coming and every race you exceed your expectations. If you have ever entered a purple patch, you will know exactly what I am talking about. It is the ultimate experience in running. Its like being in a state of euphoria where your running seems to move into a new and higher gear. You start achieving faster times and distances with an ease that can not really be explained much less believed.

Jen Williams is my inspiration. She has been running for little more than 3 years. She began in the beginner women's running group with aspirations to become fit and run in fun runs. As with many people, this evolved into challenging herself over distances up to the half marathon. In this time Jen moved into our more advanced training groups and has improved her 10km time from 75 mins to a more recent PB of 51:30, which also gave her third place in her age group.

As great as her time improvements have been, my real admiration for Jen is from her determination, enthusiasm and persistence. Like all runners, she has felt the ups and downs of running, and has questioned her ability to improve. Unlike many runners, Jen has not given up, and

has maintained a very positive approach to her running. The result has been huge improvements and the ultimate experience... the runner's purple patch.

Congratulations Jen. It is certainly good to admire and aspire to the achievements of the elite and faster runners, but it is your stories of success that can motivate us, and make that purple patch seem possible for everyone.

Jen was never sporty at school. She never thought of herself as an athlete. But that is definitely what she is. What has surprised herself the most is how much she now loves running.

Forget taking illegal performance enhancing drugs, I want The Jen Pill. Patience, persistence, determination, and a positive outlook on life will eventually lead to that big breakthrough. Throw this in with the mix of a supportive running environment and club and anything is possible.

By Margot Manning

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❷ www.intraining.com.au for your running updates

							
High Mileage	M&W Adistar Salvation M&W Adistar Ride	M&W Kayano	M&W Trance M&W Infinity	M&W Creation M&W Nirvana	M&W 1224	Equalon M&W	Paramount
Motion Control		M&W Foundation M&W Evolution	M Beast 2E & 4E W Arial M&W Addiction	M&W Alchemy NEW	M&W850		M Stabil CS
Moderate Stability	M&W Sequence 2E & D W Response Control	M&W 2140, 2A, B, D, 2E M&W 1140 M&W 3000	M&W Adrenaline 2A to 2E M&W Vapor	M&W Inspire M&W Nexus	M&W 769	M&W Structure Triax	M&W Hurricane M&W Omni M&W Guide
Firm Neutral	M&W Supernova Glide	M&W Nimbus	M&W Glycerin M&W Dyad	M&W Ultima M&W Rider W Impulse	M&W 1063	M&W Pegasus	M&W Ride
Flexible Neutral	W Response Cush	M&W Cumulus NEW	M&W Defyance M&W Ghost	M&W Mustang	M&W 800	M&W Vomero M&W Lunartrainer	M&W Triumph
Racer-Trainers	M&W Adizero Adios	M&W DS Trainer	M&W Axiom M&W Ravenna NEW	M&W Precision M&W Elixir	M&W904 NEW	M&W Zoom Elite Free 3.0, 5.0, Everyday M&W Victory	
Kids	Supernova Sequence Jnr Supernova Glide Jnr NEW	1140 Nimbus	Kids Adrenaline Kids Defyance	Nexus Jnr	KJ769 KX230 XT622	Kids Pegasus	B&G Xodus NEW B&G Progrid Guide
Trail		W Trabucco	M&W Cascadia	Ascend		Zoom Waffle Racer Zoom Jana Star Waffle	
Road Racing	Adizero Pro, Mana, CS Adizero (W) CS, Mana	Noosa Tri, DS Racer Bandito	Racer ST T6 Racer NEW	Ronin	RC1001	Zoom LUNARACER Zoom Speed Spider	M&W Grid A2 Fastwitch
Track Spikes	Avanti Cadence	Rocket Girl SP + LD Hypersprint Cyber Flash/MD Beijing	F2 Sprint Z2 Distance	Tokyo Geo Silencer	LD5605	Zoom Victory Zoom Matumbo Zoom Lanang NEW Zoom Mamba	
Cross Trainers		W570TR	W Maximus XT M&W Liberty		M&W XT1009/XT1000		

Shoe Category:

The Nirvana is Mizuno's top of the range high mileage stability trainer. As with all Mizuno running shoes the Nirvana uses a thermoplastic Wave Plate to improve cushioning and stability without compromising weight.

