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the running store

run by runners

July 2017

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Harder**

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this Winter**

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**MANAGING
*Knee Wiggles***

**DIAGNOSTIC
IMAGING**

**Raising Kids in the
running community**

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Salmon

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RACE ORGANISATION SERVICE
COACHING & TRAINING SESSIONS
RUNNING AND TRIATHLON CLUB

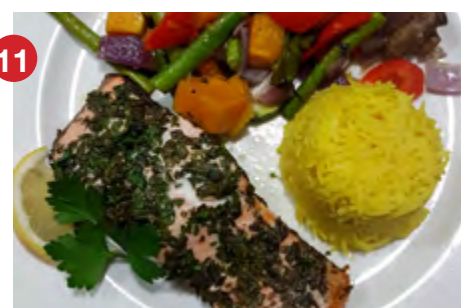
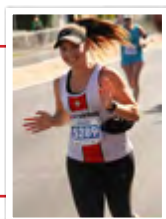
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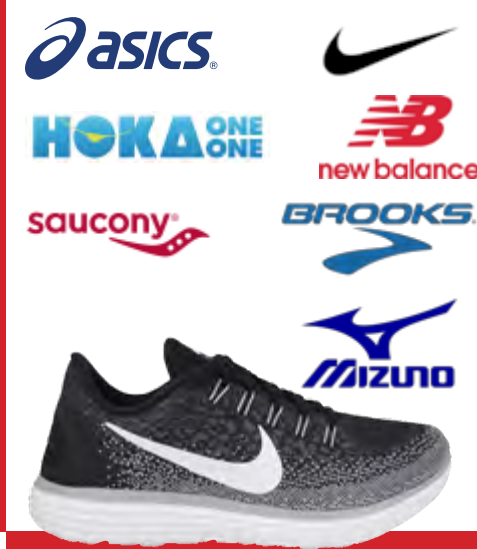
All smiles from club member, Kristen at the Gold Coast Airport Marathon in 2016.



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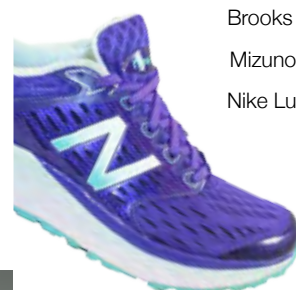
the running store run by runners

Footwear MATRIX



MILD STABILITY

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



FIRM NEUTRAL

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

FLEXIBLE NEUTRAL

Asics Cumulus	Nike Lunar Epic
Asics Pursue	Nike Lunar Tempo
Brooks Ghost	Nike Pegasus
Brooks Launch	Nike Zoom Elite
Brooks Pure Flow	Nike Free Motion
Hoka Clifton	Nike Free Run Distance
Mizuno Rider	Nike Free Run Flyknit
Mizuno Sayonara	Nike Free Run Motion
New Balance 880	Nike Free Run
New Balance 2090	Saucony Freedom
New Balance Pace	Saucony Ride



RACER TRAINERS

Asics DS Trainer	New Balance 2090
Asics Feather Glide	New Balance Pace
Brooks Launch	New Balance Rush
Brooks Pure Flow	New Balance Zante
Brooks Ravenna	Nike Lunar Tempo
Hoka Clifton	Nike Zoom Elite
Mizuno Catalyst	Saucony Freedom
Mizuno Sayonara	

RACING FLATS

Asics DS Racer	Nike Lunar Racer
Brooks Asteria	Nike FlyKnit Racer
Brooks Hyperion	Nike FlyKnit Streak
Hoka Clayton	Nike Zoom Streak
Hoka Tracer	Saucony Kinvara
Mizuno Hitogami	Saucony Type A
New Balance 1500	

TRAIL

Asics Fuji Lyte
Brooks Cascadia
Brooks Pure Grit
Hoka Challenger ATR
Hoka Speed Instinct
Hoka Stinson ATR
Mizuno Daichi
Mizuno Kazan
Mizuno Hayate
Nike Terra Kiger
Saucony Peregrine

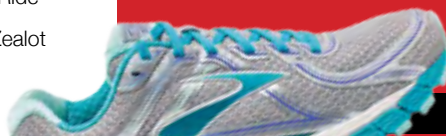


KID'S TRAINING

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

WAFFLES

Asics Firestorm
Asics Forever XC
Nike Zoom Waffle Racer
Saucony Carrera XC Flat
Saucony Shay XC Flat



SPIKES

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

Footwear available in multiple widths

Running at the mouth

NOVA VOODOO MARATHON VIRGINS

By Steve Manning intraining Podiatrist, Coach and Runner

The Brisbane Marathon Festival in 2017 has started a partnership with the NOVA106.9 Radio station. Radio presenter Ashley Bradnam (Voodoo) began marathon running with his wife Jodie and found it helped him while going through some difficult times. This inspired him to start his "Voodoo's Marathon Virgins" to bring his joy of running to the community.

The plan was to invite a group of listeners who have never run a marathon before to give it a go. Some of the 18 people selected in the training group have completed half marathons before but most have had very little experience in running. The intraining Running Centre was brought in to coach the group to their first marathon on only 11 weeks training. Only one in 200 people ever complete a marathon. It is a huge challenge to make the distance and even greater to do it with so little training time. However, marathons are as much a mental as a physical challenge. The 18 Voodoo Marathon Virgins are out to show what is possible with some smart training and great determination.

Join Voodoo and his Nova Voodoo Marathon Virgins at the Brisbane Marathon Festival Free Training 6pm Wednesdays at Milton.

