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P18

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P14

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Injuries**

P8

**KNOW YOUR
FOOTWEAR**

P5

take
on the
world of
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P17

Winter
FUEL

P13

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- 1 Running at the mouth
- 2 Minimalist Marathon program
- 3 Tibialis posterior injuries
- 4 Anterior knee pain
- 5 Know your footwear
- 6 Footwear matrix
- 8 Active kids, niggles and injuries
- 9-10 Fun run calendar
- 11 intraining running injury clinic
- 12 Twilight Bay Run
- 13 Winter fuel
- 14-16 in-review
- 17 The world of running
- 18 intraining club



RUNNING AT THE MOUTH

"Train to race or train to train?"

Back in the 1980's when I was a young runner, I used to race almost every weekend. During summer it would be track races, and then cross country and road races during winter. Some weekends I would do more than one race. I was still running around 150km a week but I considered my races to be just as important as the twice weekly long runs and speedwork. That did not mean I raced every race as hard as possible, but instead trained through most races and tapered only for the important ones. The frequent races gave me an opportunity to try different tactics and also provided the motivation to continue training. However the idea of "race fitness" has been forgotten. Runners now seem to avoid racing until they are fit, rather than using races to gain fitness.

Races are the one "session" that most closely simulates a race so they are the most effective at gaining the greatest training effect. To run a fast 10km it will help to race 5km frequently and become faster at the shorter distance first. Then the fast 10km will help with a faster half marathon or marathon. I always felt that the first step to running improvement was to build up my speed over summer and then to maintain that speed as I built more endurance over winter.

Many runners seem to now avoid races so they can maintain the weekly long run. What they should do is to follow a macrocycle where they have an easy week every three to four weeks that includes a race. Parkruns now give everyone an opportunity to test themselves weekly in a low key race situation. By incorporating frequent racing in your program, you will open up a whole new area of running enjoyment and learn to avoid making tactical mistakes in your major goal race.

By Steve Manning
Podiatrist & running coach



HOW TO: RECOVER FROM A MARATHON

By Steve Manning

Most marathon training programs take you up to race day and then leave you to fend for yourselves during one of the most vital training phases. Optimum recovery from the marathon is important because what you do can have long-term consequences for both your health and future performance. During a marathon you push your body beyond your limits causing massive muscle and connective tissue destruction. If left untreated the physiological effects can lead to injury, illness and even depression. This can affect your normal life activities as well as your running ability.

On the upside, improvements in fitness come from overloading your body and then recovering properly. There are not too many things you can do more challenging than a marathon. Because of this the marathon represents a great opportunity to improve your fitness. The key to achieving this improvement is recovery. What you do after the marathon will help you gain the fitness benefits from having completed such a hard long run.

HOW SOON?

The main difficulty during recovery is knowing how soon you can run again. This is complicated by the varied amount of damage that is inflicted for different runners and different races and conditions. It takes less time to recover from a fast marathon where you finished strong than a slow marathon where you hit the wall and had to stagger into the finish. Hot weather conditions or hills will increase recovery time. What you do just after you finish can decrease your recovery time. Your recovery should be flexible and managed based on how you respond both physically and mentally.

HOW HARD?

An easy way to understand training theory is to examine it based on three major components of Intensity, Quantity and Frequency. Regardless of what phase you are in, or what theories you believe, all training is founded upon these three components. It is how the intensity, quantity and frequency

vary during each phase that describes what you are doing to try to achieve progression, periodisation and success.

During recovery training intensity and quantity will initially be very low and gradually increase as your body gets stronger. If you try to run hard or long too soon you can delay full recovery. Because you only improve while recovering from hard efforts you will also lose any benefits you could have gained from running the marathon if you start hard training too soon.

HOW OFTEN?

Frequency is the only thing that should be maintained during the recovery phase. Normal intense training and racing damages some muscle fibres. The scope of destruction after a marathon includes the macrostructure of the muscles and connective tissue. If you run at least every second day you will break the muscles down a little bit each time. This will allow the macrostructure of the muscle to be rebuilt in the right way.

The cellular microstructure will not recover any quicker if you do no running in the first week or if you run every second day. But the advantage of easy running is that the muscles will have less scar tissue that can lead to injury further down the track.

HOW LONG WILL LONG RUNS?

An old theory for recovery used to recommend that you give yourself one day of recovery for every mile of the race. For a marathon of 26.2 miles this would be about four weeks of recovery before you try to train properly again or run another race. However it is dangerous to lump everyone and every experience into one simple calculation. How long it takes to recover depends on the difficulty of your race experience and what you have done to try to recover.

Rather than think of an arbitrary number to calculate how long it takes to recover you should listen to your body. Train easy and avoid building up mileage until you get that zip back in your stride.

It can be easy to tell that you are not recovered because even easy runs are a struggle. You may be sore after running and can't maintain any speed for very long. I usually wait until one day I have a run in which I am able to push the pace along. I then feel it is safe to build my long runs back up again.

HOW TO HELP RECOVERY?

What you do after you finish a race can have a drastic effect on your recovery time. In fact recovery training starts before you even finish your marathon.

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.

During a marathon you can sweat out nearly ten percent of your body weight. This is significant for your performance but also affects the amount of damage that occurs. Fluid helps to transport resources used to rebuild damaged muscle to where it is needed. It is also important to remove heat from the location of the damage to release it from the skin.

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. In fact if you drink just water it will not stay in your system as well as if you drink something with some sugar and salt in it.

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. 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.

HOW TO RACE AGAIN?

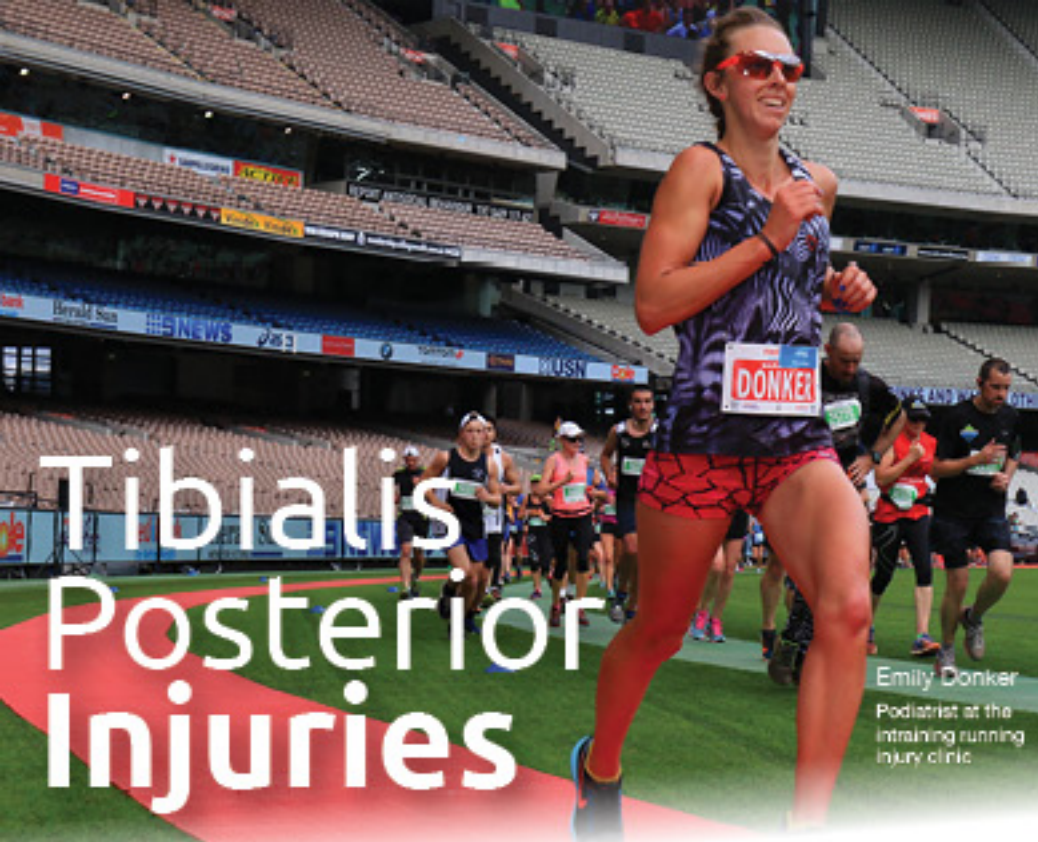
You know you are recovered from a marathon when you are able to race well again. But what do you do if you want to run two marathons within a few weeks or months of each other?

