

intraining

the running store run by runners

P4

**IS RUNNING
BAD FOR
YOUR
KNEES?**

RECIPE

***Mexican
Style***

RICE WITH BEANS

New products

Winter
RUNNERLAND

P11

P5
footwear
MODIFICATION

P13



Pilates

CLASSES FOR
EVERYONE

intraining
the running store run by runners

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SPORTS INJURY CLINIC
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RUNNING AND TRIATHLON CLUB

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& INDOOROOPILLY SHOPPING CENTRE

**Body
Maintenance**
for Runners

July



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Running at the mouth MAKE RUNNING YOUR MID-LIFE CRISIS

In 1994, Bev Lucas won the Brisbane Marathon in a time of 2:46:02. She was 47, a mother of five and had only started running in her 40's. I was 24, debuting my first marathon, and totally in awe of her achievement. To be that old, with kids and running so fast was just inspirational. Sadly, Bev passed away recently, but her legacy as a great runner who ran her best close to 50 remains.

Forty-five is fast approaching. There's grey hair, wrinkles, and now children who regularly like to remind me of this. However, there is also the beginning's of a 40's running mojo (50's for my husband). Suddenly past goals that seemed impossible, now seem plausible. Training sessions seem easier, and 'fun running' has freakishly become fun running. What's the reason for this change? Family, life and the running community.

Life provides many adventures and commitments that create moments (think in years, even decades) of exhaustion while attempting to juggle the various combinations of work, study, kids, family, relationships, illness or injury. Family and the running community are what keep the dreams alive. Witnessing and celebrating the success of other running family and friends not only brings great pleasure but can maintain your own hope of future success. More importantly, immersing yourself amongst these closer groups will keep you interested and connected so that it is easy to drop in and out of running over the years.

Both family and a running community have major roles and are necessary. Family, for most people, is the safe place to incessantly rave about the

run, bemoan over the latest injury, or constantly talk about whether to run the half or the full marathon. These are the people who have unconditional love and do their best to tolerate your obsession. (Thank you Steve & kids). Facebook is their saving grace. Runners can now resort to this medium when the family have had enough and left the room.

Your running community is the place you know you can always go to and just be a runner. It's a constant that will be there through all the turbulent years and there when the 40's and 50's suddenly spring up on you. The friendships made here are the ones that will support you when you announced to do a marathon over a few beers on New Year Eve. They are the ones that will teach you that running slower is OK. They are the ones that will push you to your limits, and they are the ones that will be there in your midlife crisis as a runner.

Growing older and slowing is inevitable... but that does not have to be yet. As each decade passes, you move into a new age group of running, and thanks to the parkrun statistics, can be given a percentage ranking according to your age.

If you haven't already joined a community, do so. Set a path to finding your running mojo and make running your midlife crisis.



Margot Manning

footwear MATRIX

2 WEEK 'FIT GUARANTEE'

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

moderate stability

Asics Kayano
Asics 2000 (widths)
Asics 1000
Brooks Transcend
Brooks Adrenaline (widths)
Mizuno Paradox
Mizuno Inspire (widths)
New Balance 1260
New Balance 860 (widths)
Nike Structure
Nike Lunar Eclipse
Saucony Hurricane
Saucony Omni
Saucony Guide

flexible neutral

Altra Torin
Asics Cumulus
Brooks Ghost (widths - women's)
Hoka Clifton
Mizuno Rider (widths)
Mizuno Sayonara
New Balance 880 (widths - men's)
New Balance Zante
Nike Zoom Elite
Nike Pegasus
Nike Free 5.0
Nike Free Flyknit 4.0
Nike Free Flyknit 3.0
Saucony Ride

mild stability

Asics DS Trainer
Asics Noosa Tri
Brooks Ravenna
Nike Lunar Glide
Saucony Mirage
Saucony Zealot

firm neutral

Asics Nimbus
Brooks Dyad
Brooks Glycerin (widths - men's)
Hoka Bondi
Hoka Conquest
Hoka Huaka
Hoka Stinson Lite
Mizuno Creation
Mizuno Enigma
New Balance 1080
Nike Flyknit Lunar 3
Nike Vomero
Saucony Triumph

racer trainers

Asics DS Trainer
Asics Noosa Tri
Brooks Ravenna
Hoka Clifton
Hoka Huaka
Mizuno Sayonara
New Balance Zante
Nike Zoom Elite
Saucony Zealot
Saucony Mirage

kids training

Asics 2000
Asics 1000
Asics Nimbus
Brooks Adrenaline
Brooks Pure Flow
Mizuno Rider
New Balance 860
New Balance 880
Nike Lunar Glide
Nike Pegasus
Nike Free 5.0

waffles & kids racing

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

trail

Altra Lone Peak
Brooks Cascadia
Brooks Pure Grit
Hoka Maffate Speed
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 Ekiden - 150g - 6mm
Mizuno Hitogami - 200g - 9mm
Mizuno Universe - 110g - 3mm
Nike Lunar Racer - 188g - 7mm
Nike Flyknit Racer - 184g - 10mm
Nike Lunar Spider R & LT - 6/8mm
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



Big Toe, Big Pain

By Emily Donker
Podiatrist and Running Coach
intraining
running injury clinic

As the largest joint in the forefoot, the 1st Metatarsal-Phalangeal Joint (1st MPJ) or big toe joint is designed to withstand significant amounts of force, and to facilitate propulsion during both walking and running gait. The structural complexity and functional requirements of the 1st MPJ make it prone to pathology and injury. Whilst runners are more likely to develop overuse injuries, other conditions and pathologies affecting the 1st MPJ can be linked to contributors unrelated to running.