Follow the Brisbane Marathon Training Tips & Nova's Voodoo Marathon Virgins training on the Brisbane Marathon Festival Facebook Page.



JOIN US

Brisbane Marathon Festival August 6 www.brisbanemarathon.com

Free running sessions from the MILTON shop at 6pm every Wednesday.

Novice and experienced program. Suitable for 5kms to marathoners. Ends August 2, 2017.

DIAGNOSTIC IMAGING

By Steve Manning
intraining Podiatrist, Coach and Runner

There are times when it is difficult to make an accurate diagnosis from clinical findings alone. That might be when it is difficult to reproduce the pain or the area of pain is more generalised than localised to a specific area or tissue. When this happens we need to use diagnostic imaging to identify the actual structure which is affected.

The first decision is to decide which type of imaging is best to use to differentiate the possible diagnoses. There are many excellent types of scans with positive and negatives of their use. The suspected injury and type of tissue involved determines the best type of imaging to use.

RADIOGRAPHS:

X-rays are the most common type of imaging used. They are generally bulk billed so are the cheapest form of imaging for the patient. They give the best view of the bones and can also give you an idea of the joint health by showing the joint space and whether it has narrowed or has signs of osteoarthritis like spurring or erosions. Weight bearing x-rays can also identify some structural and biomechanical issues.

X-rays are not very good at showing soft tissue injuries. They rarely show a stress fracture and then only after 2 weeks. Because they are taking a picture through the bone with everything overlapping they can mask the area of interest. Fractures which are in alignment will not show on x-ray for over a week. Because the x-rays come from a point source they are prone to exaggerate features of a large area scanned. For instance they can not identify a leg length difference accurately because of parallax error where a slight rotation of the body can lead to a false positive. They have a small amount of radiation which is a low risk.

CT SCANS:

CT scans are like xrays but they can take a picture of a slice of the bone. That means less overlapping tissue that would mask the area of interest. It then becomes possible to pick up stress fractures or fractures in alignment. A CT scanogram is the gold standard for identifying a leg length difference. It can measure the joint space and the bone length accurate within a millimeter. CT scans can create a 3D image of the bone that can be rotated on the computer.

Because CT scans are like multiple xrays they have a greater risk from radiation exposure. For this reason they are only prescribed by medical doctors. They show some soft tissue signs but poorly.

ULTRASOUND:

Ultrasounds send a wave into the body and read the reflection. They can be tuned to "hear" the reflection of different structures due to the change in the speed of sound in different densities of each tissue. Their main advantage is that it is a form of real-time imaging. Tissues can be moved and compressed while being scanned to see if the problem can be reduced.

They show up superficial areas of inflammation or rupture very well. This is particularly useful to identify superficial tendons and ligaments. Doppler ultrasounds can also identify small blood vessels to see if an injury has new blood vessels that have formed around the damaged tissue. Ultrasounds have no radiation risk and are now bulk billed by podiatrist referral so cheap for the patient.

Ultrasounds have more difficulty identifying deeper tissues particularly if they are masked by bone. The pictures themselves are less important because you are relying on the ultrasonographers impression at the time of the scan. They are very dependent on the operator and the quality of the equipment used.

BONE SCANS:

Bone scans were used in the past to identify stress fractures. It involves injecting radioactive dye and then taking a picture of where the dye goes over time. It is absorbed greater wherever there is higher metabolism of the bone like occurs when there is a fracture or infection of the bone. Bone scans are highly sensitive to picking up issues in the bone. A blood pool phase will be used for stress fractures.

The main drawbacks of a bone scan are the radiation and that an injection is required. The images themselves look like a grey impressionist painting of a snow storm. They do not create images which are able to identify small structures and can not identify soft tissue problems. MRI is much better at identifying soft tissue and smaller structures as well as edema within the bone so are now used over a bone scan in most cases.

MRI:

Magnetic Resonance Imaging is the best type of scan for most musculoskeletal problems. It involves putting the affected area inside a large electro magnet that is turned on an off. At the same time the area is bombarded by radio waves. Water and fat absorb and emit the radio waves at different rates and these are then mapped by receivers to create a highly detailed image of every structure in the body. Different types of MRI scans can be done to

highlight inflammation or anatomy. Like a CT scan, MRI's are able to take a picture of a slice of the body to create a series of images within a few millimeters of each other. These can then be scrolled through to follow structures through the body. The same scans are generated from three directions or planes. MRI's give the practitioner the most information of any imaging with the greatest clarity and sensitivity and of the most different tissue types. They have no radiation and few risks

MRI's cost about \$225 with a podiatry referral. While this makes it a more expensive imaging modality the amount of information available makes it good value. MRI's take a longer time to take and the loudness and enclosed space can be an issue for some people.

If you have a running injury that needs attention or a 'niggle' that appears to be worsening, it may be time you visited the running injury clinicians at the intraining Running Injury Clinic. Our podiatrists and physiotherapists can assist in obtaining appropriate diagnostic imaging for your running injury. Together with these modern imaging techniques, our team can assist in providing you with the appropriate treatment plan to help with your road to recovery. After all, we are all runners, and understand how much you want to get back to your running.

MANAGING Knee Niggles

By Doug James
Physiotherapist and Podiatrist

It's a heartbreaking experience to spend months training for a running event only for an injury to derail your aspirations at the last minute. There are few injuries that are more painful, and likely to negatively impact your running than a knee injury (stress fractures are a notable exception). Unfortunately knee injuries are quite common, and will often strike at the peak of your running training – about the time you are getting ready for a race.