The key to frequent marathons is to train sensibly between them. Do not think that you have to get in some good quality training in between. It is more important that you recover properly from the first marathon and are rested for the second one. There is no better training for a marathon than running another marathon. A marathon race exactly simulates what will be required for running a marathon. As long as you recover properly you will gain the benefits from the first marathon and will be able to run even better at the next one.

No matter how well you have planned your recovery program things may not work out the way you wanted. You might be taking longer to get over the pain of the marathon or picked up a nagging injury from the race. This will force you to rethink what you should do. Blindly sticking to your plan will lead to poor recovery, overtraining and probable injury or illness.

A responsive recovery program will have the capability of changing based on how you are coping with the recovery. It will have contingencies built in so you can change sessions around and increase your recovery time if needed. Intensity is not fixed at a certain level but responds to how you are feeling without any major failure of the program.

By responding to how the recovery is going you can optimise the benefits you have gained from running a marathon and take your performances to another level in the future.



Emily Donker
Podiatrist at the
Intraining running injury clinic

Tibialis Posterior Injuries

biomechanical contributors and ensure the tendon is not being overloaded, and therefore reduce the risk of re-injury. Chronic tendon injuries do not respond well to complete rest – cross training is important because some stimulus is required to promote blood flow and recovery. Following a regimented strength program and monitored return to exercise or running is essential.

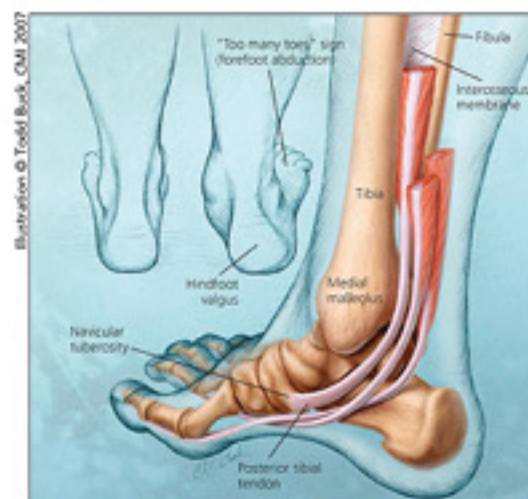
Medial Tibial Stress Syndrome

MTSS is the most common cause of exercise-related shin pain, with research suggesting it affects up to 18% of distance runners. MTSS typically exhibits diffuse pain along the distal two-thirds of the medial tibial shaft. By definition, palpable pain extends for at least five centimeters, which differentiates MTSS from bone stress and stress fracture.

Muscle traction is one of two primary causes of MTSS. Traction from flexor muscles, including Tibialis Posterior, generates pain and inflammation along the medial tibial periosteum (outer layer of bone). Many intrinsic and extrinsic factors can influence injury risk, particularly those such as increased pronation and reduced ankle dorsiflexion, which increase load and strain on Tibialis Posterior.

A multi-faceted treatment approach has shown to be most effective for resolving MTSS.

Acute symptoms are usually well managed with RICE treatments, topical NSAIDs and other conservative interventions including massage, acupuncture, dry needling and stretching. Cross training is an important part of rehabilitation, because relief will only be achieved with rest from aggravating activities. Long-term management should include strength training for Tibialis Posterior and other flexor muscles, gait and footwear assessment to address potential biomechanical factors, and a controlled return to running. If left untreated, MTSS can progress to more sinister injuries like bone stress or stress fracture.



Tendinopathy is a chronic injury presentation, often caused by overuse. Full or partial tendon rupture can result from untreated tendinopathy or acute trauma. Both spontaneous rupture and chronic injury cause tendon weakness and dysfunction, which over time leads to a significantly pronated foot type. Poorly managed Tibialis Posterior injuries can result in permanent dysfunction and foot deformity, a condition termed Adult Acquired Flat Foot.

Acute management of tendon injuries requires simple RICE (rest, ice, compression, elevation) treatments, with a focus on load/training management. Footwear and orthotics can be beneficial throughout rehabilitation to address

stiffness that warms up during exercise but worsens with fatigue and after periods of inactivity. Tendinopathy is more prevalent amongst pronated and more flexible foot types where the muscle is under increased stress to maintain medial arch height and prevent excessive pronation during gait. However, protective over-activation of tibialis posterior (to supinate the foot in compensation for other injuries) can also cause tightness and overuse. Tendinopathy at the insertion is often associated with an enlarged or accessory navicular tuberosity (os tibiale externum).



The Tibialis Posterior muscle is found deep to the calf muscles within the posterior compartment of the lower leg. It is contained within fascia against the interosseous membrane connecting the tibia and fibula. The tendon becomes superficial in the distal part of the leg and runs along the medial shaft of the tibia (inside of leg), then passes behind the medial malleoli (inside ankle) and attaches to the navicular tuberosity and other bones within the midfoot. Refer to the diagram for a visual understanding.

Tibialis Posterior is responsible for plantar flexion and inversion of the foot and ankle (moving the foot down and towards the body's midline). It elicits these actions to support the medial longitudinal arch (inside arch) of the foot and functions to control the rate of pronation (rolling in) during walking and running gait.

Injury to Tibialis Posterior can affect the muscle belly or the tendon, with pain most commonly felt in the distal leg, medial ankle or medial foot. Tibialis Posterior overload and injury is also closely linked to Medial Tibial Stress Syndrome (MTSS), an overuse injury suffered by many runners and broadly termed 'shin splints'.

Tendinopathy

Tibialis Posterior Tendinopathy is characterized by medial ankle pain (posterior and inferior to the medial malleolus), or pain at the navicular tuberosity. Onset is often insidious, and sufferers usually describe pain and

Anterior knee pain

Doug James - Physiotherapist and Podiatrist
at the Intraining running injury clinic

It has been more recently shown that running can in fact be quite good for your knees. Regular running can help to keep the supporting muscles, tendons and cartilage in the knee strong, and as part of a balanced approach (including diet), help to maintain a healthy body weight and composition. Unfortunately injuries to the knee joint can and do arise due to running - to the point where an injury has been named in its honour: 'Runner's Knee'.

Common knee injuries

'Runner's Knee' (Patello-Femoral Pain Syndrome) is an injury commonly seen in runners. It usually begins as an ache under the patella (knee cap) during and after running as the cartilage lining becomes irritated. If left untreated, it can progress to more severe pain as the cartilage softens and wears down. This can have long term ramifications and should be addressed promptly.