Special features:

AIRmesh™ upper for breathability and comfort. AP+ midsole for lightweight, responsive, yet durable cushioning. Mizuno Intercool™ full-length midsole ventilation system reduces heat and humidity inside the shoe. SmoothRide™ Composite Double Fan-Shaped Wave™. SensorPoint suspension system connects the Wave™ plate to the ground, thereby enhancing stability and traction. VS-1™ shock absorbing cushioning compound. X-10™ durable carbon rubber allows for longer wear in high impact areas and supplements traction at heel strike. Dynamotion Fit. Gender Engineering.



Subjective:

INITIAL IMPRESSIONS: *****

When you first slip this shoe on you can notice the well padded interior immediately. This is a very comfortable shoe with a firm rearfoot and roomy forefoot. The feel of this shoe while running is very cushioned with a smooth action for heel strikers.

Review by: Steve Manning

SHOCK ATTENUATION: *****

The cushioning in this shoe is up there with the best. Even while running on concrete it maintains a protective, bouncy and responsive ride.

STABILITY: ****

The Nirvana is a stability shoe with moderate to mild pronation control. The wave plate gives the stability a smoother transition from contact to midstance. The amount and location of the stability is different for womens and mens shoes.

TRACTION: ***

Traction was best on a smooth dry surface. Rocks occasionally became stuck between the heel pods.

DURABILITY:

Both the cushion and stability last longer than the average shoe. I continued to wear mine around long after they were retired from running.

WEIGHT: 300g.

RATING:

5 Stars out of 5 *****

Recommendation:

Running Away From Injury

by Steve Manning B.Health Sc Podiatry (Hons)

There are many different causes of running injuries. Usually we wait until we get an injury before we do anything about the causes. But it is better to be proactive and run away from injury before it strikes.

Training

By far the most common cause of injury is from overtraining and training errors. Overtraining can occur because of excessive volume, intensity or frequency. The most frequent time injuries occur is about five to six weeks after increasing training. The body can handle the extra workload for a few weeks before it breaks down.

Any changes to your regular program can also increase injury risk. Changing the surface you run on, or the amount of hillwork or even cross-training may lead to injury as your body is stressed in a way that it is not used to. You need to gradually introduce training changes so your body can adapt safely.

All of the physical activities you engage in must be considered with respect to their effect on your training stress levels. The best way to avoid training errors is to make a plan, get advice from a coach and follow a program.

Recovery

It is while recovering that gains in performance are achieved. If there is inadequate recovery then you will not get the benefit from training hard and you will increase your injury risk. By scheduling regular easy weeks the body is allowed to adapt and grow stronger. It will also help you to stay fresh and excited about your training.

Footwear

Footwear can be a direct or contributing cause of injury. Most footwear related injuries are because of wearing shoes that have worn out. While the shoes may look fine the support that is needed for injury protection has gone.

A simple shoe test can help identify if your shoes are dead. It is the cushioning in the forefoot that usually goes first. Resistance is cushioning so if there is no resistance in the midsole at the forefoot then there is probably no cushioning. Just grab the heel and toe of your shoes and try to bend them back the opposite way it normally bends

when running. (See the photo below). If it is easy to do then your shoes are dead. It usually occurs before outsole wear but you should still check for uneven wear on the outsole. This uneven wear can cause a wedging effect that can put excessive pressure on your feet.

Shoes that are inappropriate for your individual needs can also be a direct cause of injury. The

best way to avoid footwear related injuries is to check your shoes regularly and seek advice from the experts at the Intraining Running Centre Park Road Milton.

Running form

Poor running form is far more significant to injury risk than performance. It is not always the obvious form faults that have the greatest risk. Efficiency is more important than power. A shuffling gait often has a much reduced injury risk in comparison to the beautiful bounding gait that everyone admires in many fast runners. Look out for excessive noise from slapping or pounding. This can be caused by overstriding or from having a poor feel for the



Don't let **in**jury get in the way of a good run!

The intraining Podiatrists Can help with:

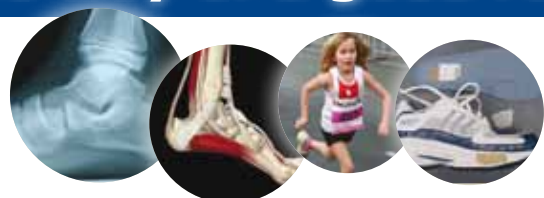
- Pain in the Foot, Heel, Ankle, Knee, Hip and Back
- Running Form and Movement Analysis
- Biomechanics and Postural Problems
- Ingrown Toenails and Blistering



intraining
Running Injury Clinic
Podiatry & Sports Injury



MILTON:
33 Park Road
CITY:
Level 2, 21 Mary Street
Phone 3367 3088
for bookings



ground. The more you run, the better and more efficient your running style will become as it adapts to the increasing stress. Speedwork and faster running will also have a positive affect on your running style. In some people, interventions are required to fix form faults that lead to injury.