While the ideal treatment for a knee injury may involve some combination of strengthening, stretching, massage, gait retraining, and/or rest, you may not have the luxury of time to implement these things. In such circumstances, it may be possible to provide additional support to the knee to get you through your race (note: it is important to have injuries assessed and properly treated by a qualified health professional. Continuing to run with an injury may result in a worsening of symptoms, and a longer recovery time.)

TAPE OR BRACE?

Choosing to wear tape or a brace depends on the type of injury. For certain injuries such as an ACL rupture or severe osteoarthritis knee braces are essential equipment as they are able to provide a high level of support for the joint (though these injuries shouldn't be run on).

While a lot of improvements have been made to the design of braces over the years, they still tend to be relatively heavy and can become uncomfortably warm when running. By comparison, tape is cheap to buy, and far less heavy, which is advantageous when having to wear it often and over a long distance.

WHICH TYPE OF TAPE?

Tape has two basic categories – rigid or elastic. Rigid tape (usually brown in colour) has been used for many decades to help support joints. While this is particularly useful for stabilising weak ankles, rigid tape may be too restrictive when used on knees. Elastic tape has garnered popularity in recent years, with many different brands now available. Well known examples include Rocktape, and Kinesio tape and strips of these colourful tapes are often conspicuously found on the sporting elite. Elastic tape allows a greater amount of joint flexibility when worn, while not as supportive as a brace, it tends to allow more comfortable and natural movement.

TYPES OF KNEE INJURIES AND HOW TO MANAGE THEM

As stated earlier, have your injury assessed and managed by a suitably qualified health professional (eg Sports Doctor, Physiotherapist or Podiatrist) to avoid making the injury worse. Once you understand what the injury is, you can start to piece together why it happened and take steps to address it.

- **Patello-Femoral Pain Syndrome** – aka Runner's knee: this occurs when the patella (knee cap) moves incorrectly causing the cartilage under the patella and/or on the femur to become painful. This can be caused by weak inner knee muscles (VMO), weak glutes, and/or excessive foot pronation (rolling in). Provided the cartilage isn't too badly irritated, taping can be beneficial. In most instances the patella will sit too far laterally (towards the outside). Using 2 pieces of elastic tape to position the knee cap more medially will often help.

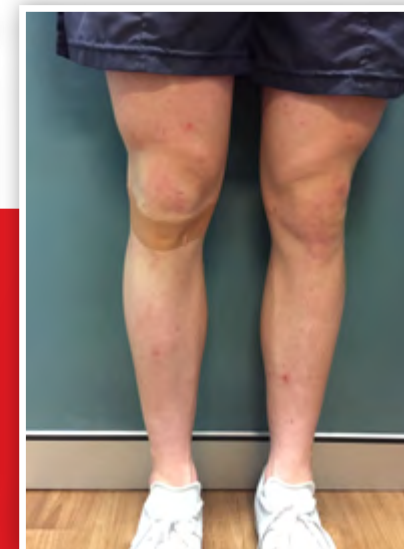
- **Patella Tendinitis** – aka Jumper's knee: the tendon directly below the knee absorbs a lot of impact from running. It can become inflamed from too much (or a sudden increase in) running – especially on hills. Applying rigid tape across the tendon may help to stabilise it and reduce pain in the tendon.
- **Fat Pad Impingement** – pain felt in the soft tissue to the side of the patella tendon may be due to an irritation of the patella fat pad caused by the patella. Use elastic tape to elevate the patella.
- **Ilio-Tibial Band (ITB) Syndrome** – a common and particularly painful injury to the outside of the knee for which tape or braces provide little to no relief.

SUMMARY

While it is preferable to prevent knee injuries, if they do arise at inopportune times, taping may provide sufficient management of symptoms to enable you to reach your running goal. Contact the running experts at the **intraining running injury clinic** for an assessment and plan for how best to deal with injury.



Taping for Patello-Femoral Pain Syndrome.



Taping for patella tendinitis.



Taping for fat pad impingement.

15TH ANNUAL

Somerset

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Sunday, 9 July 2017

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WULKURAKA - FERNVALE

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LOWOOD - FERNVALE

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Raising Kids in the running community

By Margot Manning
intraining Coach, Podiatrist,
Runner and Mum

Never underestimate the influence and help a community can have when raising children. The running community has been invaluable for Steve & me while raising our three children. In particular, as the children have morphed into teens and young adults, I have discovered how powerfully this network of people has positively impacted their lives. The chatter of goals and race stories amongst the runners provide incidental moments that have inspired them and even shown the enjoyment that other people get from running. Our children have developed friendships with runners across generational divides, which has provided role models, support and empowered them to manage difficult moments.

“I run because it's fun... Fun to push yourself and share the experience with your running friends.”
Daniel Manning, 19yrs

THE SUPPORT NETWORK

From when the children were young to their independent young adult stages having a go has always been key to their running self-esteem. I know that if I can persuade them to attempt a fun run, they are guaranteed cheers and nearly always come away smiling and proud of themselves for having a go. The club singlet they wear connects them with the other intraining runners and this increases their sense of belonging. Running events have become a place where my high school graduates have independently connected with a running community, be it intraining or another. This has been particularly valuable for them and a relief for me as a parent observing their typical young adult struggles.

DEVELOPING A RUNNER

Raising kids and teenagers to run with intrinsic motivation takes parenting to a whole new level. Young children will often seek to please their family by willingly joining in with parent sponsored events. Adolescents, however, hold a normal and healthy desire to forge a unique identity by asserting preferences that may or may not include running. A variety of strategies are needed, and usually repeated multiple times in creatively different forms until eventually there can be a breakthrough. At this point, parents need to back off and measure their optimism and enthusiasm and let their child's journey be fostered by the running community. Overt cheers, slaps on the back, friendly race banter, respectful race analysis and encouragement from non-parent support feeds your child's esteem. The effectiveness of this continues to surprise me even with my adult children.