Patella and Quadriceps Tendinitis

(felt below and above the patella respectively). These injuries are usually felt as the quadriceps (thigh) muscles contract on foot impact. Depending on the severity, pain and stiffness may decrease during a run, however it can worsen as the injury progresses and can be particularly uncomfortable the morning after a run. Running downhill, or too many plyometric (jumping/bouncing) exercises can also exacerbate this condition.

ITB Syndrome is usually felt on the outside of the knee- initially as a discomfort late in a run, but can rapidly progress to an unbearably sharp pain coming on only a few minutes into a run. This is a particularly frustrating injury as it often strikes as training peaks before an event.

Pes Anserine Bursitis is a painful injury felt just below the knee on the inside part of the front of the shin. The bursitis is a swelling at the attachment point of 3 tendons from muscles that help move the knee. Usually felt as a bruised sensation, more severe cases can feel quite sharp and painful.

Causes

Contrary to popular belief, impact from foot strike isn't a major cause of injury. Instead, many running-related knee injuries have more to do with the amount of training undertaken, and anatomical factors. In the aforementioned injuries, over training, or rapidly increasing training load is a common factor seen in many athletes. 'Anatomical factors' covers a wide range of potential faults, however tight hip flexor and hamstring muscles, coupled with weak gluteal (buttock) muscles are risk factors in the knee injuries listed. Other variables such as footwear (particularly if the shoes are worn out), and gait (overstriding / heel striking) can play a part in injury onset.

Treatment

While these injuries occur in distinctly different locations and often have different causes, initial treatment is similar. 'RICE' treatment of Rest, Ice, Compression and Elevation can be useful in managing the knee pain symptoms. As the knee symptoms begin to settle, a thorough analysis to identify the likely causes of injury is important. Knee injuries usually develop for a reason and unless the causative factors are addressed, injuries are likely to persist.

The Podiatry and Physiotherapy team at Intraining running injury clinic are experts in dealing with running knee injuries and aim to get you back running pain free as quickly as possible.



'Difficulty balancing and squatting on one leg can be a sign of weak glutes which is a risk for knee injuries'.

PILATES CLASSES

33 Park Road,
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Tues	6pm
Wed	12pm
Fri	12pm
Sat	9am

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KNOW YOUR FOOTWEAR

By Emily Donker
Podiatrist at the Intraining
running injury clinic

Understanding the Footwear Matrix

With so many shoes on the market, it's no surprise that people get overwhelmed trying to find their perfect shoe. Our footwear matrix categorises the shoes we stock, based primarily on their material composition (how supportive and flexible they are). The footwear matrix is a great resource, but it's not fool proof. Some runners may be suited to a wide range of shoes, and these may fall into one category or span across multiple different categories. For various reasons relating to their anatomy, biomechanics or gait pattern, other runners are restricted to less choice.

Many factors including the last (shape), heel pitch, stack height, toe spring, weight and heel bevel (angle) will influence function and suitability to different runners. At Intraining Running Centre we offer a comprehensive fitting process. We encourage our customers to run in the shoes throughout the fitting, prior to making their purchase. You can know everything there is to know about a shoe, but only by running in them will you truly feel how they function with your own gait. Running should feel smooth and natural, and should be quiet at strike and forefoot contact.

Stability shoes are designed to 'support' the foot and reduce the amount of foot pronation (rolling in) that occurs during gait. Pronation is the body's natural mechanism for deferring shock. Biomechanics and gait differ significantly between individuals, and not everyone needs a stability shoe. As with all good things, too much or too little pronation can be detrimental and increase injury risk, so it's important to get shoes that offer the right amount of stability to suit your gait.

Stability shoes provide their support via firmer/higher density materials in the medial column (inside arch of the shoes) to contrast the rest of the midsole. Stability does not correlate to the arch height felt within a shoe. Some shoes offer support through the rearfoot, and others through the midfoot. In most cases, shoes offering rearfoot stability are more supportive than those with midfoot stability, but shoes within the **Moderate Stability** category may encompass both these designs. The most suitable positioning of support will be different for everyone. A select couple of shoes – the Nike Odyssey and Mizuno Paradox offer more rigidity and stability in the forefoot, and are therefore considered to be more stable than other options.

Stability shoes are generally heavier than their neutral counterparts due to the materials used within the midsole to provide support. The positioning of support heel pitch, in combination with the last (shape) and width of shoes can significantly influence how rigid and stable a shoe is.

Mild stability shoes offer a lesser degree of stability and provide a good 'light-weight' option for people who require support.

Neutral shoes offer a midsole constructed of the same density of materials throughout, and are designed for runners with a more stable and rigid gait pattern. Neutral shoes can be inherently stable or structured, without having additional support built into them. Material composition, last (shape) and design of the outsole and midsole can all significantly influence flexibility. Shoes are more commonly being designed with a filled-in base and full contact outsole, which provides increased ground contact and more rigidity. More structured neutral shoes will typically be more rigid and therefore provide more support and resistance to movement. Conversely, more flexible shoes are less stable. Referring to the Footwear Matrix, a **Firm Neutral** shoe will be more stable than a **Flexible Neutral** shoe. For some people a firm neutral shoe will function similarly to a mild or moderate stability shoe by offering more structured rigidity through the midfoot.

Flexibility can be considered on a spectrum from rigid/stiff through to flexible. Generally speaking, flexible feet should be paired with firmer, more rigid shoes, and visa versa. Flexible shoes provide rigid feet the opportunity to move and adapt as much as they can within the shoes, whereas flexible feet are given more guidance and stability in a firmer shoe.



When looking for your ideal shoe, stability and flexibility should be considered primarily, with consideration also made for various other factors. Having your shoes fitted at a specialty running store such as **Intraining Running Centre** will help you to gain a better understanding of your running gait and the most suitable style of shoe.

Footwear MATRIX

intraining shoe brands



MODERATE STABILITY

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

FLEXIBLE NEUTRAL

Asics Cumulus
Brooks Ghost
Brooks Launch
Brooks Pure Flow
Hoka Clifton
Hoka Huka
Mizuno Rider
Mizuno Sayonara
New Balance 880
New Balance Pace
New Balance Rush
New Balance Zante
Nike Lunar Tempo
Nike Pegasus
Nike Zoom Elite
Nike Free Motion
Nike Free Run Distance
Nike Free Run Flyknit
Nike Free Run Motion
Nike Free Run
Saucony Ride



MILD STABILITY

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



RACER TRAINERS

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



KID'S TRAINING

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



FIRM NEUTRAL

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



RACING FLATS

Asics DS Racer – 224g – 11mm
Brooks T7 Racer – 190g – 12mm
Brooks Racer ST – 258g – 12mm
Mizuno HitoGami – 200g – 9mm
Nike Lunar Racer – 188g – 7mm
Nike Flyknit Racer – 184g – 10mm
Nike Zoom Streak – 190g – 10mm
Saucony Kinvara – 228g – 4mm
Saucony Grid Type A6 – 172g – 4mm

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

TRAIL

Asics Fuji Lyte
Brooks Cascadia
Brooks Pure Grit
Hoka Mafate Speed
Hoka Speedgoat
Hoka Stinson ATR
Mizuno Hayate
Mizuno Kazan
Nike Terra Kiger



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

WAFFLES & KIDS RACING

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



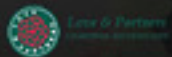
Sunshine Coast MARATHON & community run festival