If you are becoming injured regularly with no identifiable reason it might be worth having your



running style checked out by a running podiatrist or coach. At our clinic we do gait modification sessions where we run out with patients and teach them how to do drills that will improve their running form.

Structure

In some cases the structure of your feet and legs are inadequate to allow you to run long distances without injury. There are many different types of structural problems and they are not always significant for every runner. Again a running podiatrist can help identify the significance of any structural issues you have and their contribution to injury.

Nutrition

One of the main reasons why people run is because they can eat anything they want without gaining weight. But a body under physical stress requires good fuel to drive the engine. While you can cope with more snacks than an inactive person you also need to make sure that you have adequate calories, vitamins and minerals to recover. Good nutrition helps you heal from the destruction that occurs when training and racing. Good nutrition also means eating at the right time as well as eating the right things. If your diet is inadequate or you feel totally drained when training it might be worth a visit to a sports dietitian.

Strength

Runners often lack strength, balance and coordination. Because their training is limited to putting one foot in front of the other in a consistent pattern they grow weak outside of that limited range of motion.

Doing weight training has not shown to be functionally specific enough to benefit runners. You can develop more specific strength by running speedwork, running hills and including off road running on a regular basis. This forces you to adapt to a variety of movements. Running drills can help develop this strength while also having a positive affect on your running form.

Wearing two different types of shoes on alternating days also gives you an extra level of protection as your feet will be coping with slightly different forces in each pair.

Sleep and Relaxation

Total life stress levels have a significant affect on your maximum training levels. If you are getting stressed out at home or work then you may have to reduce your training intensity during that time. While running can be a great stress reliever it also has the potential to wear you down if you do not give your life stress the respect it deserves.

Continuing high mileage training for a marathon when you are working 60 hour weeks will catch up with you eventually. You may have to readjust your goals to a more realistic level if you are going to get there successfully without breaking down. Otherwise injury will become one more source of stress and frustration in your life.

There are many preventative measures you can take to reduce your injury risk. All it takes is one injury and all your running goals may be out the door without you. So look at your injury potential and run away from injury before injury catches up with you.

→ LEARN MORE

Steve has written many articles on footwear and injury on our website:

 www.intraining.com.au/

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WHEN YOU JOIN**

Brisbane Running Festival



EVENT DISTANCES
42.195km, 21.1km, 10km
and 5km (children)

AUGUST 1ST



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SPEED

Speedwork is the most important element for competitive success. While many people understand that more mileage is important for improving performance, they often sacrifice quality in order to achieve greater quantity. This is a big mistake because speedwork has a much greater impact on running performance than weekly mileage. Another myth is that speedwork has a high injury risk. However, speedwork spurs the body toward recovery while mileage suppresses recovery. The best predictors of injury are actually: high mileage; a previous history of injury; and failure to include enough recovery. (Owen Anderson, Runners World, April 94, p30)

This is the third article in my training series after endurance and strength. Speedwork is certainly the most complex of all the components of a training program. There are many different types of sessions and different ways of running them. Basic training principles are consistent for individuals but each runner's innate ability makes them respond very differently.

THE VALUE OF SPEEDWORK

The importance of speedwork in adapting to progressive training loads can not be underestimated. Speedwork most closely simulates a race itself. Because of the level of intensity it is speedwork which determines and controls race fitness. Being 'FIT' is not the same as being able to race fast. A good motto is if you want to race fast then train fast. Train slow and all you will be able to do is run slow.

Speedwork actually improves recovery and decreases injury risk. It does this mainly because of the big increase in production of Human Growth Hormone after intense training. Other advantages for injury prevention are improved flexibility and increased strength out of the normal range of motion. Running form is also better when running faster so biomechanical problems are lessened and sometimes cured.