“I love running because I have been brought up in a running community that cares for everybody and who love to be running too.”
Zoe Manning, 15 yrs

LIFE LESSONS

Running teaches many valuable life lessons; goal setting, coping with start line anxieties, learning to lose, managing the thrill of wins, and managing pain to name a few. Understanding the sensation of pain and being able to process this for children is probably one of the hardest. As soon as my kids were old enough to run alone, I found the easiest way to cope with their tears and groans of pain was to give them their own space. This meant either pulling ahead or dropping behind

with just enough distance to still be available, but not close enough to bear the brunt. Being able to do this in a running community with their club singlets on meant they were often distracted by the cheers of their fellow club members. As young adults they have subsequently been able to develop cognitive strategies to employ under physical duress.

“I don't find running extremely easy but this is one of the reasons I love it. It's one of those great things that is challenging and relaxing at the same time. It's completely up to you how you want to use running in your life.”
Brooke Manning, 17 yrs

A BUMPY ROAD

One good run with your child does not guarantee a life time of them. A 7am Parkrun may have been successful one morning, but not for the rest of the month. However, it is this one morning when they experience a connection with a wider community of people who are there simply to run. Our three children have all resisted being involved in events at times in so many different ways, including a request to change their last name. Ultimately, we have had to wait for many years on the sidelines until they have chosen the world of running as part of their own journey. There is not one formula, but there is a strong connection within the running community, that may just be part of the winning formula in the long run.

SHARE MORE TEEN & INTRAINING FAMILY RUNNING EXPERIENCES AT INTRAINING.COM.AU

Find out more!

Visit intraining.com.au for more information about the intraining Running & Triathlon Club and running groups.



JUNE

Sat 3	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 3	Brisbane Cross Country Series, Race 6	http://qldathletics.org.au
Sat 3	Queensland Running X-Country, Chermside	www.queenslandrunning.com.au
Sun 4	BRRC 5km - 30km West End	www.brisbaneroadrunners.org
Sun 4	City 2 South - Brisbane	www.city2south.com.au
Sun 4	Pine Rivers Charity Run	www.pineriverscharityfunrun.org.au
Sun 4	Ring Road Run 10km & 5km Wide Bay	www.ringroadrun.com.au
Sun 4	Coral Coast Triathlon - Cairns 1.5/40/10	www.ironman.com
Sun 4	Mackay Marina Run Half, 8km, 5km Mackay	www.mackaymarinarun.com
Sat 10	Brisbane Cross Country Series, Race 7	http://qldathletics.org.au
Sat 10	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 10	Queensland Running X-Country, Strathpine	www.queenslandrunning.com.au
Sun 11	Ironman 70.3 Cairns 1.9/90/21	www.ironman.com
Sun 11	Ironman Cairns 3.8/180/42.2	www.ironman.com
Sat 17	Brisbane Cross Country Series, Race 8	http://qldathletics.org.au
Sat 17	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 17	Queensland Running X-Country, Sandgate	www.queenslandrunning.com.au
Sat 17	Mt Walker Fun Run 4km Hughenden, QLD	http://porcupinegorgechallenge.com.au
Sun 18	BRRC 5km, 10km, 15km, 20km and 35km West End	www.brisbaneroadrunners.org
Sun 18	Caloundra Foreshore Fun Run 3km & 10km	www.caloundrafunrun.com
Sat 24	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 24	Queensland Running X-Country, Chermside	www.queenslandrunning.com.au

JULY

Sat 1	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 1	Queensland Running X-Country, Bald Hills	www.queenslandrunning.com.au
1-2	Gold Coast Airport Marathon	www.goldcoastmarathon.com.au
Sat 8	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 8	Queensland Running X-Country, Mitchelton	www.queenslandrunning.com.au
Sun 9	BRRC 5km - 15km West End	www.brisbaneroadrunners.org
Sun 9	Somerset Rail Trail Fun Run 8.3km Lowood	www.railtrailfunrun.com.au
Sat 15	Queensland Running X-Country, Strathpine	www.queenslandrunning.com.au
Sat 15	parkrun 5km - Australia wide	www.parkrun.com.au
15-16	Kokoda Challenge 96km Gold Coast	www.kokodachallengeevents.com
Sun 16	Airlie Beach Running Festival 21km & 10km Airlie Beach	www.runairlie.com.au
Sun 16	Jetty 2 Jetty 21km, 10km & 5km Woody Point	www.j2j.com.au
Sat 22	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 22	Queensland Running X-Country, Strathpine	www.queenslandrunning.com.au
Sun 23	Greater Springfield Duathlon 10km/40km/5km	http://springfieldduathlon.com.au/
Sun 23	Riverrun Ultra Marathon Brisbane	www.riverrun100.com.au
Sun 23	BRRC 5km, 10km, 15km & 20km club champs West End	www.brisbaneroadrunners.org
Sun 23	Pomona King of the Mountain Pomona	www.kingofthemountain.com.au
Sat 29	parkrun 5km - Australia wide	www.parkrun.com.au
Sun 30	Stadium Stomp The GABBA 5000 stairs	www.stadiumstomp.com/GABBA
Sun 30	Park2Park 21km, 10km & 5km Ipswich	www.park2park.com.au