42.2km / 21.1km / 10km / 5km / 2km



Individual or Team Entry
21st August 2016

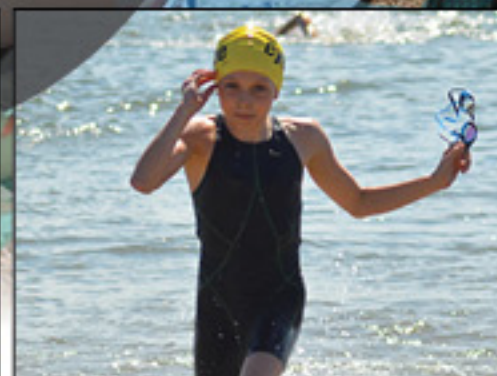
sunshinecoastmarathon.com.au f t i



EVENT ORGANISER ATLAS OUTDOORS

Active Kids, Niggles and Injuries

By Margot Manning
podiatrist, kids & adult running coach, runner



WHEN TO TREAT AND HOW TO MANAGE THEM

Sport is in full swing for our kids at the moment, with most playing more than one sport or doing multiple sessions of activity a week. As well as these formal sport commitments, primary school children in particular are likely to be doing more running games or sport during their lunch breaks. Secondary school students may not have the same lunchtime physical activity, but they are often commuting in school shoes while carrying heavy bags. Due to the expense of shoes and rapidly growing feet, their school sport shoe often doubles as their running shoe. From mid primary to late high school, it is not uncommon for children to start complaining of pain in their heels, knees and even hips. This usually occurs more for children between the ages of 8 and 13 when there is a combination of growth spurts with high levels of activity.

Pain itself is a difficult concept for children to understand. Often they are too busy dodging, catching balls, and racing for try lines that they don't notice their sore heel or knee until they stop. When the pain stops, it is easily forgotten until after the next game or race. It may not be for some weeks until they recognise that they have a problem, and by this time the niggles have become an injury. The dilemma for parents is knowing when to seek help with treatment and how to manage the pain, particularly once it has become more consistent and the child affected just does not stop. Following are some tips to help you make these decisions to treat easier.

Pain, complaint or injury

A general rule of thumb is that if the complaints last for more than 2 weeks, then it is time to have this checked. Visible physical symptoms may include limping, toe walking, and swelling or redness. To start, you should reduce or stop activity for a few days to a week and ice the affected area. If the pain returns once activity resumes, then the injury needs to be addressed further, and other contributing factors considered. It is important also to realise that children do not always just have growth related injuries. The more active child can develop the same injuries as adults. If the pain is severe; where it is painful with a light touch or when moving or walking, then it should be examined right away.

Worn out footwear

This is the perfect time of the year to reassess all your children's shoes. Most children will have had their shoes for six months, and most of their shoes will be well worn. The shoes may still fit, but the cushioning will have become soft, there is likely to be scuffing along the edges of the cushioning, and in some cases even peeling of the outsole or of the cushioning away from the other parts of the shoe. Many of the children will also be wearing the same shoe for school as they do for all their sports. Good quality shoes for children who are active are not going to last them six months. Even good quality adult shoes that are used for every day use and running will barely make six months. Changing shoes before they are trashed can often prevent a niggle from becoming an injury.

The anatomy & biomechanics of a child

Children grow at different rates, and even some parts of their body will lengthen before the same bone on the opposite side does.

This creates a mismatch in the tension of the muscles and tendons onto the bones causing pain. Their running gait and form can also be inconsistent with each step. Clumsiness in gait, unusual posture and bony changes at their feet or knees are signs of something more unusual, and should be assessed more closely. Specific exercises, well fitted shoes, and sometimes orthotics or in-shoe modifications are needed for a period of time to manage and treat these issues in an effort to alleviate pain.

To keep on playing or to stop

In most cases with injuries and growth related pain, reducing the level of activity is necessary. Initially this may be a few sessions or games, but if the pain continues, then the amount of play will need to either be reduced to a minimum, a change in sport required, or in worse cases stopped altogether. You should have further investigations with imaging such as an MRI, xrays, or an ultra-sound, before making a decision to miss or attend a major competition.

It is impossible to keep up with children's complaints when life is so busy. You also do not want to become obsessive or excessively attentive. However, it is important to be aware and know when to act when there is ongoing pain and discomfort. There is no harm and nothing wrong in seeking treatment and both the parents and the child ultimately become more informed in knowing how to manage future niggles and injuries.

Intraining Running Injury Clinic has a team of podiatrists and physiotherapist who specialise in treating sporting and biomechanical injuries for both children and adults. They have an extensive understanding of different injuries and how to manage these.

JULY

Sat 2	Gold Coast Airport Marathon	www.goldcoastmarathon.com.au
Sat 2	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 2	Queensland Running X-County, Toowoong	www.queenslandrunning.com.au
Sat 9	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 9	Sunshine Coast Run Series - Race 4	www.sunshinecoastseries.com.au
Sat 9	Queensland Running X-County, Chermide	www.queenslandrunning.com.au
Sun 10	Somerset Rail Trail Fun Run 8.3km Lowwood	www.railtrailfunrun.com.au
Sun 10	BRRC 3 Person Criticism West End	www.brisbaneroadrunners.org
16-17	Kokoda Challenge 99km Gold Coast	www.kokodachallengeevents.com
Sat 16	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 16	Queensland Running X-County	www.queenslandrunning.com.au
Sun 17	Run Townsville 12km and 8km	townsville.runaustralia.com.au
Sun 17	Color Run - Gold Coast - 5km	www.thecolorrun.com.au
Sun 17	Airline Beach Running Festival 21km, 10km Airline Beach	www.runatirle.com.au
Sun 17	Jetty 2 Jetty 12.1km, 10km & 5km Woody Point	www.j2j.com.au
Sat 23	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 23	Queensland Running X-County	www.queenslandrunning.com.au
Sun 24	Stadium Stomp The GABBA 5000 stairs	www.stadiumstomp.com/GABBA
Sun 24	Royal Run for Research 8km Run	www.rfrfoundation.com.au
Sun 24	BRRC 5km, 10km, 15km, 20km club champs West End	www.brisbaneroadrunners.org
Sun 24	Pomona King of the Mountain Pomona	www.kingofthemountain.com.au
Sat 30	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 30	Queensland Running X-County	www.queenslandrunning.com.au
Sun 31	Park 2 Park 21km, 10km & 5km Ipswich	www.park2park.com.au

AUGUST

Sat 6	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 6	Queensland Running X-County, Mitchellton	www.queenslandrunning.com.au
Sun 7	Brisbane Marathon Festival 25th Anniversary	www.brisbanemarathon.com
	42.2km Brisbane City Marathon	6am Start
	21.1km Brisbane Half Marathon	6am Start
	10km Brisbane Run	6.30am Start
	5km Brisbane Run/Walk	10am Start
	2.2km Kids Mini-Marathon	10.15am Start
Sun 7	Yeppoon Triathlon 1.5/40/10	http://yeppoontriathlonfestival.com.au
Sun 7	Townsville Running Festival	http://townsvillerunningfestival.com
Sun 7	Cane 2 Coral 15km & 8km Run Run	www.cane2coral.com.au
Sun 7	TQ Duathlon Champs 10/40/5 Springfield	www.stateseries.com.au
Sat 13	parkrun 5km - Australia wide	www.parkrun.com.au
Sun 14	Zoo Run Sea World - Gold Coast	www.zoo.com.au
Sun 14	BRRC 5km - 15km West End	www.brisbaneroadrunners.org
Sun 14	Riverina Ultra Marathon Brisbane	www.riverina100.com.au
Sun 14	Bolanle to Bridge 8km & 3km Gladstone	www.bolanletobridge.com.au
Sun 14	TLC Fun Run 10km & 5km North Lakes	www.tlcfunrun.org.au
Sat 20	parkrun 5km - Australia wide	www.parkrun.com.au
Sun 21	Townsville Triathlon Festival 1.5/40/10 Townsville	www.townsvilletriathlonfestival.org.au
Sun 21	Sunshine Coast Marathon	www.sunshinecoastmarathon.com.au
20-21	Rainbow Beach Triathlon 750/20/5 Rainbow Beach	www.rainbowbeachtriathlon.com.au
Sat 27	parkrun 5km - Australia wide	www.parkrun.com.au
Sun 28	Sunday Mail Bridge to Brisbane 5km & 10km	www.bridgetobrisbane.com.au
Sun 28	Airline Beach Triathlon 750/20/50	www.whitesundaytriclub.com