I believe that the most important benefit of speedwork is greater mental strength and confidence. Training in a group at race pace is good practice for controlling excitement in races. Developing pace judgement is as important as the physical benefits of speedwork. There is no better skill going into a race than knowing how to run the right pace regardless of what speed everyone else is running. Most people go out fast then crash and burn. Even pace will guarantee you a better placing as well as the best time of which you are capable. Speedwork is the way to achieve perfect pace judgement for races.



Win

by Steve Manning



Look at page **13** to find what intraining can do to help you with your training. There are many different kinds of training sessions to choose from. Sessions cater from beginner to advanced levels.

A free entry to the
Brisbane Running Festival

Enter the Brisbane Running Festival at
the Gold Coast Expo.

There will be a draw at the end of the expo and the winner
will be announced on the Brisbane Running Festival website at :

Why PureSport™?



Suzanne Murphy - mother of three and marathon runner



PureSport Ltd
ADVANCED HYDRATION
WITH PROTEIN

Suzanne Murphy, mother of three, shares why she couldn't do without PureSport Recovery.

Hi – While I have never contacted a company regarding their product, I feel compelled to do so about PureSport's Recovery Drink.

I am 43 years old and just ran the NYC marathon three days ago. I have been a runner for almost 20 years and over many years, running the NYC marathon eluded me due to over-training injury. I accidentally discovered PureSport's Recovery drink while shopping for GU gels in Sports Authority here on Long Island where I live. I used it after each of my long training runs over the last few months and it is MIRACULOUS!! I now tell everyone about it and everyone says I sound like an infomercial.

After each long training run, I drank the recovery drink within 20 minutes of finishing and I did not feel sore! I felt so good that my husband was convinced to try drinking it after his weekly basketball games. He is a retired FDNY, 51 years old, and usually after

his weekly games, he can hardly get out of the car and is very sore the next morning.

But, drinking the recovery drink immediately after the game has been amazing for him. He is still a little bit sore, he has had double knee surgeries, but it is such a stark difference from when he didn't have the recovery drink. He is fine afterward and feels perfect the next morning.

I don't think I have come across a product that has been so life-altering. I want every amateur athlete to try it because it is truly great.

Thank you!

Suzanne Murphy.

Visit
intraining at the
Gold Coast
Marathon Expo!

First 50 to register with
ricky@intraining.com.au
will receive a free bottle of
PureSport Recovery.

STAND 43

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the running store run by runners

PureSport.net.au

IMMEDIATE RECOVERY GUIDE

What you do after you finish a race can have a drastic effect on your recovery time. The most important factor of this immediate recovery involves re-hydration and nutrition. While you might think that drinking in the last few kilometres is not necessary to improve your performance in that particular race, it will have an effect on your recovery.

Muscles and the liver are completely depleted of glycogen at the end of a marathon. This source of energy is more effective at rebuilding muscles so you must replace glycogen as soon as possible after you finish. The best way to do this is by drinking a sports drink or soft drink within the first few minutes of finishing. This helps to re-hydrate at the same time as replacing some

glycogen. Within the first ten minutes you should begin to eat some carbohydrate rich solid foods. Fruit is easy to get down and has high levels of fluid as well as important vitamins to help you recover. After the first half-hour you have missed your opportunity to replace water and glycogen optimally.

After a race there is a need for a warm-down routine, even after a marathon. The goal of this warm-down is to maintain flexibility as your body heat returns to normal. Going for an easy jog is just silly, but gentle stretching for the first half-hour will achieve a good warm-down. If you just stop and lie down after you finish you will get very stiff and feel much worse in the next few days than was necessary.

Another effective strategy to recover is elevation of your legs in the first few hours. This will help clear damaged tissue

and reduce inflammation. You must do this while maintaining your warm-down routine and replacing fluids and glycogen. Immersing your legs in cool water in the first few hours will also reduce inflammation. What is probably required is alternating a cool water bath with elevating your legs, all at the same time as drinking and eating the carbohydrates. Massage is often available at the end of races. Because of the major cellular destruction that has occurred mechanical manipulation of this damaged tissue will just cause greater damage. You should avoid any massage until the initial inflammation has subsided. This can take a few days. After the inflammation has gone down then massage can be very beneficial to proper recovery.

Below are a few items that can help with your recovery.