AUGUST

Sat 5	parkrun 5km - Australia wide	www.parkrun.com.au
Sun 6	Brisbane Marathon Festival 42.2km Brisbane City Marathon 21.1km Brisbane Half Marathon 10km Brisbane Run 5km Brisbane Run/Walk 2.2km Kids Mini-Marathon	www.brisbanemarathon.com 6am Start 6am Start 6.30am Start 10am Start 10.15am Start
Sun 6	Yeppoon Triathlon 1.5/40/10	http://yeppoontriathlonfestival.com.au
Sun 6	Townsville Running Festival	http://townsvillerunningfestival.com
Sun 6	Cane 2 Coral 15km & 8km Fun Run	www.cane2coral.com.au
Sat 12	parkrun 5km - Australia wide	www.parkrun.com.au
Sun 13	BRRC 5km - 15km West End	www.brisbaneroadrunners.org
Sat 19	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 26	parkrun 5km - Australia wide	www.parkrun.com.au
Sun 20	TLC Fun Run 10km & 5km North Lakes	www.tlcfunrun.org.au
Sun 20	Townsville Triathlon Festival 1.5/40/10 Townsville	www.townsvilletrifestival.org.au
Sun 20	Sunshine Coast Marathon	www.sunshinecoastmarathon.com.au
Sun 27	BRRC 5km and 10km West End	www.brisbaneroadrunners.org
Sun 27	Sunday Mail Bridge to Brisbane 5km & 10km	www.bridgetobrisbane.com.au
TBC	Botanic to Bridge 8km & 3km Gladstone	www.botanictobridge.com.au

SEPTEMBER

Sat 2	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 3	Airlie Beach Triathlon 750/20/50	www.whitsundaytriclub.com
Sat 9	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 10	BRRC 10mile Champs & 5mile West End	www.brisbaneroadrunners.org
Sun 10	Sunshine Coast Ironman 70.3	www.ironman.com
Sat 16	parkrun 5km - Various Locations	www.parkrun.com.au
Sat 23	parkrun 5km - Various Locations	www.parkrun.com.au
Sat 23	Twilight Bay Run - Wynnum Foreshore Twilight Bay 5km Run/Walk Twilight Bay 1km Active Kids Run Twilight Bay 10km Run Twilight Bay Half Marathon	www.twilightbayrun.com.au 4:00pm Start 4:45pm Start 5:00pm Start 5:00pm Start

Sun 24	BRRC 5km & 10km West End	www.brisbaneroadrunners.org
Sat 30	parkrun 5km - Various Locations	www.parkrun.com.au

OCTOBER

Sat 7	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 8	Brisbane Road Runners 15km Champs, 5km and 10km	www.brisbaneroadrunners.org
Sun 8	Sandgate Sunset Run	www.sandgatesunsetrun.com.au
Sun 8	QTS Triathlon Series Race 2	www.qldtriseriess.com.au
Sat 14	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 15	Brisbane to Gold Coast Cycle Challenge	http://b2gc.bq.org.au
Sun 15	Bowen Triathlon 750/20/5	www.whitsundaytriclub.com
Sat 21	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 22	Brisbane Road Runners 3 x 4.5km Relay	www.brisbaneroadrunners.org
Sun 22	Bribie Triathlon - Race 1 - 750/20/5	www.bribietri.com
Sat 28	parkrun 5km - Various Locations	www.parkrun.com.au
TBC	Triathlon Pink - Gold Coast	www.triathlonpink.com.au

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2017
QLD running + triathlon calendar



Milton and
Indooroopilly
2
LOCATIONS
Come see the experts at
intraining
the running store run by runners

2017 Twilight BAY RUN WYNNUM

RUN UNDER THE MOON AND STARS

21.1 km **10 km** **5 km** **1 km**

SATURDAY 23 SEPTEMBER

twilightbayrun.com.au



Train HARD, Recover HARDER

By Emily Donker Podiatrist, Coach and Runner

Running is strenuous, and places considerable physical and mental strain on the body. The high-impact nature of running means that injury risk is increased, with Sports Medicine Australia reporting that up to 70% of runners will experience an injury each year. Whilst there are many factors that contribute towards injury, over-training or training errors are the most commonly cited causes.

You don't have to be fast or run long distances to be a runner. Running is something different for everyone – a means towards a fitness goal, a physical challenge, a lifestyle, or an escape from the daily grind. Whether training for enjoyment, fitness or performance, running is integral to the happenings of daily life for all runners. Having the ability to enjoy running long term is heavily reliant on consistency and injury prevention, so careful management of training load, and good recovery strategies are essential.

Recovery and load management are important for a number of reasons, and should be integrated into training to promote positive physical and mental outcomes. Actual performance benefits can only be realised following adaptation by the body on a number of levels (cellular, physical and psychological). If the body is subjected to constant high levels of stress and strain, then the scope for adaptation is considerably reduced - hence the importance of implementing good rest and recovery strategies. The high-impact nature of running and associated increased injury risk also highlights the importance of carefully managing training load and making time for recovery.

More serious runners can monitor and manage their training effectively by following a structured program. To allow for adequate recovery and to promote adaptation, a well-structured program is periodised to balance intensity, volume, duration, frequency, variety and total load. Within a year, athletes should target 2-4 key events, with a training macro cycle building towards and culminating with each event. Macro cycles vary in length, and should contain 2-6 training phases. Each training phase (meso cycle) is made up of 3-8 weeks (micro

cycles) and will typically focus towards a specific target such as endurance, strength or power. Within each week, training should be periodised and incorporate a mix of sessions including high intensity, tempo and aerobic training. The composition of each micro and meso cycle will vary significantly depending on the coach and athlete; their fitness, race goals and responses to training. However, broadly speaking, taking this approach and applying this basic scaffold to a training program should allow a good routine to develop. The key is to factor in plenty of aerobic training and time for recovery. Each of the clinicians at intraining Running Centre are also qualified coaches. They can assist with structuring a personalised training program and help you balance training, life and recovery.