SEPTEMBER

Sat 3	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 4	BRRC 10mile Champs & 5mile West End	www.brisbaneroadrunners.org
Sun 4	Sunshine Coast Ironman 70.3	www.ironman.com.au
Sun 4	Colts Harbour Running Festival	www.villagesports.com.au
Sat 10	parkrun 5km - Various Locations	www.parkrun.com.au
Sat 17	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 18	BRRC 5km & 10km West End	www.brisbaneroadrunners.org
Sat 24	Twilight Bay Run - Wynnum Foreshore	www.twilightbayrun.com.au
	Twilight Bay 5km Run/Walk	4:00pm Start
	Twilight Bay 1km Active Kids Run	4:45pm Start
	Twilight Bay 10km Run	5:00pm Start
	Twilight Bay Half Marathon	5:00pm Start
Sat 24	parkrun 5km - Various Locations	www.parkrun.com.au

GIVE IT A GO!

BEGINNER TRAINING GROUPS:

Milton, Chermide, Indooroopilly
Night Flyers (Thursday)

see the website for
more details:

www.intraining.com.au

OCTOBER

Sat 1	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 2	Brisbane Road Runners 15km Champs, 5km and 10km	www.brisbaneroadrunners.org
Sun 2	Triathlon Pink - Gold Coast	www.triathlorpink.com.au
Sun 2	Capricorn Coast Running Festival 21km, 10km, 5km	www.capocorun.com
Sat 8	Sandgate Sunset Run	www.sandgatesunsetrun.com.au
Sat 8	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 9	QTS Triathlon Series Race 2	www.qdtrseries.com.au
Sun 16	Bowen Triathlon 750/20/5	www.whitesundaytriclub.com
Sun 16	Brisbane Road Runners 3 x 4.5km Relay	www.brisbaneroadrunners.org
Sat 15	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 16	Brisbane to Gold Coast Cycle Challenge	http://b2gc.bq.org.au
Sun 16	Bribie Triathlon - Race 1 - 750/20/5	www.bribietri.com
Sat 22	parkrun 5km - Various Locations	www.parkrun.com.au
Sat 29	parkrun 5km - Various Locations	www.parkrun.com.au
Sat 29	Asics Noosa 5km Bolt	www.ironman.com
Sun 30	Brisbane Road Runners 5km and 10km	www.brisbaneroadrunners.org
Sun 30	Noosa Triathlon 1.5/40/10	www.ironman.com
TBC	The Color Run - Sunshine Coast	thecolorrun.com.au

NOVEMBER

Thu 3	Intraining Nike 1500m Classic - UQ	www.uqsport.com.au
Sat 5	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 6	Great Barrier Reef Marathon Festival	greatbarrierreefmarathon.com.au
Sat 12	Hamilton Island Triathlon 750/20/5	www.hamiltonisland.com.au
Sat 12	parkrun 5km - Various Locations	www.parkrun.com.au
Sat 12	Run for Life 5km and 10km, Springfield Lakes	www.runforlife.org.au
Sun 13	Hervey Bay 100 Triathlon 2/80/18	hb100.herveybaytriclub.org.au
Sun 13	QTS Triathlon Series Race 3	www.qdtrseries.com.au
Sun 13	Brisbane Road Runners 5km and 10km Handicap	www.brisbaneroadrunners.org
Sun 13	Endeavour 500km Road Running Relay	teamendavour.endeavour.com.au
Sat 19	parkrun 5km - Various Locations	www.parkrun.com.au
Sat 19	Tour de Tamborine 15km and 8.5km Trail Run	www.tourdeltamborine.com.au
Sun 20	Tour de Tamborine Half Marathon, 10km and 5km	www.tourdeltamborine.com.au
Sat 26	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 27	Kingscliff Triathlon 1.5/40/10	www.kingsclifftri.com.au
Sun 27	Bribie Island Triathlon - 1/29/8	www.bribietri.com
Sun 27	Brisbane Road Runners 5km Champs, 10km and 2km	www.brisbaneroadrunners.org

DECEMBER

Sat 3	parkrun 5km - Various Locations	www.parkrun.com.au
Sat 10	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 11	QTS Triathlon Series Race 4	www.qdtrseries.com.au
Sun 11	Kurrawa to Durambah 25km & 50km	www.kurrawa2durambah.com
Sun 11	Brisbane Road Runners Dash & Splash 5km/100m	www.brisbaneroadrunners.org
Sat 17	parkrun 5km - Various Locations	www.parkrun.com.au
Sat 24	parkrun 5km - Various Locations	www.parkrun.com.au

Brisbane MARATHON Festival

HOW WILL YOU DO IT?

CELEBRATE 25 YEARS

7TH AUGUST 2016

www.brisbanemarathon.com

Twilight BAY RUN WYNNUM 2016

Run under the moon and stars

SEPTEMBER 24 2016

FREE Singlet or towel

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Somerset RAIL TRAIL FUN RUN

Sunday, 10 July 2016

Fernvale to Lowwood

Register at railtrailfunrun.com.au

active lifestyle

Sunshine Coast MARATHON & community run festival

21st August 2016

Individual or Team Entry

42.2km / 21.1km / 10km / 5km / 2km

www.sunshinecoastmarathon.com.au

intraining

Running injury you can't get away from? **WE CAN HELP**

Ph: 3367 3088 | clinic@intraining.com.au | www.intraining.com.au

Call or email to book an appointment

Injury is **NOT** the end of running

Injury is an unfortunate part of running. At least 60% of runners have an injury each year that makes them stop running for more than a week. This rate of injury has not changed over the years despite improvements in sports medicine, running shoes and research on training theory. People just keep on training harder until they get injured.

What has improved is the treatment protocols for injuries. That means you will be able to get back to running quicker and have a reduced risk of getting the same injury again. The relative importance of proprioception and control has increased while the significance of base strength and flexibility for runners has changed completely.

One thing that has changed significantly is the understanding of the importance of activity for injury recovery. In the past runners were told by their GP to stop running whenever an injury occurred. There are still injuries that require a break from running like stress fractures and sprains however there are many other injuries that require you to do controlled running for them to heal quicker and better.

So if you have an injury that stops you running what is the best course of action? Initially it should be self treatment with Rest, Ice, Compression and Elevation. You should avoid Stretching, Massage and Heat for the first 3 days. If the injury is severe enough to cause you to limp, has bruising or significant swelling or keeps you awake at night you should have it checked immediately. If it has not become better with self treatment within 1 to 2 weeks then you need to have it seen by a running health provider.

intraining running injury clinic

Why the intraining Running Injury Clinic should be the first place you have your injuries treated.