The 1st MPJ functions predominantly in the sagittal plane, performing dorsi-flexion and plantar-flexion. The joint also undergoes a small degree of transverse plane movement, predominantly for stability. Sufficient dorsi-flexion range is critical in 'normal' gait to allow the transfer of propulsive force through the 1st MPJ. Insufficient range of movement (ROM) is often the catalyst for injury development at the 1st MPJ and can also result in abnormal plantar foot pressures and compensatory gait patterns, of which there are many.

Functional Hallux Limitus (FHL) refers to an apparent loss of dorsi-flexion ROM with weight bearing, despite the joint displaying normal ROM in non-weight bearing passive assessments. Unfortunately due to the normal passive ROM that characterises FHL, it will often remain undetected and untreated.

FHL can cause both structural and functional compensations and is a common contributing factor or complication of 1st MPJ pathology and other lower leg and

foot injuries. Assessing static ROM in weight bearing and non-weight bearing, as well as during gait are very important to determine the level of structural damage and functional compensation. FHL is a sagittal plane block (reduced sagittal plane movement), which often results in compensation at other sagittal plane joints including the ankle, knee and hip. As such, FHL can be linked to injuries affecting the hamstrings, calves, Achilles, and also the forefoot due to abnormal plantar pressures and force distribution.



Bunions are a common pathology affecting the 1st MPJ. The technical term for a bunion, Hallux Abducto-Valgus (HAV), refers to mal-alignment of the 1st MPJ where the big toe (hallux) deviates towards the lesser toes. HAV is a structural deformity that progressively degrades joint integrity and function. Bony exostosis (growth) around the medial and dorsal 1st MPJ often increases symptoms and pain by reducing both passive and functional ROM. Deformity and exostosis also make footwear choice imperative to reduce pressure on the 1st MPJ, and encourage correct joint movement. FHL and secondary arthritis are common complications of HAV.

Whilst HAV is most common amongst the older population, it can develop in people of all ages and activity levels. Contributing factors include poor footwear choices, inadequate or insufficient support, foot structure and biomechanics, and genetics are known to play a role, particularly in juvenile HAV. Without intervention, HAV results in progressive worsening of the joint's structural integrity and gait compensations. Early management and intervention is most important in reducing complications and maintaining good quality of life. Conservative management with footwear and insole modifications or orthotics is often successful, and surgical intervention is also available.

If you're concerned about your 1st MPJ function and how it relates to your injuries or gait patterns, book an appointment with one of the podiatrists at intraining Running Injury Clinic.



intraining
running injury clinic

...run away from injury

Call or email to book an appointment
Ph: 0367 3088 | Email: clinic@intraining.com.au

- Podiatry
- Physiotherapy
- Dietitian
- Massage
- Pilates

IS RUNNING BAD FOR YOUR KNEES?

By Doug James
Physiotherapist and Podiatrist
intraining
running injury clinic

"Aren't you worried that running is ruining your knees?" It's a question runners often hear from well-meaning friends. The myth that you can only run so many kilometres in a life time before your knees inevitably wear out and require replacing is not true. While a car may require replacement parts after a certain amount of use, the human body has the ability to self-repair and actually gets stronger when we exercise an adequate amount.

The knee joint is crucial for our mobility. It is a complex joint involving several cartilage lined bones, tendons, ligaments and about a dozen muscles for stability and control. Exercise can strengthen all of the components of the knees -including the cartilage- which can actually help combat them 'wearing out'. It's more often when muscle strength is inadequate that problems start to occur and this is more likely in inactive individuals.

*Sitting may be worse
for your knees
than running*

**Not exercising is ruining your knees
(and probably your health)**

Modern science is now a champion of the concept that 'movement is medicine'. Inactivity is linked to a large number of 'lifestyle diseases' such as Type 2 Diabetes, obesity, heart disease and more. To improve cardiovascular health and maintain a healthy body weight, the Department of Health now recommends that adults perform about 30 minutes of moderate intensity exercise on all or most days of the week (plus 2 days of resistance exercise, and consume a balanced diet).

NEED NEW KNEES?

Around 1 in 5 Australians have osteoarthritis (OA) which is the leading reason for patients needing knee replacement surgery. While the myth would suggest that most of these people would be runners, this isn't supported by any research. A recent study showed that OA is no more prevalent in older runners than non-runners of the same age, but the runners generally had a healthier body weight and level of fitness. Body weight has a major bearing on your risk of arthritis, and knee osteoarthritis is extremely common in overweight and obese individuals. However it was found that exercise, not weight loss was more effective at reducing knee pain.

FIT BUT STILL GETTING INJURED?

It is possible to have a healthy bodyweight and still get knee OA or other 'wear and tear' injuries. The alignment of your thigh and shin bones can result in increased pressure and wear on certain parts of knee cartilage, where people with 'knock knees' or 'bow legs' have a higher risk. Additionally, individuals with poor muscle conditioning (e.g. due to inactivity), tight muscles or excessive flexibility may be more likely to injure their knees. A strength and conditioning program from a physiotherapist or podiatrist may prove useful for addressing these issues. The correct pair of shoes (and where necessary, an orthotic insert) can also assist in alleviating knee pain. Thankfully science has advanced our understanding of biomechanics (the way our bodies move), and with appropriate footwear and a considered training plan, most people should be able to run or perform other moderate intensity exercise with minimal injuries to their knees.