During training, effort should be black and white. Hard training should be hard. Easy training should be easy - and should make up a majority of the program for long distance and endurance athletes. Too much hard training does not allow the body adequate time to recover, can lead to over-training, and significantly increases the risk of overuse injuries and fatigue. Mental burnout can also be an issue if adequate recovery doesn't take place.

The impact of life stress on running is often disregarded. Being excessively busy, stressed or tired can significantly influence your mental readiness for a session, and create other physical responses such as elevated heart rate or increased muscle tension, which can then affect physical performance. Working long hours, traveling, and spending lots of time standing, walking or sitting can cause significant tightness, pain or fatigue to different areas of the body and again influence injury risk and readiness. When considering training load and the need for recovery, life stress and daily activities need to also be taken into account.

Recovery is vital for running longevity both from a physical and mental standpoint, and can be approached from both angles with a number of different strategies. Making time to relax, unwind and reset is essential, and the importance and benefits of learning how to mentally recover should definitely not be overlooked. This article however, will explore recovery from a physical perspective.

Recovery, rehabilitation and injury prevention can be achieved through investing time (and money) into physical therapies and making relevant sessions part of your regular routine. Physical therapies promote many benefits. Yoga and Pilates are great for improving core strength and co-ordination to develop better movement patterns and functional strength so as to reduce injury risk during high impact activities like running. Regular massage and/or dry needling is fantastic for reducing muscle tension, whilst seeking professional advice from a health professional such as a physiotherapist or podiatrist should be a definite if looking to diagnose or manage an injury. Making time for regular at-home treatments including stretching, strengthening and self-massage is also very beneficial. Trigger balls, physio noses and ITB rollers are great torture tools for self-massage – all available at intraining Running Centre.

Being barefoot does not bode well for good recovery. While barefoot, the feet and legs are subjected to much higher levels of force, and a higher level of muscle recruitment is required for foot stability. Cushioning is great during recovery as it reduces impact forces and ensures the legs are not overloaded whilst at rest. Wearing your running shoes is a great option, although giving your feet a break from the inside-shoe environment is definitely also advantageous. Oofos provide a fantastic recovery footwear option. They are cushioned slides or thongs offering low heel pitch to ensure active recovery of your calves and Achilles, along with comfortable arch support and good toe spring to assist through the propulsive phase of gait and ensure your feet aren't working too hard. These too are available at intraining Running Centre.

If you're struggling to find motivation for your running, feeling constantly fatigued, or struggling with repetitive injuries, it might be time to reassess your training load and make sure you are finding enough time for recovery. Train hard, and learn to recover harder. It will be essential to ensure you reach your full potential and continue enjoying your running for many many years to come.



Herb Baked Salmon & Vegetables



4 Serves

By Liz Lovering
intraining Sports dietitian, Runner, Chef and Coach

INGREDIENTS

- 2 cloves garlic, crushed
- 1 medium red onion, chopped
- 1 small red capsicum, washed, deseeded and cut into bite sized chunks
- 200g button mushrooms, quartered
- 1 medium zucchini, washed and cut into chunks
- 1 x bunch broccolini, washed and cut into 3 lengths
- 1 x bunch baby asparagus, washed and cut into 3 lengths
- 400g pumpkin, cut into bite sized chunks
- 2 tablespoons extra virgin olive oil (EVOO), plus a little extra for the salmon
- Small handful fresh oregano, washed
- Salt and freshly cracked black pepper
- Large handful fresh flat leafed parsley, and a few basil leaves, washed
- 4 salmon fillets (around 140g each)
- 1 x lemon

METHOD

1. Pre-heat oven to 200C.
2. Take a large roasting tray and add garlic, onion, capsicum, mushrooms, zucchini, broccolini, asparagus and pumpkin. Pour over olive oil, add the oregano, a little salt and pepper, mix well and place in the pre-heated oven.
3. While the vegetables are roasting prepare the salmon.
4. Chop the parsley and basil together.
5. Squeeze the juice from half the lemon into a bowl and dip the salmon fillets in this, then roll in the herbs and place on an oiled oven proof tray.
6. Place the salmon in the oven and bake for 15-20 minutes or until cooked to your liking.
7. Remove the salmon from the oven and rest for 5 minutes while the vegetables finish cooking.
8. Serve the salmon and vegetables with a wedge of lemon.

TIPS AND SERVING SUGGESTIONS

To increase the carbohydrate content of the meal, I like to serve it with rice cooked with a ½ teaspoon of turmeric for added colour and flavour. Any leftover vegetables make a delicious lunch when served with a can of salmon.

NUTRITION

Each serve of baked salmon with vegetables contains approximately 36g protein, 15g carbohydrate, 29g fat, 6g fibre and 2000kJ (480 Calories).



NIKE AEROSWIFT

It can sometimes be difficult finding the right pair of running shorts with so many options to choose from. Nike's new Aeroswift 4", the latest ultra-lightweight racing shorts to hit intraining Running Centre, might just be the perfect choice for you.

The breathable fabric ensures a nice comfortable run, and the reflective details on the shorts help you stay visible in the dark.

The Aeroswift shorts are very comfortable, and they dry really quickly when used in the wet or after one of those runs where you sweat buckets.