• We are runners

All the clinicians at the intraining Running Injury Clinic are experienced runners themselves. That means they not only understand what you are going through but they have personally experienced many of the injuries as well. This gives them a unique perspective on getting you back to running ASAP.

• We are coaches

Our clinicians regularly coach a variety of training sessions for our club. The main cause of running injuries are training errors. We have collectively coached thousands of runners over the years at training sessions and with programs. Our experience helps us identify the role that your training has had in causing the injury and also gives us the ability to create a rehab training program to get you safely back to where you were before you were injured.

• We understand footwear

No other clinic has direct access to such a wide range of running shoes. As part of our initial diagnosis we examine your old shoes and watch you running barefoot and in your shoes. Treatment can then include a footwear consult to find the best shoe to suit you. In many cases running shoes just need to be modified or replaced so that orthotics are not needed. All our podiatrists have years of footwear experience working in our shop before becoming clinicians.

• Multidisciplinary clinic

We work together to make sure that you get the best possible injury advice. We can call on Podiatry, Physiotherapy, Dietitian and running knowledge to give you a complete treatment plan when needed. We meet weekly to teach each other and keep up to date on the latest research and treatment plans. We often will get a second opinion from one of the other practitioners while you are still in the clinic.

• We treat the runner (not just the injury)

At the intraining Running Injury Clinic we focus on the cause of your injury not just your symptoms. Our goal is to get you back running as soon as possible but also to reduce the risk of any future injuries. We know how much running means to you and we love it too. That makes us as motivated to fix your injury as you are to get better.



PHYSIOTHERAPY



PODIATRY



DIETITIAN



MASSAGE



Book online: www.intraining.com.au/appointment/
or call: 07 3367 3088

33 Park Road Milton & Indooroopilly Shopping Centre



WANT TO START RUNNING?

Join intraining's successful Couch to 10km program

Supportive coaches, friendly runners,
and a plan to help you succeed.

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3367 3088

or

coaching@intraining.com.au

Twilight BAY RUN WYNNUM 2016

SEPTEMBER
24
2016



Run under the moon and stars

21.1
KM

10
KM

5
KM

1
KM

PRESENTED BY **intraining**
the running community clinic

www.twilightbayrun.com.au

by liz lowering



Think steaming hot porridge topped with berries, homemade vegetable soup with legumes or barley, casseroles made with lean meat and vegetables, baked fruit with low fat yoghurt, or hot chocolate made with a quality cocoa powder. When it comes to casseroles, the good thing about this kind of cooking is that dishes can be put together relatively quickly, and then popped in a slow cooker or the oven and be cooking while you're out for a run. Casseroles need not be heavy and, with the right ingredients and side dishes, can be a balanced meal that the whole family can enjoy whilst providing the runner with the nutrients they require too.

Liz Lovering,
Sports dietitian, chef, runner and coach

Winter is cold and flu season, and so keeping a healthy immune system is particularly important for runners in the cooler months. Although we often reach for comfort foods when it's cold and wet outside, that doesn't mean our food choices have to be less nutritious. Yes, we need to ensure we have adequate carbohydrate for energy, and protein for recovery, but it's important not to underestimate the importance of the whole diet, which should always include plenty of fresh fruit and vegetables. Fruit and vegetables contain a good mix of antioxidants which is important for a healthy immune system. Zinc is also known to play a central role and can be found in a variety of foods such as oysters, meats, eggs, whole grains, nuts, and pumpkin seeds. Some foods may be known as having certain properties e.g. garlic for colds (due to a compound called allicin). Rather than focus on one food, if we eat a wide range of foods including different fruit and vegetables in a range of colours, this will provide us with the best mix of nutrients and antioxidants.



Ingredients

Serves 4-6
 500g lean pork e.g. leg, cut into bite sized pieces
 2 tablespoons plain flour
 2 tablespoons olive oil
 1 clove garlic, crushed
 1 large brown onion, chopped
 1 large leek, sliced
 1 large carrot, cut into batons
 1 large parsnip, cut into batons
 2 tablespoons wholegrain mustard
 2 tablespoons fresh sage leaves, roughly chopped
 500ml chicken stock
 2 large apples e.g. Pink Lady, cored and cut into four wedges
 Ground black pepper to taste
 Steamed greens to serve e.g. kale

Method:

Pre-heat oven to 150 C. Toss the pork in the flour*. Heat a little of the olive oil in a 3L (12-cup) capacity flameproof, ovenproof casserole dish over medium-high flame. Add the pork in batches and brown. Transfer to a plate. Repeat with the remaining pork. Using the same dish add the garlic and onion and sauté for a couple of minutes, then add the leek, carrot, parsnip, mustard, sage and stock. Return the pork and bring to a simmer, top with the apples, place on the lid and put in the pre-heated oven for around 1 ½ hours or until the pork is tender. Note- the apples will break up providing a hint of sweetness to the dish. Add fresh black pepper to taste and serve with some steamed greens.

Tips and Serving Suggestions

* Tip - place flour and pork 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 ovenproof casserole dish. To increase the carbohydrate content serve with mashed sweet potato.

Nutrition

This dish provides a good mix of protein and carbohydrate. Each serve (4 serves per recipe) contains approximately 30g protein, 30g carbohydrate, 12g fat, 5.5g fibre and 1500kJ (360 Calories).



Elastic laces and their advantages

Let's "knot" forget elastic laces are a triathlete's best friend. Getting off the bike and onto the run can be done seamlessly, within seconds. The foot slides straight into the shoe like a slipper, and the fit is secured with one pull. However, you don't need to be a triathlete to use elastic laces. Due to their ease of fit, they are perfect for kids. They are problem solvers for those who find their laces undo even though they have tied a trillion knots, and also for feet which swell throughout the day as the elasticity allows for gradual expansion.

Here at intraining we stock two great options - ibungee and yanizk. The ibungee are the typical elastic lace design with the single-fastening point. The yanizk are a little more advanced, with two possible points for fastening, providing a more custom fit. Both options come in various standard and funky colours.

Even if elastic laces are not for you, here are some tricks to alter your standard laces to improve the fit:



NARROW FOOT:

The "heel lock" can reduce heel slippage in those narrow foot types.

— WIDE FOOT:

Lacing the shoe as shown can allow for extra width and height expansion in those wider foot types.

Nathan

Time to start your running journey.

The Garmin Forerunner 25 is the ideal entry-level GPS watch for anyone new to running. It is easy to use and one of the best value models around, priced from only \$219.95.

The watch is packed with features designed to encourage you along the way and improve your running performance – virtual pacer tells you how far ahead or behind a specific pace you are, there are time/distance alerts when you reach your goals plus auto lap and auto pause.

You'll be able to track your pace, distance, heart rate and calories, while sharing your progress with family and friends via Garmin Connect.

It has a clear display, smartphone bluetooth connectivity and plenty of battery life; approximately 8 hours in GPS mode, and 8 weeks when used as a standard lifestyle tracking device.

You can pick up the fabulous FR 25 at intraining, we have the entire colour and size range... and plenty of helpful tips to get you started!

James

Funix is the new black

Girls, you know how you have that one party dress that you love to wear ... It's comfy but still looks totally awesome, and every time you wear it people comment? Positive comments of course! Now there are running tights that are just like that - they feel good, they look fantastic, and they're colourful and fun. They aren't boring old black.

Not that there's anything wrong with black. But why not liven up your run with some Run Amok gear. There are around 20 different fabrics, from Cool Cats to Cupcakes, Paintballs to Piranha Bites, Balloons to Broadway Stars and Hearts, and more. This very groovy gear is made right here in Brisbane.