If you are having problems with your knees, or would like an assessment of your running technique and footwear, contact the intraining Running Injury Clinic on (07) 3367 3088.

*Minimise your chance of knee pain by having
a thorough assessment of your leg
alignment, running technique and shoes.*



**Medial compartment knee
osteoarthritis characterised
by a loss of cartilage and
joint narrowing (red arrows)
and bone spurs (blue arrow)**

footwear MODIFICATION

There are many different causes of running injuries. There are also many different forms of treatment available to cure any injury or prevent it from occurring again. What is important is to be able to accurately diagnose the actual injury and the contributing factors that caused it.

Your shoes can be a direct or contributing factor to your injury. This can happen if they are too old and worn, do not fit properly or do not suit your biomechanics. In some of these situations footwear modification may be a treatment option.

When footwear modification is needed

Footwear modification may be needed when other treatments have not worked. This can be when: maximum orthotic control is insufficient; no shoe can be found to suit your specific needs; to accommodate unusual fit requirements; or when asymmetrical biomechanics exist between feet.

Midsole modifications

• Full length lifts. Some runners have a leg length discrepancy (LLD). That is one leg is longer than the other. It is important to identify if it is an actual structural difference in the length of the bones or it is a functional difference caused by a temporary muscular or postural imbalance. Building up a functional LLD will reinforce the asymmetry and make it harder to correct. A structural LLD may be successfully compensated for by the runner. However a full length lift can be added underneath the insole in the shoe from 3mm to 5mm thick. Heel lifts are not effective as a correction in a LLD for a runner as they only work when the heel is on the ground and not during the critical phase of propulsion. In more severe LLD cases a lift can be inserted into the midsole of the shoe itself.

• Heel lifts. Ankle equinus occurs when there is inadequate flexion at the ankle. In heel strikers this can cause excess strain to the Achilles and calf and increased collapse of the foot during mid-stance. One way of compensating for this problem is to be a mid-foot striker rather than a heel striker. Putting in heel lifts for a mid-foot striker will cause premature strike, slapping and increased injury risk.

• Rocker soles. Slapping on forefoot loading is a major injury risk for runners. It causes a shock wave to travel up the front of your shin causing trauma and stress. It is usually caused by weakened and spasming muscles at the front of your lower leg. The way to avoid this is to find a shoe that is quiet when you are running. Some people slap in every shoe so an addition to the central portion of the midsole will facilitate a rocking action and stop the slapping.

• Adjust arch profile. The midsole of current shoes is not flat. It is molded up around the edges of the foot to add support and control. This can cause blistering or pain especially in the arch if the midsole shape does not match the foot shape. Modification is simply a matter

What modification involves

Modification usually consists of removal of some part of the shoe or addition of a new material. It can be as simple as releasing stitching or as complex as replacing a large part of the midsole.

of taking a wedge out of the midsole at the offending area. This instant fix can save a new pair of \$200 runners which are fine except for the fit.

• Other. There are many other modifications that can be done to the midsole including adding wedges in the heels or forefoot to tip the foot in or out. The midsole can be modified to change the amount or location of stability in the shoe. Excessive flaring of the midsole can also be ground off to improve function.

Upper modifications

Most upper modifications are to improve the fit of the shoe. It may be because something on the shoe is pressing on a prominence of your foot.

• Remove support strapping. This can be releasing stitching over a bunion or even to completely remove the offending strap. Most of the straps on the upper are for cosmetic rather than functional reasons so it is not a problem to remove them.

• Cut heel tab. Heel tabs may dig into your Achilles or ankle bones. Two little cuts either side on the top of the heel counter can immediately relieve the pressure.

• Add or remove lace eyelets. The simplest way to change the fit in the upper is to change the way you lace your shoes. That can be by skipping a lace and changing where the laces dig into the top of your foot.

• Shoe fillers and pads. By adding felt to the inside of the shoe you can offload an injured tissue and shift pressure to change biomechanics.

Insole modifications and orthotics

Orthotics are a form of footwear modification where you replace the insole that came with the shoe with a new insole which has been created with your specific individual needs in mind. As a diagnostic step the prescription elements for

an orthotic can be added underneath the insole of the shoe to test whether the prescription will work. These additions can be made from felt which lasts a few weeks or EVA which can last the life of the shoe. The advantage of having an orthotic is that it will customise the shoe to the whole shape of your foot rather than just having the elements needed in a prescription.

Outsole

The outsole is the part of the shoe least frequently needing modification. It usually involves grinding off a bit of the outsole that is causing excessive pressure. It may involve reducing traction where it is not needed. The whole outsole can be replaced in some cases.

When modification is needed

There are a few key points to consider when deciding if footwear modification is needed. Do not modify old worn out shoes. It would be better to buy a new shoe and modify that if it is still necessary. If the shoe is too old to run in safely then modification makes no sense. Modify minor aggravating factors only or to accommodate deformities. It is better to purchase new shoes and get orthotics if you have a significant problem. It is unlikely that modification alone will fix a major issue. Modification may be an option when other treatment modalities have failed.

It is important that you see a health practitioner who has had significant experience with footwear and modification for sports shoes. All of our podiatrists and physios at the Intraining Running Centre are runners themselves and have extensive experience working with footwear related running injuries.

By Steve Manning
Podiatrist and Running Coach
Book an appointment: ph: 3367 3088

Diets that promise quick weight loss are nothing new and are often just a passing fad. But what exactly is a fad diet?