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here*

*yesterday
here*



WAVE NIRVANA 6 MENS



WAVE NIRVANA 6 WMNS

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EXPECT MORE



July - Dec 2010



QLD running + triathlon calendar

- Running Specialist Sports Store
- Running Injury Clinic
- Coaching and Training Groups
- Race Organisation Service
- Running and Triathlon Club

for more information

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or Go to our website: www.intraining.com.au

- Ask a question on our running forum
- Enter our running events online
- Check our training and racing calendar
- Download training programs and articles



Our Mission Statement:
To Share Our Joy of Running with the Community

intraining

the running store run by runners

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Phone: 3367 3088



OPEN 7 DAYS

Mon: 9 to 5:30
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Wed: 9 to 8
Thur: 9 to 9
Fri: 9 to 5:30
Sat: 9 to 5
Sun: 9 to 2

2 hour Parking
available on
the street or
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under building
entrance from
Douglas St



July 2010

Sat 3	QLD Running XC, Dowse Lagoon	www.queenslandrunning.com.au
3-4	Gold Coast Marathon Festival	www.goldcoastmarathon.com
Sat 3	Gold Coast Southern Cross 10km	www.goldcoastmarathon.com
Sun 4	Gold Coast Marathon, Half, 5km	www.goldcoastmarathon.com
Sun 4	Gold Coast Junior Dash 2km & 4km	www.goldcoastmarathon.com
Wed 7	intraining 5km, 3km and 1km Dash	www.intraining.com.au
Sat 10	QLD Running XC, Keperra grounds	www.queenslandrunning.com.au
Sun 11	BRRC 5 - 25km Self Select	www.brisbaneroadrunners.org
Sun 11	Rail Trail Fun Run	www.railtrailfunrun.com.au
Sun 11	Coral Coast Tri	www.sportsfest.com.au
Sat 17	QLD Running XC, Minippi parklands	www.queenslandrunning.com.au
Sat 17	Tough Bloke Challenge 6km	www.maxadventure.com.au
Sun 18	Flying Four X-Country	www.ashgroverangers.org
Sun 18	Jetty 2 Jetty Half Marathon & 10km	www.j2j.com.au
Sun 18	Fusion Games Duathlon	www.qsmsports.com
TBA	Royal Run for Research 10km & 5km	www.rbwhfoundation.com.au
Sat 24	QLD Running XC, 7th Brigade Park	www.queenslandrunning.com.au
Sat 24	Nicky Carroll Shield X country	www.qldathletics.org.au
Sun 25	Pomona King of the Mountain	kingofthemountain.com.au
Sun 25	Park 2 Park Half Marathon, 10k & 5k	www.park2park.com.au
Sun 25	BRRC 2/7/14km Self Select	www.brisbaneroadrunners.org
Sat 31	Cartwright Challenge Fun Run #4	www.team-ascent.com.au
Sat 31	QLD Running XC, Teralba Park	www.queenslandrunning.com.au



Sunday 11 July 2010

Fernvale to Lowood

9am start - (Fernvale Memorial Park)

8.3km and 4km events

Somerset Regional Council 5424 4000

✉ saurisch@somerset.qld.gov.au

Register online: www.railtrailfunrun.com.au

25th Anniversary
Jetty to Jetty
 Half, 10, 5 and 3 km
18 July, enter: www.j2j.com.au
 Enquiries: 0411 396 495



IPSWICH NEWS
park park
 HALF MARATHON 10KM & 5KM
Sunday 25 July 2010
www.park2park.com.au

IHF
 IPSWICH HOSPITAL FOUNDATION
Ipswich News
City of Ipswich
THE UNIVERSITY OF QUEENSLAND AUSTRALIA