At intraining we have Girls size 6 to 12 short tights, and Womens XS to L short tights and capris. All sizes/styles are available in any fabric. Come and grab a pair and add some fun to your run.

Toss

PS You can always go totally crazy and team them with a Love 2 Run singlet or tee!!!

intraining
the running store run by runners

Your one stop running shop

33 Park Road, Milton &
Indooroopilly Shopping Centre

Sixty4 Bras

Just like a good pair of running shoes, a quality sports bra is vital, even if you class yourself as a part-time runner. When running, a woman's breasts move up and down, side to side and front to back.

Sixty4 Bras came into being after two friends looked at something they used almost every day and knew they could make it better. These bras are technical, affordable, unique, and have been tested at Flinders Medical Centre in Adelaide.

Features:

- Underwired and wirefree models available
- Suitable if you are breastfeeding or have had a mastectomy
- Adjustable straps
- 4x3 back hook adjustment for improved fit and support

At intraining we stock three styles of Sixty4 Bras suitable for running:
Compression Minimiser - underwired, range of colours
Freedom Wirefree Sports - no underwire
Aqua Bra - underwire, chlorine resistant

Having worn these bras I would definitely recommend them. They are cleverly designed and manufactured with high quality materials to offer fantastic value for money.

Muriel

Forerunner 735xt

The Forerunner 735XT is the latest triathlon based watch from GPS powerhouse Garmin to hit the shelves at intraining. It's very slim and separates itself from the rest of its kind by the fact that it has an inbuilt heart rate monitor (no need for a chest strap).

Features:

- Bluetooth connectivity allowing phone notifications to be sent to your watch
- Support for all of the new Garmin Varia systems
- Access to the Garmin app store
- 14 hour battery life
- Estimated VO2max, race predictor, and recovery advisor
- On screen access to Strava's live Suffer Score

The watch also allows for daily activity tracking, which includes sleep, steps, time spent lazing around, calories burned, and floors climbed. The Forerunner 735XT is the lightest and smallest of the triathlon watches available, making it very easy to wear. Its size means it looks smart enough to use as a day-to-day watch.

Liam

Race Nutrition

Nutrition is too often overlooked by the runner, but to get the most out of your running you should also consider whether you will be using any sports nutrition products during your race.

At intraining we stock over 80 different sports nutrition products from five different companies.

A popular and compact form of sports nutrition for the runner is the carbohydrate gel, available in an incredible range of flavours. We also stock a variety of nutrition for pre, during and post race, including energy and protein bars, electrolyte powders, capsules and effervescent tablets, and protein recovery drinks. If you plan on using sports nutrition products in your race, make sure you practice using them during your training. There is a golden rule when it comes to running, 'Don't try anything new on race day!'. Testing products on the run will make you more aware of how your body responds when under stress.

Come in and have a chat to our knowledgeable staff to see what may work best for you and your running.

Dan

2XU Hypotik Review

Winter is coming, meaning we all have to prepare for those cold, dark and cringe-worthy mornings. I'm sure you all know the ones I'm talking about, but they don't have to be so bad with the new Hypotik Tights from 2XU. The tights are comfy and offer high quality compression (just as comfy as pyjamas, making that wake up call much easier). The Hypotik range of compression offers reflective logos to improve visibility and increase your safety on the road.

Compression is an essential tool that should be used by all athletes, whether you are a beginner or elite, especially during the height of the running season. Compression increases the blood flow for a faster warm up and allows for more oxygen to be carried to the muscle tissue. These tights will reduce swelling and muscle soreness while also protecting them. I can assure you these Hypotik Tights will reduce your risk of injury whilst running and allow you to be much more visible on the roads.

Be seen this winter. The Hypotik range of tights and shorts are available at our Milton store but be prepared, they won't last long!

Ashleigh

Running lights

As someone who balances running with a busy life, I often find myself getting runs in very early in the morning or late in the evening. In winter this can be a dilemma! Running in complete darkness is something I have tried many times (unsuccessfully), so that's why I'm thankful to have been enlightened by a product which changed this forever...

Here at intraining, we have range of different running lights which are made specifically for running and hiking. The 90 lumen (\$44.95) and 160 lumen (\$64.95) options take AAA batteries and can last up to 250 hours. Go for this option if you're running trails and/or need the light to shine very far forward. The 130 lumen (\$119.95) option is USB rechargeable and also takes AAA batteries. It is dearer in price but can last up to 300 hours, so go for this option if you're happy to pay the extra price for the USB rechargeability and extra battery life.

For us runners who like getting out there in the dark, there is a light at the end of the tunnel. Come in and check out these running lights for yourself!

Ben

New Nike Free Outsole

Nike is renowned for innovative design, and once again they've delivered on expectation. They've gone back to the drawing board, conducted extensive research, and developed a brand new outsole pattern for their entire Nike Free range - integrating an auxetic tri-star pattern.

Auxetic materials have a negative Poisson's ratio, so when stretched and strained (as during running gait) they become thicker and more resilient perpendicular to the applied force. The Nike Free has evolved over time, but is still constructed around the principal of offering a supportive and well-cushioned shoe that promotes natural foot motion during gait. The new outsole design provides greater comfort and a smoother run. It has added a new dimension of flexibility that delivers more natural, dynamic movement with every stride and greater responsiveness and feedback from the ground. It also offers improved resilience and durability, and has been used throughout their revamped Free range: the Run, Run Flyknit, Run Motion Flyknit and Run Distance.

The Free Run Distance midsole integrates Nike's revolutionary Lunarlon midsole to provide an incredible synergy of cushioning materials that is lightweight and responsive. The flyknit upper found in the Flyknit and Motion Flyknit models offers strong, single-seam flywire cables to wrap the medial arch and provide a supportive, snug fit. If you're looking for a more cushioned and durable natural motion shoe, check out the fantastic Nike Free range, now available at intraining Running Centre.

Harish

Sixty4 Bras



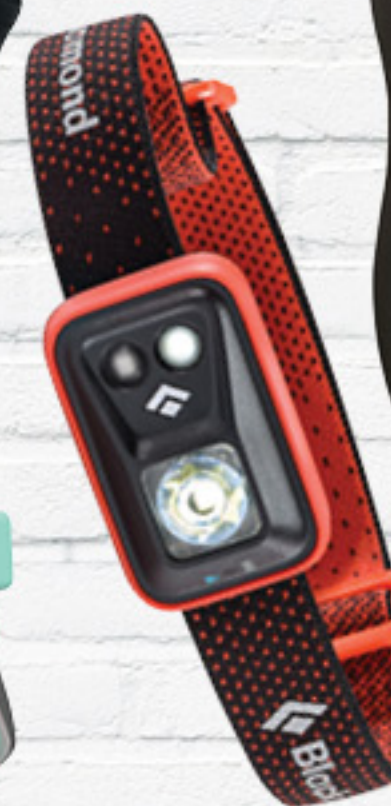
2XU Hypotik Tights



Garmin 735xt



Black Diamond Headlamps



Nike Free Run Motion Flyknit



BEGINNERS GROUPS

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

Monday: 6pm	
• intraining Shop Milton	James
• GJ Walter Park, Cleveland	Liz
Wednesday: 6pm	
• intraining Shop Milton	Gerard
• Chermide, 7th Brigade Park	Sally & John

NIGHT FLYERS

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

Thursdays 7:30pm Paula
Indooroopilly.
Corner Fairley St and Lambert St

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 for upper & lower primary	
Chermide	Sally & John
Toowong	Margot
Thursday upper primary & secondary	
Toowong	Margot & Steve

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	Peter
6pm Milton, intraining Running Centre,	
33 Park Road Milton,	Steve
6:30pm New Farm Park ringroad,	Tracy

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

ADVANCED SPEED

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

Thursday 6am:
UQ 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.