The Dietitians Association of Australia describes a fad weight loss diet as "any diet that promises fast weight loss without a scientific basis. These diets often eliminate entire food groups and as a result do not provide a wide range of important nutrients".

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 not only may you not be getting all the nutrients you need for good health. As a runner, inadequate energy or nutrient intake has the potential to negatively impact on your running performance.



FAD DIETS

Part of the enjoyment of life is enjoying good food. Food that is varied and minimally processed and found in food groups such as fresh fruit; fresh vegetables; grains and cereals, (mostly wholegrain); lean meats, poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans, and milk, yoghurt, cheese and/or their alternatives (e.g. calcium fortified soy).

This style of eating is based on scientific evidence and is very suitable for active individuals like runners. As a dietitian, runner and chef I love having the freedom to use a variety of ingredients when I prepare meals that are not only healthy and delicious but also help to fuel my running. Meals like the Mexican Style Rice with Beans.

By Liz Lovering
Intraining Dietitian

Book an appointment: ph: 3367 3088

Mexican Style RICE WITH BEANS

INGREDIENTS

Serves 4

¾ cup uncooked brown rice
2 tablespoons extra virgin olive oil (EVOO)
1 clove garlic, crushed
1 medium brown onion (160g), chopped
½ - 1 fresh red chilli, chopped (optional)
½ large green capsicum, chopped
1 x 410g can chopped tomatoes
½ cup water or vegetable stock
1 x 420g can four or five bean mix, rinsed and drained
½ cup sweetcorn
200g green beans, chopped into bite sized pieces
½ teaspoon dried oregano
1 teaspoon paprika
1 teaspoon ground cumin
1 medium zucchini, sliced
Handful fresh coriander, chopped
Cracked black pepper to taste

METHOD

1. Cook brown rice according to packet directions and set to one side
2. Wash vegetables and coriander
3. Heat EVOO in a large pan over a medium heat
4. Add garlic, fry for a couple of minutes, add onion and chilli and cook until onion is soft, stirring occasionally
5. Add capsicum, chopped tomatoes, water (or stock), bean mix, sweetcorn, green beans, oregano, paprika and cumin and simmer for a few minutes
6. Add zucchini and continue to cook
7. Add rice and mix well (if using cold cooked rice, ensure it is heated through)
8. Stir in coriander, mix well and season to taste with black pepper



SERVING SUGGESTIONS AND TIPS

Serve with a side of Guacamole (or diced avocado) and plain Greek yoghurt.
Increase protein content by adding some lean cooked meat, poultry, fish or tofu.

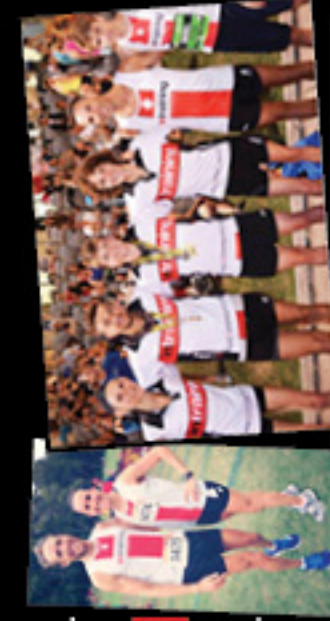
NUTRITION

This dish contains a mix of protein and carbohydrate to assist with recovery. To increase the protein content see serving suggestion. Each serve of rice contains about 15.5g protein, 12g fat, 67g carbohydrate, 7g fibre and 1,800kJ.





— QUEENSLAND — RUNNING & TRIATHLON — — CALENDAR —



JULY

- 4-5 Gold Coast Airport Marathon 2015
- Sat 4 parkrun 5km - Australia wide
- Sat 4 Queensland Running X-Country, Toowoomba
- Sat 11 IronMan triathlon - Gold Coast
- Sat 11 parkrun 5km - Australia wide
- Sat 11 Sunshine Coast Run Series - Race 4
- Sat 11 Queensland Running X-Country, Chelmsford
- Sun 12 Somerset Rail Trail Fun Run | 6.3km | Lowood
- Sun 12 Nova 106.9 Brisbane Sky Run
- Sun 12 BRIC | 5km - 15km | West End
- Sat 18 parkrun 5km - Australia wide
- Sat 18 Queensland Running X-Country, Strathpine
- Sat 18 Kokoda Challenge | 96km | Gold Coast
- Sun 19 Arlie Beach Running Festival | 121km & 101km | Arlie Beach
- Sun 19 Jetty 2 Jetty | 21km, 10km & 5km | Woody Point
- Sat 25 parkrun 5km - Australia wide
- Sat 25 Queensland Running X-Country, Mitchellton
- Sun 26 The Block Run | 7km | Kedron Brook Reserve
- Sun 26 Pomona King of the Mountain | Pomona
- Sun 26 Park2Park | 21km, 10km & 5km | Ipswich
- Sun 26 BRIC | 5km - 15km | West End