August 2010

Sun 1	Brisbane Marathon Festival 2010	www.brisbanemarathon.com
Sun 1	Brisbane Marathon 42.2km	www.brisbanemarathon.com
Sun 1	Brisbane Half Marathon 21.095km	www.brisbanemarathon.com
Sun 1	Brisbane 10km Run	www.brisbanemarathon.com
Sun 1	Brisbane Kids 1km, 2km & 3km Run	www.brisbanemarathon.com
Sun 1	TQ Duathlon	www.triathlonqld.com.au
Sun 1	Cane 2 Coral run/walk	www.cane2coral.com
Sun 1	Salt Fun Run Series	www.corporatechallenge.com.au
Wed 4	intraining 5km, 3km and 1km Dash	www.intraining.com.au
Sat 7	QA X Country Challenge	www.qldathletics.org.au
Sat 7	Road Relay Challenge	www.qldathletics.org.au
Sun 8	BRRC 5/10/15km Self Select	www.brisbaneroadrunners.org
Sun 8	Townsville Running Festival	townsvilleroadrunners.com.au
Sun 8	Townsville Marathon, Half, 10 & 5km Run	townsvilleroadrunners.com.au
14-15	Wild Horse at night Run	www.runtrails.org
Sat 14	Cairns Payramid Race 12km	www.roadrunners.org.au
Sun 15	Flying Four X-Country	www.ashgroverangers.org
Sun 15	Capricorn Half Ironman 1.9/90/21.1km	www.capricornhalf.com
Sun 15	The Lakes College Fun Run 2k, 6k & 10k	www.thelakescollege.com.au
Sun 15	Mullum to Brunswick Heads Run & Walk	www.brunswickheads.org.au
Sun 15	TQ Long Course Championships	www.capricornhalf.com
Sat 21	Australian X-Country Champs	www.qldathletics.org.au
Sun 22	BRRC 5/10 MILE	www.brisbaneroadrunners.org
Sun 22	SBH Wheel and Walk Fun Run	www.coolrunning.com.au
Sat 28	Cartwright Challenge Fun Run #5	www.team-ascent.com.au
Sun 29	Bridge to Brisbane Fun Run 10km & 5km	www.bridgetobrisbane.com.au

train. believe. achieve



Sunday 15 August 2010
North Lakes

A great warm-up for the
 Bridge to Brisbane

10km Run
 6km Run/Walk
 2km Run/Walk

www.tlcfunrun.org.au

September 2010

Wed 1	Intraining 5km, 3km, 1km Dash	www.intraining.com.au
4-5	Airlie Beach Triathlon	www.whitsundaytriclub.com
Sun 5	Salt Fun Run Series	www.corporatechallenge.com.au
Sun 5	Brisbane Road Runners 10k, 5k, 2k	www.brisbaneroadrunners.org
11-12	Glasshouse Mountain 100	www.runtrails.org
Sun 12	Coolum Tri	www.allezsports.com.au
Sun 12	Flying 4 X-Country	www.ashgroverangers.org
Sat 18	Sunshine Coast Half Marathon	www.teamascent.com.au
9-13	ITU Tri Championships Gold Coast	www.usmevents.com.au
Sat 18	Port Douglas Long Course Tri	www.cairnscrocs.org.au
Sun 19	Run 4 a Cure	www.intraining.com.au
Sun 19	Human Capital Corp Team	www.corporatetriathlon.com.au
Sun 19	Brisbane Road Runners 20k, 15k, 10k, 5k	www.brisbaneroadrunners.org
Sun 19	Whitsundays Great Walk	www.whitsundayrun.com
Sun 19	Ridge 2 Ridge Half Marathon	www.trr.org.au
Sun 26	Kingscliff Triathlon Race 1	www.qsmsports.com

2010
Sunshine Coast
Half Marathon
SUNDAY 12th SEPTEMBER

21.1km
 10km
 5km

for entry & details:
www.team-ascent.com.au

October 2010

Sun 2	Agnes Water Triathlon	www.triathlonqld.com.au
Sun 3	Gold Coast Ironman	www.usmevents.com.au
Sun 3	Brisbane Road Runners 10k, 5k	www.brisbaneroadrunners.org
Sun 3	Bribie Beach Bash	www.runtrails.org
Wed 6	Intraining 5km, 3km, 1km Dash	www.intraining.com.au
Sun 9	TQ Aquathlon Championships	www.triathlonqld.com.au
Sun 10	The Straddle Salute	www.triathlonqld.com.au
Sun 10	Salt Fun Run Series	www.corporatechallenge.com.au
Sat 16	Bowen Triathlon	www.triathlonqld.com.au
16-17	Bribie Triathlon	www.bribietri.com
Sun 17	Gatorade Tri Series Raby Bay	www.usmevents.com.au
Sun 17	The Spiny Cray Ultra	www.coolrunning.com.au
Sun 17	Flying 4 X-Country	www.ashgroverangers.org
Sun 17	Brisbane Road Runners 15k, 5k, 2k	www.brisbaneroadrunners.org
Sun 17	XC Roofing Marathon	www.tr.org.au
23-24	Lamington Classic	www.runtrails.org
Mon 25	Tre X Offroad Triathlon Series	www.tre-x.com.au
Sun 31	Noosa Triathlon Festival	www.triathlonqld.com.au
Sun 31	Brisbane Road Runners	www.brisbaneroadrunners.org
Sun 31	Noosa Triathlon 1.5/40/10	www.usmevents.com.au