I find these shorts the perfect length for running, no matter what sort of training or racing I am doing. They'd make a great addition to any running wardrobe.

Liam Woollett - intraining Staff & Runner

BRILLIANT BRIGHT NIGHT EYE

Winter is here. Not only does this mean the weather is cooler but the days are shorter and darker. Never fear! intraining Running Centre is your one-stop shop for running lights and reflective gear.

Just look at our brand new Brilliant Bright Night Eye running light that weighs just 110g, has a cleverly designed strong magnetic clip to attach anywhere, and provides up to 200 lumens of bright white light. The light is USB rechargeable, so no more troublesome batteries. Finally, this guy has a retail price of only \$19.95 (\$15 if you are a part of our awesome intraining Running Club) so there is no excuse to not be seen.



To make yourself even more visible try some of our great reflective gear. This includes Nike Aeroswift shorts with reflective detail, New Balance Lite packable jacket with its 360 degree reflective tape, and our 2XU reflective compression range. We hope this gives you something to reflect on.

Hamish Hamilton - intraining Staff & Runner

WAKE ME UP BEFORE YOU GLOW

Wait until you see some of the new Run Amok tights we have in stock at intraining Running Centre. You will be de-lighted.

The Opal Glows do just that, they glow. Simply charge them under bright lights, then head out into the dark and the colourful fabric transforms into a starry night.

There are also two new reflective prints, Chevron and Mozaic, they give you that important visibility in the dark.

Of course we still have lots of other patterns, none of them dull. We even have some very cool tights for boys, including hamburgers and skulls. And for the girls (sizes 4 to 12) not only are there funky designs such as pretty flamingos and unicorns, but crop tops that match perfectly.

Come on in and have a look. Or check them out on our Instagram page @intrainingshop.

Theresa Fabian - intraining Staff & Runner



Get it Right this Winter

FREEDOM FOR YOUR FEET

The new Saucony Freedom ISO arrived at intraining Running Centre recently and they have been a big hit. And for very good reasons.

The shoe features a full-length EVERUN midsole, a snug ISOFIT system and an eye-catching design. It has a 4mm heel to toe drop and weighs just 255grams, placing itself on the lighter end of the shoe-weight spectrum.

The full length EVERUN foam is purported to give runners 83% energy return, and have three times more durability than traditional EVA. You can feel how bouncy it is from the moment you put the shoe on. I certainly did.

Anyone who likes an upper that feels like it almost doesn't exist will love these shoes, as will those with rigid feet and a neutral gait.

Feel free to come in to the store and try them on.

Shaun Lee - intraining Staff & Runner



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NIKE ZOOM FLY

The Nike sub 2 hour marathon project created some innovative footwear design features in the Vaporfly Elite. Using the responsive ZoomX midsole foam, a carbon plate in the midsole that was tuned to each athlete, as well as aerodynamic design features. While the Vaporfly Elite is not available to mere mortals some of these design features will be used in two shoes available to the public - The Vaporfly 4% and the Zoom Fly. First to arrive and now in-store is the Zoom Fly. It is a sleek shoe with a sock like fit in the upper. Even when walking the extreme taper in the toe makes it feel like you are tipping off the shoe. When running the Zoom Fly feels easier to midfoot strike and has a spongy push off. The main difference between the Zoom Fly and the Vaporfly 4% is that the Fly is more durable, comes in male and female sizes and is about only \$219 vs \$350 for the 4%.

Steve Manning - Podiatrist, Coach and Runner



WAFFLES AND SPIKES

If you think waffles are only something you put in the toaster then it's time to come in and check out the awesome range of cross country racing shoes we have at intraining Running Centre this season. You don't need to be an elite athlete to benefit from these super-lightweight racers which will help you achieve a quicker foot turnover and reduce leg fatigue.

Designed to grip the grass, bark, or trail, the added traction will give you confidence to go up and down those hills faster. The Saucony Shay XC4 Flat has proven to be a real performance winner for me, and is one of the many waffles and track spikes we have available in-store. Priced from only \$99.95, they make a killer addition to your shoe collection without breaking the bank. Just wait 'til you see the colours!

Kerri Hodge - intraining Staff & Runner





HIGH MILEAGE recovery

PAIN IN THE HEEL BECOMING A PAIN IN THE BUTT?

Let's face it, having a pain in the heel is a huge pain in the butt. Plantar Fasciopathy and/or Fasciitis is a prevalent injury amongst runners and the general public alike. Plantar Fasciopathy causes significant and often debilitating pain that affects not only running, but everyday life. Most often pain is experienced in the heel, but it can also extend through the medial arch of the foot.

Enter the new Plantar Fascia compression sock from Feetures. This is the latest high-quality recovery focused foot garment to hit the shelves at intraining Running Centre. Whilst not the silver bullet in curing plantar fascia pain, they're a great adjunct treatment for sufferers of Plantar Fasciopathy. The Feetures sock assists in relieving tension through the plantar fascia and providing lasting support and symptomatic relief.

If you are looking for a compression sock that will assist in your recovery process and help reduce the pain in your heel, these are worth a try. Not only will they offer Plantar Fasciitis sufferers in managing pain, the socks provide fantastic comfort and can be worn both during and after running.

The Plantar Fascia Compression Socks from Feetures have recently been launched worldwide. We are excited that intraining Running Centre is one of the first few locations you can get your hands on a pair ... well, your feet in a pair!

Emily Donker - Podiatrist, Runner, Coach

OOFOS THE NEW RECOVERY THONG WITH THE SILLY NAME!

Thongs? What's wrong with my trusty Havaianas and Birkenstocks?