AUGUST

- Sat 1 parkrun 5km - Australia wide
- Sun 2 Brisbane Marathon Festival
- 6:00am 42.2km Brisbane City Marathon
- 6:00am 21.1km Brisbane Half Marathon
- 6:30am 10km Brisbane Run
- 10:00am 5km Brisbane Run/Walk
- 10:15am 2.5km Kids Mini-Marathon
- Sun 2 Yeppoon Triathlon | 1.5/40/10
- Sun 2 Townsville Running Festival
- Sat 8 parkrun 5km - Australia wide
- Sun 9 TQ Duathlon Champs | 10/40/5 | Springfield
- Sun 9 BRIC | 5km - 15km | West End
- Sat 15 parkrun 5km - Australia wide
- Sun 16 Riverina Ultra Marathon | Brisbane
- Sun 16 Bolando to Bridge | 8km & 31km | Gladstone
- Sun 16 TLC Fun Run | 10km & 5km | North Lakes
- Sat 22 parkrun 5km - Australia wide
- Sat 22 Rainbow Beach Triathlon | 75/20/5 | Rainbow Beach
- Sat 22-23 Straddle Salute | 750/1.8/8
- Sun 23 BRIC | 10mile Champs & 5mile | West End
- Sat 29 parkrun 5km - Australia wide
- Sun 30 Sunshine Coast Marathon
- Sun 30 Challenge Half Triathlon | 1.9/90/21 | Gold Coast
- Sun 30 Sunday Mail Bridge to Brisbane 5km & 10km
- Sun 30 Cane 2 Coral 15km & 8km Fun Run

SEPTEMBER

- Sat 5 parkrun 5km - Various Locations
- Sun 6 Coffs Harbour Running Festival
- Sun 6 The X Offroad Duathlon | 600m/20km/80m | Mt Cotton
- Sun 6 TQ Sprint Distance Champs | 750/20/5
- Sun 6 Arlie Beach Triathlon 750/20/50
- Sat 12 parkrun 5km - Various Locations
- Sat 12 Tough Mudder - Mt Cotton
- Sun 13 Sunshine Coast Ironman 70.3
- Sun 13 BRIC | 5km - 15km | West End
- Sat 19 parkrun 5km - Various Locations
- Sun 20 Twilight Bay Run - Wynnum Foreshore
- 4:00pm Twilight Bay 5km Run/Walk
- 4:45pm Twilight Bay 1km Active Kids Run
- 5:00pm Twilight Bay 10km Run
- 5:00pm Twilight Bay Half Marathon
- Sat 26 parkrun 5km - Various Locations
- Sun 27 QTS Triathlon Series Race 1
- Sun 27 BRIC | 5km, 10km & 15km Champs | West End

OCTOBER

- Sat 3 parkrun 5km - Various Locations
- Sun 4 Capricorn Coast Running Festival | 121km, 10km, 5km
- Sat 10 Sandgate Sunset Run
- Sat 10 parkrun 5km - Various Locations
- Sun 11 QTS Triathlon Series Race 2
- Sun 11 Bowen Triathlon 750/20/5
- Sun 11 The Color Run - Sunshine Coast
- Sun 11 Brisbane Road Runners 10, 5 and 2km
- Sat 17 parkrun 5km - Various Locations
- Sun 18 Brisbane to Gold Coast Cycle Challenge
- Sun 18 Brits Triathlon - Race 1 - 750/20/5
- Thu 22 PwC Cool Night Classic - 5km and 3km Walk
- Sat 24 GS Run for Life 5km
- Sat 24 parkrun 5km - Various Locations
- Sun 25 Brisbane Road Runners 3 x 5km Relay
- Sun 25 The X Offroad Triathlon
- Sat 31 parkrun 5km - Various Locations
- Sat 31 Asics Noosa 5km Bolt



**RUNNING GEAR
THAT TURNS HEADS**
www.intraining.com.au/shop

2 RUN

NOVEMBER

- Sun 1 Noosa Triathlon 1.5/40/10
- Sun 1 Great Barrier Reef Marathon Festival
- Sat 5 intraining | Nike 1500m Classic - UQ
- Sat 7 parkrun 5km - Various Locations
- Sun 8 Brisbane Road Runners 10, 5 and 2km
- Sat 13-15 Endeavour 500km Road Running Relay
- Sat 14 parkrun 5km - Various Locations
- Sat 14 Tour de Tamborine 15km and 8.5km Trail Run
- Sun 15 Brisbane Road Runners 10km Handicap & 5km
- Sun 15 QTS Triathlon Series Race 3
- Sat 21 parkrun 5km - Various Locations
- Sat 21 Hamilton Island Triathlon 750/20/5
- Sun 22 Harvey Bay 100 Triathlon 2/80/20
- Sun 22 Kingscliff Triathlon 1.5/40/10
- Sat 28 parkrun 5km - Various Locations
- Sun 29 Triathlon Pink - Sunshine Coast
- Sun 29 Brisbane Road Runners 5km Champs, 10km and 2km

DECEMBER

- Sat 5 parkrun 5km - Various Locations
- Sun 6 QTS Triathlon Series Race 4
- Sat 12 parkrun 5km - Various Locations
- Sun 13 Kurrawa to Duranbah 25km & 50km
- Sun 13 Brisbane Road Runners Dash & Splash 5km/100m
- Sat 19 parkrun 5km - Various Locations
- Sat 26 parkrun 5km - Various Locations

Brisbane MARATHON Festival
Presented by **intraining**
www.brisbanemarathon.com

42^{1/2} KM
21^{1/2} KM
10 KM
5 KM
2.2 KM

02 AUGUST

20TH SEPTEMBER 2015
Twilight Bay Run Wynnum 2015

A NIGHT OF FIREWORKS, FUN AND A BIT OF A RUN

21^{1/2} KM
10 KM
5 KM
1 KM

13th Somerset Rail Trail Fun Run
Sunday, 12 July 2015
4km and 2km - From Wale to Lonsdale