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November 2010

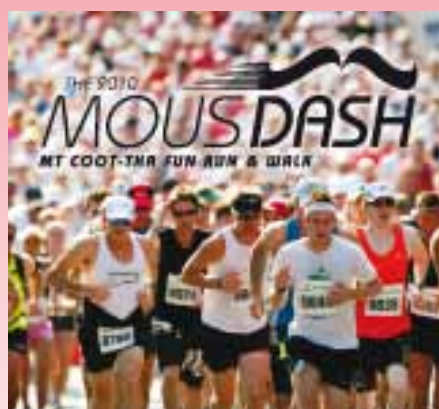
Wed 3	Intraining 5km, 3km, 1km Dash	www.intraining.com.au
Sat 6	Mapleton Run	www.runtrails.org
13-14	Rainbow Beach Run	www.runtrails.org
Sun 14	Brisbane Road Runners 15k, 10k, 5k, 2k	www.brisbaneroadrunners.org
Sun 14	Flying 4 X-Country	www.ashgroverangers.org
Sun 14	Gatorade Tri Series Robina	www.usmevents.com.au
Sun 14	The Mousdash Mt Cootha Fun Run & Walk	www.coolrunning.com.au
Sat 20	Bunyaville Run	www.runtrails.org
Sun 28	Brisbane Road Runners 10k, 5k, 2k	www.brisbaneroadrunners.org
Sun 28	Gelatissimo 'Just Do It' Triathlon	www.triathlonqld.com.au
Mon 29	Tre X Offroad Triathlon Series	www.tre-x.com.au

Twilight Running Festival

20 March 2011

Half Marathon, 10km, 3km, 1km

www.intraining.com.au



Brisbane's ultimate running challenge

10km Run & 5km Summit Walk

November 14th 2010



www.weekendwarriorevents.com.au

December 2010

Wed 1	Intraining 5km, 3km, 1km Dash	www.intraining.com.au
Sun 5	2XU Bribie Island Series 2 Triathlon	www.triathlonqld.com.au
Sun 5	Flying 4 X-Country	www.ashgroverangers.org
Sun 12	Dash and Splash (BRR)	www.brisbaneroadrunners.org
Sun 12	Gatorade QTS Series Race 3	www.triathlonqld.com.au

January 2010

Wed 5	Intraining 5km, 3km, 1km Dash	www.intraining.com.au
Sun 2	Brisbane Road Runners 10k, 5k	www.brisbaneroadrunners.org
Sun 12	Gatorade Tri Series Raby Bay	www.usmevents.com.au
Sun 16	Gatorade Tri Series Robina	www.usmevents.com.au
Mon 31	Tre X Offroad Triathlon Series	www.tre-x.com.au

February 2010

Wed 2	Intraining 5km, 3km, 1km Dash	www.intraining.com.au
Sun 6	Gatorade Tri Series Caloundra	www.usmevents.com.au
12-13	Bribie Triathlon	www.bribietri.com
Sun 27	Gatorade Tri Series Raby Bay	www.usmevents.com.au

Major Australian Events

Jul 4	Gold Coast Marathon Festival	goldcoastmarathon.com
Aug 1	Brisbane Marathon Festival	brisbanemarathon.com
Aug 8	Sydney City to Surf	www.city2surf.com.au
Aug 29	Perth City to Surf	www.perthcitytosurf.com
Sep 19	Sydney Marathon Festival	www.sydneymarathon.org
Sep 19	Adelaide City to Bay	www.city-bay.org.au
Oct 10	Melbourne Marathon Festival	melbournemarathon.com
Oct 17	Bernie 10km	www.bernieten.com



Champion System

Custom Running Clothing

www.champ-sys.com.au



JOIN ONE OF THE LARGEST RUNNING AND TRIATHLON CLUBS IN QLD IN 2010

running and triathlon club

intraining
Running and Triathlon Club



MEMBERSHIP 2010-2011
\$40 for adults
\$20 for under 16
FREE singlet

\$300



Suunto T3 Package

Footpod, PC pod & Watch

All you need is a Suunto T3 Bundle Pack. Including comfort HRM belt and wireless uploading pod helping anyone create an optimal training range that outlines your ideal energy expenditure and muscle exertion while preventing you from overworking and damaging your muscles. Hugely reduced from over \$500...it is time to get serious!