OOFOS have foam technology that couples with a biomechanically engineered footbed to help absorb shock. With so much support and comfort they are perfect for after training.

When you slip a pair on it's like walking on clouds, and over time the foam will mould to your foot. The negative heel drop stretches out the heel, giving relief to sufferers of plantar fasciitis, bunions, heel spurs and lower back pain.

Have you found that some other thongs rub between the toes causing blisters? With the soft toe post of the OOFOS there are no such problems.

Struggling for a gift idea for the athlete who has everything? intraining Running Centre stocks the OOriginal and the OOlala thongs in a great range of colours with unisex sizing priced from \$69.95 to \$79.95.

As the good people at OOFOS say "your feet earned this".

Muriel McLean - intraining Staff & Ultra Runner

MASSAGE WITHOUT THE GREASY FEELING

Nothing beats a relaxing massage after a period of intense training. It can improve circulation and reduce muscle tension to aid recovery. intraining Running Centre offers three Premax massage creams which combine aloe, vitamin E, olive oil and beeswax.

ORIGINAL has a high resistance level for maximum control and has a delightful peppermint and lavender scent.

ESSENTIAL contains cocoa butter and essential oils, has a citrus fragrance, and is ideal for general massage with its light formulation.

ARNICA is unscented and the one to use for sensitive areas.

Best of all, unlike massage oils, there isn't a need to shower afterwards. You'll be left with no greasiness, just fresh and moisturised skin.

Price - \$19.95

James Bell - intraining Staff & Runner

HYDRATION AND RECOVERY

Water is great for general hydration, and after a shorter run this may be fine. But sometimes a fluid that provides more than just water can be a convenient way to start the recovery process and ensure you are ready for the next session.

There are many different sports drinks on the market that can address fluid, fuel and electrolyte needs. Traditional style sports drinks provide carbohydrates and electrolytes, useful if you need to replenish glycogen (muscle fuel) stores. There are also electrolyte replacement drinks in a no or low carbohydrate formula, which may be a good choice if you are looking at replacing just water and electrolytes lost in sweat (think shorter runs in the hot Queensland summer). Some drinks also contain protein, which can help you meet your recovery protein targets.

intraining Running Centre currently stocks the following brands - Endura, Hammer, and Nuun. Prices start at \$2.50 for a single serve sachet.

Liz Lovering - Sports Dietitian, Runner, Chef and Coach

NEW NUTRITION PRODUCTS

Are you finishing your runs feeling fatigued? Struggling with cramps or lactic acid? Have you been told by running friends that gels are your only option?

At intraining Running Centre we have a large variety of products so that you don't have to stick to the same old gels.

Just new in, the Megabake Energy Bars are made from real and natural ingredients; you're only putting into your body what it deserves. They will keep you going on a run, a ride, or as a snack. And they are made right here in Brisbane!

If you're looking for something a little sweeter, try the GU Stroopwafel. The Dutch-style syrup waffles come in four flavours, and are individually packaged so they are easy to take anywhere.

Alternatively, we stock GU Chews, which are tasty 'sports confectionary' that you can take anywhere. Four Chews are roughly equal to one gel.

Both our Indooroopilly and Milton stores carry a wide range of nutrition and the staff can answer any questions you may have.

Ashleigh Harding - intraining Staff & Runner



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BEGINNERS GROUPS

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

- MONDAY: 6:00pm**
• intraining Shop Milton James • Cleveland Point (North St near Lighthouse) Liz
TUESDAY: 6:30pm
• Chermide West, Huxtable Park Solly & John
WEDNESDAY: 6:00pm
• intraining Shop Milton Gerard & Laura

THRESHOLD RUNS

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

- THURSDAY:**
5:15am Indooroopilly, Ambrose Treacy College Carpark, Bridge St Peter
6:00pm Milton, intraining Running Centre, 33 Park Road Milton Leo
6:30pm New Farm Park ringroad Tracy
6:30pm Wavell Heights, Shaw Rd- Kedron Brook Bike Path Solly & John
FRIDAY:
5:30am Cnr MacGregor St & Heather St, Wilston Paul and Matt

NIGHT FLYERS

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

THURSDAYS 7:30pm

Indooroopilly Paula
Corner Fairley St and Lambert St

KIDS GROUPS

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

- MONDAY**
Primary school age
Chermide Solly & John
Toowong Margot
Minnippi Parklands Selina

- THURSDAY**
Primary & secondary school age
Toowong Margot

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.



SPEEDWORK

- TUESDAY**
5:00am New Farm Park Ringroad Emma & Susie
5:30am Tennyson Qld Tennis Centre. King Arthur Terrace Yeronga John
5:30am Chapel Hill . Green Hill Reservoir, Russell Terrace. Margot
5:30am Nathan. QEII Athletics Track James
5:30am Wilston. Noble St Downey Park Paul & Matt
5:30am UQ at St Lucia. Athletics Track Carpark riverend Emily
5:30am Stones Corner. Lincoln St, Stones Corner Steve
5:30pm New Farm Park Ringroad Peter
6:15pm Springfield. Robelle Domain Cafe. Education City Dr Peter
6:15pm UQ at St Lucia. Cnr Keith St & Macquarie St Steve
6:30pm New Farm Park Ringroad Tracy
6:30pm Huxtable Park, Chermide West John & Solly

WANT TO RUN?

Don't know where to start?

13 WEEK PROGRAM DATES

Program 1: 6 February – 7 May 2017
Program 2: 8 May – 6 August 2017
Program 3: 7 August – 5 November 2017
Program 4: 6 November – 11 February 2018

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