Register online at www.railtrailrunrun.com.au

intraining
the running store run by runners

your one stop running shop

33 Park Road Milton & Indooroopilly Shopping Centre

Twilight Running Festival 2016
BRISBANE

Presented by **intraining**
the running store run by runners

20 MARCH 2016

www.twilightrun.com.au

20TH SEPTEMBER 2015

Twilight
BAY RUN
WYNNUM 2015

A NIGHT OF FIREWORKS, FUN AND A BIT OF A RUN



21.1

HALF
MARATHON

10

10KM
RUN

5

5KM
RUN/WALK

1

1KM
ACTIVE
KIDS RUN

intraining

CCiQ

Wynnum

NEW

2 RUN

Manly Marins
Cave Motel

RED ROCK

RUNNERS
WORLD

www.intraining.com.au

REGISTER ONLINE: www.twilightbayrun.com.au

Body Maintenance for Runners

Most of us are aware that running is attributable to the many benefits to our health and well-being. Running however, also places stress on your body and increases tension in our muscles. In order to experience the most enjoyment from your running experience there are steps you can take to reduce tight muscles, aid recovery and maximise the positive effects of training.

Some of these strategies include:

ADEQUATE NUTRITION AND MAINTENANCE OF A HEALTHY WEIGHT.

Timing and type of nutrients consumed can play a very significant role in both running performance and recovery from training. Appropriate nutrition is probably the most effective recovery strategy of all for recovery. Balancing weight management and getting all you need to train well can be challenging for many people and professional support can be a winning strategy. intraining's Dietitian, Liz Lovering, can assist with individualising a program to make sure you are utilising the most effective recovery strategy to your best advantage and can assist with weight management and food plans for events.

MASSAGE. Regular massage also has a role in both performance and recovery. Increased blood flow as a result of effective massage enhances recovery after hard training, while breaking down of adhesions and tight bands allows maximal muscle recruitment enabling your best performance. A fortnightly or even monthly massage at intraining clinic, specialising in treating runners,

will help keep your muscles long, supple and effective. Linda Watson and Chris Solomon are part of the intraining Sports Rehab clinic massage team and work in collaboration with the podiatrists and physiotherapist to assist with injury recovery and prevention.

STABILITY AND CORE STRENGTH.

Paying attention to our stabiliser muscles of the body allows freedom of movement and reduced incidence of injury. A weekly Pilates class will assist greatly in maintaining balance, range of motion in joints and reduce injury risk. Physiotherapist Doug James offers mat work Pilates classes at intraining each week with classes for children as well as adults available.

FOOTWEAR. Footwear that is appropriate to your needs is key to staying injury free. Seeking expert advice in this area will make all the difference to your running experience. A shoe that is too stiff or too flexible for your running gait can place unnecessary strain on muscles, tendons or joints. intraining Running Centre provides a complimentary footwear assessment which includes trained staff observing your running gait in a variety of shoes to ensure the best fit and feel for your next run.

PODIATRY. Many people are not aware of the benefits of podiatry for running injuries and niggles. Minor adjustments to shoes or orthotics can allow better movement patterns and reduce pain and injury. Simple adaptations like a heel raise or an appropriately placed "met dome" may be all that is needed to reduce strain off a particular muscle or joint. Podiatry can assist greatly with injury such as plantar fasciitis, foot injuries, Achilles tendinosis, bunions, shin pain, knee injury, calf strains, hip, quad and hamstring issues. intraining has 4 podiatrists; Steve, Margot, Emily and Doug who are all runners themselves.

STRETCHING, ROLLING AND MAINTAINING BALANCE.

Maintaining an appropriate range of motion in your joints is important for well-being and efficient running. Runners don't need to be highly flexible but adequate range of motion in key joints is essential for performance and staying injury free. Personal training for runners is now available at intraining and can assist with identifying areas requiring increased flexibility, strength or correcting a balance issue. The personal trainer works in conjunction with the sports rehab team at intraining Running Centre during post injury rehabilitation as well as a preventative injury measure.

There are a number of ways to keep your body functioning at its optimal capacity. Taking care of your body will help with not just your performance but the enjoyment factor of running. Long supple muscles that are not fatigued or injured and are adequately fueled are a joy to run on. What are you waiting for?

By Linda Watson
Coach, Massage Therapist, Personal Trainer

intraining

- Podiatry
- Physiotherapy
- Dietitian
- Massage
- Pilates

Call or email to book an appointment
ph: 3367 3088
email: clinic@intraining.com.au

for the
WOMEN

Winter runnerland

for the
MEN

HAMMER NUTRITION'S PERPETUEM

Welcome to one of the finest fuels specially formulated for multi-hour to multi-day events. Like other Hammer Products it follows the general rule of complex carbohydrates rather than simple sugars. It is a great way to get calories in during a race when you can't stop for solid food.

A few points that make it stand out:

- Easy to digest with less chance of stomach or GI issues
- Unique carb/ protein/ fat formula for maximum endurance
- Easy to mix and you can even freeze a bottle for the hot summers
- Provides consistent energy hour after hour



For any endurance event that lasts more than three hours I recommend using Perpetuem. I have successfully used it whilst doing the Tarawera Ultra and Comrades and experienced no bonking or cramps. Perpetuem comes in three flavours Caffe Latte, Orange Vanilla and Strawberry Vanilla.

On the road or trail, Perpetuem is the breakfast, lunch and dinner of champions.

Muriel

KEEP YOUR MUSCLES WARM THIS WINTER

Winter is the time of the year when your muscles just aren't in the mood to warm up. The cold increases the chance of injury if your muscles aren't prepared for exercise. This is where compression clothing comes to assist. Compression clothing is perfect before, during and after exercise providing superior temperature control for your muscles.