\$3.50ea

2 New Flavours
Choc/mint
Jet Blackberry



GU Energy Gels

As you exercise your body loses vital nutrients and salts through sweat and exertion. So if you are reaching a point whilst exercising where you feel fatigued, chances are your body is crying out for some help! This is where an energy rich gel can help. Brand new into the market are Gu Chomps - for those who don't like gel. Utilising the same ingredients in a handy bite size format likened to jelly babies which are more palatable.

\$49.95



Brooks Nightlife

Reflective Clothing

Brooks have a large range of high visibility reflective clothing with the highest levels of functionality in design incorporating light weight and wicking fibres. There are singlets, shirts, vests and jackets in black and fluoro yellow contrasting panels with 3M reflective stripes. The Nightlife Hat also has a small flashing light at the back.

\$180



Intrainings Tri suit

After going through all the triathlon race suits you could think of, I have finally found a suit which is comfortable. Super fast fabric, including hidden zip and body panels which help slip through the water - something I have never felt before. Specialized male and female designed suits help ensure you fit the suit in the places where it matters! If the one piece is not for you, we have two piece outfits and cycling gear to suit your taste.

\$49.95



Stridelite Running Belt

The most streamlined product in the Stridelite® line at just over 85grams with batteries, the Running Belt is extremely lightweight and comfortable for both the serious runner and casual walker. Can be seen from 400M away. The flashing strobe light combined with 3M reflective tape gives great 360° visibility with or without a light source.

\$249.95



Garmin

FR60

The Garmin FR60 includes virtual partner, running pace, distance and plenty more features. Simply type in your distance and the pace you would like to run at and your away to your next PB with the FR60. Available in men and women colours and sizes.

with HRM \$299.95

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COME TRAIN WITH INTRAINING

Tuesdays LONG SPEED

5:30am Tennyson - Qld Tennis Centre
Central Carpark off King Arthur Terrace

5:30am Windsor
Noble St, Downey Park

5:30am Indooroopilly/Chapel Hill
Russell Terrace Indooroopilly Water Tower

6:15pm UQ at St Lucia
Corner Kieth St and Macquarie St

6:15pm New Farm Park
Rose Garden off Brunswick St

6:15pm Wynnum
Wynnum Tide pool corner Edith St and Wynnum Esplanade

Thursday THRESHOLD

5:15am Indooroopilly
Nudgee Junior Carpark Bridge St Indooroopilly

5:15am New Farm Park
Rose Garden off Brunswick St

6:00pm Intraining Milton
intraining Running Centre 33 Park Road Milton

6:00pm Wynnum
Wynnum Tide Pool corner Edith St and Wynnum Esplanade

Saturday CROSS COUNTRY / Tempo Run

3:00pm Various Venues around Brisbane
Short Off Road Runs with Queensland Running Cross Country

Sunday LONG RUNS

5:30am Fortnightly at various locations, both Trails and Road.
Run on the alternate week to the BRRC races. There are groups for different abilities and distances.

For more information contact Linda by phone 0419 745 252 or by email on training@intraining.com.au

TRIATHLON SQUAD COMING SOON

Beginners Squad Starting in August

SPECIAL REPORT

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To receive your free report, just send an email to ricky@intraining.com.au with your name and 'Free Hydration Report' in the subject line.

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FEATURE EVENT

Round Rarotonga Road Race – Cook Islands
23-29 September 2010

Combine a week of running events with a holiday in one of the world's most picturesque locations, the Cook Islands.

Run 31km around Rarotonga, take part in themed fun runs or team events, and maybe have a go at the unbeaten record for the Nutters Cross Island Run.

Hurry – seats are filling up. Don't miss out on a great event that is fun for the whole family!



COMING EVENTS

Dubai Marathon
January 2011



Dubai wants the new Marathon World Record... could it be yours? Last year more than 8,000 runners lined up for the opportunity to race in Dubai but the record remained unbroken.

Don't miss your chance to be a part of this exciting event in January 2011

Register your interest with us now!



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Run Brisbane

Sunday 1st August 2010

Marathon

Half Marathon

10km run/walk

3km run/walk

Kids races



Enter Online

brisbanemarathon.com

BRISBANE
RUNNING FESTIVAL 2010

For more information head to the Brisbane Marathon website.

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