SUNDAY TEEN RUNNING

A casual running group for teenagers who want to improve their fitness and endurance. Goal is to run 5km or further, to sleep in then enjoy an afternoon run, and to provide a supportive, social environment to chill out and run. Adults are welcome to join. Winter start: 4pm Venue varies see intraining training calendar for details

Join online now www.intraining.com.au



FREE BEGINNERS PLANNING WORKSHOPS.

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

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

FREE HEALTHY LIFESTYLE WORKSHOPS

with dietitian & coach, Liz Lovering

Who is it for?: Ideal for beginner runners

When: 1st and 3rd Thursday each month

Time: 6:30-7:00pm

Topics: Nutrition, training & weight management



More information online
www.intraining.com.au/couch210km

JOIN BRISBANE'S FRIENDLIEST RUNNING GROUP

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.

SPEEDWORK - TUESDAYS

5:00am	New Farm Park Emma & Susie New Farm Park ringroad
5:30am	Tennyson Qld Tennis Centre John King Arthur Terrace Yeronga
5:30am	Indooroopilly / Chapel Hill Margot Green Hill Reservoir, Russell Terrace, Chapel Hill
5:30am	Nathan Dan QEII Athletics Track
5:30am	Windsor Sarah Noble St Downey Park
5:30am	UQ at St Lucia Emily Athletics Track Carpark riverend
6:15pm	Springfield Peter Robelle Domain Cafe, Carpark at the end of Education City Dr.
6:15pm	UQ at St Lucia Steve cnr Keith St and Macquarie St
6:15pm	New Farm Park Tracy
& 6pm	New Farm Park ringroad

TRAINING

Running requires a routine with an appropriate combination of hard and easy sessions. Coaches and individualised training programs help provide a plan that explains the training process, provides progression as you improve or work towards specific goals, and suits your lifestyle. Training groups are the platform for more specific sessions, such as long runs and speedwork. Smart training pays off.

COMMUNITY

Your running community is where you will be supported during both the good and not so good running times. You will be in a place where you can talk running endlessly. The club singlet guarantees a cheer.

FOOTWEAR

There is a world of knowledge in a running specialist store. You are guided through a unique process to find a shoe that's best suited to you, to find shoes for different running needs, and you can ask all the questions you like in a place where people love to talk running and answer all sorts of questions. Don't be shy.

Taking on the world of running is a process. There is not a set of instructions to start running that suits everyone, and it is unlikely the runner's high or success will be achieved instantly. Internet searches will give endless amounts of information, and advice will always be given freely from other runners.

Working out what suits you best or even how to start can be a challenge. This will also change over the years as your own goals evolve. To make this process easier, break running into three major elements... training, community and footwear. Each of these are as important as the other, as they impact significantly on how well you manage your training, stay injury free, and keep you motivated to continue at running. Finding compatible people for each of these elements through coaches, clubs, and running specialist stores is the key to achieving your goals sooner, with fewer mistakes that lead to injury, mistaken purchases or stopping running. When you're new to running, or you're stepping up your running distances, you'll find these resources extremely valuable.

CATRIN WAYE AND DONNA BUCKLEY have shared a snippet of their running stories on how they took on the world of running.

Catrin Waye



My decision to start running was because it is the last leg of a triathlon. I had cancer in 2011, and after treatment I needed to improve my health, so I started doing triathlons with intraining. As I hadn't run any great distance since primary school (40+ years ago), this was going to be challenging, and I am not built like a whippet. I was hesitant at first. Turning up to training with 'real' runners was worrying, especially thinking that I wasn't fast enough (my first run was 800m). The coaches were so welcoming and helpful. Those 'real' runners were all so encouraging and supportive. Suddenly these people were cheering me on in a race. The camaraderie is amazing. I think the only person that is harsh on me, is me. What I have learnt is that there is a lot more to running than I thought, and it takes time to get faster. I also found that it is important to have comfortable and well fitted gear. So what changed in me? I put on the singlet and I belonged. I enjoy running and I happily run at my own pace. I get to meet some amazing athletes and many wonderful people. I have run a couple of 10k races now and completed an Olympic distance triathlon. However, a very poignant moment was running trails and coming up behind a group of walkers. The back walker, called 'Runner back'. Wow!... That was me! I have kept up my running. It is fun and keeps me fit to enjoy a much more active life... and most importantly, for the coffee, chat and friends.

Donna Buckley



I started my journey with intraining at the 2016 marathon school launch in January. I only went along that day to support my husband Colin who was telling his running story. After listening to Fleur speak & then Colin, I heard Steve Manning talk about the Couch to 10k program & decided to sign up there & then. My husband was shocked & later told me how proud he was of me. I was so nervous the first training night at Milton, worried I wouldn't be able to keep up with everyone. I had decked myself out in my new intraining singlet thinking "If I look the part, I'll feel the part & also so the coach knew I was part of the group & would not leave me behind". I was wearing my new pristine shoes I had bought the day before at the Milton intraining store. I was amazed at how supportive the intraining staff were with fitting my shoes, and learnt that your shoes shouldn't make a slapping noise whilst pounding the pavement. The shoes felt amazing, like running on clouds, which I had never experienced in runner's before. On that first session, I dragged my teenage daughter along to keep me company, but she was too fast so I plodded along with four great ladies travelling at my snail pace. Four months later these same ladies inspire me & support me at every training night & Sunday long runs from shop. I mainly train at Milton but now feel confident to

run with the New Farm intraining group when I can't make the Milton nights. The experienced New Farm intraining guys welcomed me and encourage me beyond words. This flexibility between sessions is great. My coaches, James, Gerard & Tracy give me great tips on how to run my own race, how to pace myself & not to overthink my big fear of how to breathe whilst I'm running. I have just completed my first 10k at Noosa Ultimate Sports Festival, and the coaching advice kept running through my head to keep me going that day. I was proud to wear my intraining singlet & the support from the intraining tent before the race and whilst I ran past on my way to the finish line was the most amazing experience. Other runners from intraining that I didn't know sang out positive words and high fived me to keep me going during the race. I was euphoric coming over the finish line & was smiling for hours afterwards thinking about how far I had come with intraining from not being able to run the 2 mins on my first night to running 10k. I have now entered for 10k at the Brisbane Running Festival in August & Melbourne in October.

Check this out



Brisbane MARATHON Festival

7TH AUGUST
2016

25TH
ANNIVERSARY



HOW WILL YOU DO IT?



2.2
KM



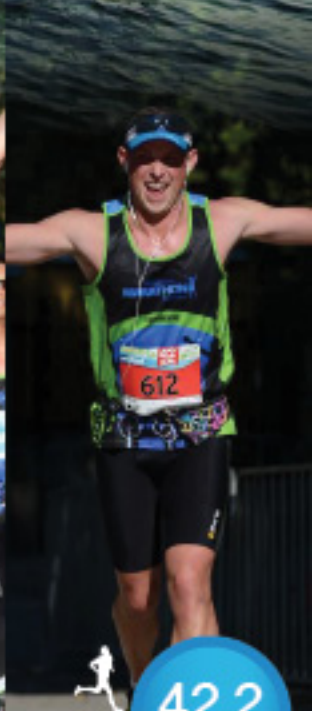
5
KM



10
KM



21.1
KM



42.2
KM

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