Compression garments can:

- Control muscle elasticity when cold or warm
- Reduce fatigue on muscles whilst exercising (Great for inactive car or plane trips where the threat of blood clotting is high)
- Promotes quicker recovery after training
- Reduce inflammation during injury



Liam

Intraining Running Centre stocks a range of compression garments from all the popular brands. Visit our friendly staff who will assist in providing you with advice on which technology can best suit your needs.

FEETURES SOCKS

One thing all runners quickly learn is the importance of looking after their feet. Once you have the shoes sorted, the next critical concern is socks. Intraining now has a great new range of socks in stock which have all the ingredients to make feet happy.

Feetures socks are anatomically designed (left and right specific) and make use of high density cushioning to provide extra protection in high impact areas. This alone makes them super comfy, but Feetures have gone one step further and engineered a no seam toe to eliminate that common friction point. Finally, the socks include some targeted compression to ensure no slippage and therefore a much reduced chance of blistering. I have really enjoyed running in these socks. They are beautifully soft and comfortable and did a great job in keeping my feet dry. I chose the 'no show' length, however a crew length is also available. In the words of Feetures you can indeed expect a better fit, better feel and a better run. My only dilemma is choosing which funky colour my next pair will be.

Feetures!



Clare

NEW BALANCE FRESH FOAM ZANTE

Now that winter is here so are the big events such as Gold Coast and Brisbane Marathon Festivals, which (unfortunately for some) require preparation and training. An important factor is getting the right shoes and as they say, "You can never have too many running shoes".

New Balance Fresh Foam Zante could be the perfect shoe for your next pair of trainers with 'Competitor' naming it "2015 Road Shoe of the Year" and true to its name, the shoe honestly is 'fresh'. The first time I tried the shoe on I was sold with it being so incredibly light and flexible yet still offering a very cushioned heel. The quick toe off and light shoe made me [feel] faster and I barely noticed the upper. For those looking for a shoe with a lower heel to toe drop, the Zante delivers with a 6mm drop. The Zante retails for \$149.95 a very competitive price for a high mileage shoe.

Overall we think the new Fresh Foam Zante is one of the best value shoes on the market currently. Do yourself a favour and drop by our Indooroopilly or Milton stores to experience New Balance Fresh Foam.



Fish

THE ULTIMATE IN COMFORT

Chafing is a common problem for runners; it can be annoying and downright painful. Constructed with a seamless inner boxer brief lining, incorporating breathable, moisture wicking, motion dry technology, the Asics 2-N-1 Woven 6" Short keeps you fresh and dry, providing the ultimate chafe-free environment.

This soft, lightweight stretch microfiber with 11% spandex offers greater comfort, support and a customised fit... neither too tight, nor too loose!

The technicians at Asics haven't forgotten about the outside either. An integrated drawstring allows for easy adjustment on the run, large side pockets provide convenient storage, while bright neon coloured panels and reflective dots ensure increased visibility during the darker winter months.

You don't have to suffer with discomfort while running any longer; pick up a pair of these exceptional shorts at Intraining Running Centre for \$59.95.

James



JUST WHEN I THOUGHT IT COULDN'T GET ANY BETTER ...

The Hoka Clifton was released last year and I can honestly say it's one of my favourite running shoes ever. And I've been running a long time.

The updated version, the Clifton 2, has just arrived, and to my surprise they have managed to improve what I thought was the perfect shoe. The materials in the upper have been upgraded and are a little thicker, and therefore more durable. The tongue is now padded for added comfort. The fit around the heel and ankle is snuggier.

Of course the shoes still have the same basic features that Clifton fans know and love ... the rockered profile that provides a smooth roll from foot strike to take off, and the 5mm heel toe offset. And that beautiful cushioning! It's enough to provide comfort for long runs, yet the shoes are light enough to be perfect for speed sessions, tempo runs, and racing. While the Clifton 2 is just a tad heavier than its predecessor, I didn't notice the extra few grams.

To summarise, awesome just became more awesome.

For anyone thinking of moving from a more 'traditional' running shoe into Hokas, the Clifton 2 could be the perfect starting point.



Tess

MEN'S NIKE ELEMENT HALF-ZIP RUNNING TOP

Nike have a reputation of making incredibly comfortable, durable, practical and good-looking pieces of clothing - and this long-sleeve running top does not disappoint. It is definitely made for the chilly mornings, and I can tell you from experience (I have this top). It is effective!

The top combines the Nike Dri-FIT material with a stretchy spandex which helps to wick sweat and provide comfort, while keeping you warm. It has thumbholes at the cuffs, which adds coverage and helps keep the hands warm. It also has a multitude of reflective markers which is a great safety feature.

It comes in two different colours, and costs \$69.95. Why not pop down to Intraining to see for yourself how practical this running top is.



Ben

BASTA FLARE TAIL LIGHT

Never run invisible to oncoming traffic or cyclists again with the BASTA Flare Tail Light. The perfect addition to your winter running kit, users will experience extra safety assurance and added visibility for those sunless early morning and late evening runs. The four bright red LED's can be switched between still, strobe and



flashing modes and the compact unit is easily clipped to clothing items such as your cap, shorts or pockets. Included is a quick release rubber strap making mounting it to your bike or other equipment stress-free and a USB rechargeable cord, keeping you safe for many years to come.

Nathan

KEEP WARM THIS WINTER

Dreams do come true. After the chilliest start to winter I've felt in a while I was desperate to get my hands on some winter gear to help keep that bitter chill out during my training. The number one piece of winter kit is here in the form of 2XU's all season run gloves.

With more features than you could poke your now warm and toasty fingers at, 2XU have engineered a high quality glove that will ensure your next run in the cold is enjoyable.

Features

- A small versatile key pocket on each palm
- The ability to use touch screen phones even when the gloves are on
- A breathable material that keeps the warmth whilst wicking moisture from your palms

2XU All Season Run Gloves get two very toasty thumbs up!

Stuart



Being visible to cars and the surrounding world is a necessity. Running garments at Intraining Running Centre all feature integrated reflective panning to ensure you stay safe out on the road.

intraining your one stop running shop www.intraining.com.au
3367 3088



PILATES CLASSES

The studio offers Pilates mat classes which are run by our physiotherapist Doug James.

If you have private health insurance you may be entitled to private health insurance rebates (check with your health insurer or call the clinic on 07 3367 3088). Classes are limited in size to ensure you receive the attention required to complete exercises correctly. Each class is designed to help improve core and glute strength and are ideal for everyone from complete beginners through to advanced Pilates participants.

Classes are 45 minutes in duration and currently operate on **Tuesday, Wednesday, Friday and Saturdays**. Check the website as new classes may be added.



BOOK ONLINE NOW



SCHEDULE

Pilates

Tuesday: 6.00 pm
Wednesday: 12.00pm
Friday: 12.00pm
Saturday: 9.00am

45MIN
classes

Maximum of
9 participants per class

# CLASSES	COST	PER CLASS
1	\$30	\$30
5	\$137.50	\$27.50
10	\$250.00	\$25.00
20	\$450.00	\$22.50
50	\$1000.00	\$20.00

BOOK a class online or
call on 07 3367 3088

intraining.com.au/appointment

NEW! Core 4 Kids

Does your child struggle on the sporting field, or just isn't interested in physical activity? Do they find sitting still or straight seem impossible?

The Core 4 Kids program may help!
The Core 4 Kids program incorporates elements of pilates, strength training and fun challenges to help improve:

- Core strength
- Balance
- Coordination
- Flexibility
- Posture
- Muscle control

CLASS TIMES

- Wednesday 5pm
- Saturday 10am

An assessment is required before commencing classes to help tailor a program based on individual needs and goals. A home based exercise program is developed during this time.

- Initial assessment: \$69* (required before first class is taken).
- Classes: \$45 each* (5 week program recommended)

(*Class discounts available. Rebates may be available with private health insurance physiotherapy 'extras' cover).



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 Brisbane's 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
- Intraining Shop Indooroopilly
- GJ Walter Park, Cleveland

James
Dan
Liz

Wednesday: 6pm

- Intraining Shop Milton
- Intraining Shop Indooroopilly

Gerard
Dan

WIFE NIGHT

Intraining Wife Night 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

Paula

Indooroopilly Shopping Centre
Intraining Shop Level 8

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
Thursday for upper primary only

Toowong

Margot

SPEEDWORK - TUESDAYS

5:30am	Tennyson Qld Tennis Centre King Arthur Terrace Yeronga	John Whelan
5:30am	Indooroopilly / Chapel Hill Green Hills Reservoir, Russell Terrace, Chapel Hill	Linda Watson
5:30am	Nathan QEII Athletics Track	Dan Symonds
5:30am	Windsor Noble St Downey Park	Sarah Mathers
5:30am	UQ at St Lucia Athletics Track Carpark riverend	Emily Donker
6:15pm	Geebung (Northside) 7th Brigade Park, 9 Delaware St, Geebung	Greg Macks
6:15pm	Springfield Robelle Domain Cafe, Carpark at the end of Education City Dr.	Peter Run
6:15pm	UQ at St Lucia cnr Keith St and Macquarie St	Steve Manning
6:15pm	New Farm Park	Tracy Baker
& 6pm	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, Linda Watson
8pm Milton, Intraining Running Centre, 83 Park Road Milton, John Whelan
6:30pm New Farm Park ringroad, Tracy Baker

Friday:

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

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,
UQ Track - ADVANCED SPEED

Steve

Contact our caching Director 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.

TRAIL RUNS

Join Intraining's group of trail runners. We have a mid-week trail session and during summer some of our long runs become trail runs.

Wednesday: 5am Toohy Forest off Toohy Rd at the beginning of the Sandstone Circuit

Dan

TRIATHLON SQUAD

The Intraining triathlon squad program closely resembles our marathon school. We cater for social and recreational triathletes from novice through to Ironman distance.

Coaches Greg Scanlon and Emily Donker have extensive participative and coaching experience. Sessions are from Nudgee Junior College, Kate St, Indooroopilly.

Monday: 5:30am Endurance Swim Squad.

Wednesday: 5am Swim/Windtrainer/Run session

Thursday: 5am Group Bike Ride.

Friday: 5am Speed Swim Squad.

Saturday: 5:30am Transition/Brick session

Join online now
intraining.com.au

intraining
running and triathlon club

42.195
KM

21.1
KM

10
KM

5
KM

2.2
KM

Set your sights on conquering
Brisbane this August



02
AUGUST

REGISTER ONLINE

www.brisbanemarathon.com

Brisbane
MARATHON
Festival



Presented by **intraining**
the running store & your personal coach

intraining
the running store & your personal coach

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the running store & your personal coach



IT'S LIVE!
in Queensland

