

intraining

March 2011

the running store



Pg 11

inreview*Buying the right shoe***intraining**

33 Park Rd MILTON

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

Visit us online: www.intraining.com.au**Hot tips**

I see the light
run safe

Running Technique
Avoid injury and run faster

Event Calendar inside



Running at the Mouth.....	1
Intraining Footwear Matrix.....	2
Buying the right shoe	2
Running Technique	3-4
Fun Run Calendar	6-8
Marathon School	10
inreview	11-12
instore	13
I see the light	14

On the Cover:

(From left to right)

**Theresa Fabian, Kelly Truloff,
Kate Switala and Linda Watson**

Running at the mouth: *Flood of compassion*

The recent flood has caused significant devastation and directly affected many people's lives.

But one of the positive outcomes of the flood is to prove that we have the capacity to care for others. The armies of volunteers who pitched in to clean up is the most obvious sign of this.

I would like to thank the many people who came to help us clean our administration office. For two days we had up to ten helpers cleaning our race organisation equipment and offices. Many of our volunteers came from the running community but I would like to single one out.

Bernie is an investment banker who lives in Auchenflower. Access to our shop in Milton was restricted to those walking in on Friday. Douglas St was still partially flooded. Bernie went looking for somewhere to help and we were the first people whom he found. He worked all day and came back the next day to help out too. He is just an example of the fantastic help that occurred throughout Brisbane.

It was dirty tiring work. But we got it done in two days when it would have taken weeks without the extra help. The losses we sustained were minimal compared to many of those on our street. Thanks to the volunteers the costs of cleaning up were not added to the burden of what was lost in the flood.

The flood was an opportunity to refocus our community on altruism. Compassion is sometimes lost because of our stressful busy lives. The flood shut down much of the city with power failures and blocked roads. It allowed us to step back and think about others.

For many families and businesses it will be a long time before things get back to normal. Many runners and triathletes will find it may take just as long until their training facilities return to normal.

The University of Qld at St Lucia had most of its sporting facilities inundated. The running track had just been resurfaced at considerable cost. It may now take until the end of the year before it is back in service. The Twilight Running Festival will now be using the carpark across from the track as a finish area but otherwise will be unaffected.

I hope this flood of compassion lasts as long or longer than the rebuilding effort. It has reminded us of the importance of our community and the value in helping others without worrying what we can get out of it.

As a way to support the flood relief we will be donating a dollar from each entry to the flood appeal.

By Steve Manning

intraining *Running Footwear Matrix 2011*

	ADIDAS	ASICS	BROOKS	MIZUNO	NEW BALANCE	NIKE	SAUCONY
Motion Control		M Evolution Foundation	M Beast W Ariel Addiction	Alchemy	940		
Moderate Stability	Adistar Salvation Supernova Sequence	Kayano 2160 1160 3020	Trance DNA Adrenaline DNA Vapor	Nirvana Inspire	1226 860 870 760	Equalon Structure Triax	Hurricane Omni Guide
Mid Stability			Ravenna Infinity			Lunar Eclipse Lunar Glide Lunar Swift	
Firm Neutral	Adistar Ride Supernova Glide	Nimbus Landreth NEW	Glycerin Dyad	Creation Rider	1080 1064	Pegasus Atlas	Triumph Ride
Flexible Neutral		Cumulus	Ghost DNA Defyance Summon	Ultima	759	Vomero	
Racer-Trainers		DS Trainer	Ravenna	Elixir Precision	870 905	Lunar Elite Lunar Fly NEW Free Run	Mirage NEW
Kids	Supernova Glide Supernova Sequence	Kayano Nimbus 2160 1160	Adrenaline Ghost	Nexus B Wildwood	760 740 759		Guide Ride
Trail		Trabucco	Cascadia Adrenaline ASR			Pegasus Trail M Structure Triax Trail	
Road Racing	Adizero Adios	DS Racer Tarther Diva NEW	T7 Racer NEW Racer ST Green Silence NEW	Ronin	M 900	Lunar Mariah Lunar Racer NEW Lunar Speed Spider Zoom Spider	Kinvara
Track Spikes	Adizero Cadence Adizero Avanti	Hyper Rocket Girl SP Hyper Rocket Girl LD Hyper LD Hypersprint Japan Lightning		Geo Silencer Tokyo Osaka NEW		Victory Mamba Matumbo W Rival	Endorphin MD NEW Endorphin LD NEW
Waffles				Trans Dash	230	Jana Waffle Waffle Racer	

Buying the right shoe

One of the most critical decisions you must make with your running is buying the right shoe. If you get the wrong shoe it can be a direct cause of injury and time out of running.

Not to mention the risk of missing your major goal race. The problem for runners is how do you sort through all the different models, the hype of each brand's technology and the marketing jargon surrounding each shoe. The best way to sift through the vast array of choices is to come to the Intraining Running Centre and get the help and advice of fellow experienced runners but we have tried to make it easier by creating a running shoe matrix placing the recommended models from each brand within their relevant category.

Most companies try to separate the models into a few categories based on how much stability or cushioning they offer. We have tried to go that one stride further and put them within the type of support they offer as well as what they will be used for.

High Mileage Trainers

These shoes can be either side of the spectrum from stability to neutral control. What differentiates them from other shoes is their durability and cost. They most likely will have all the bells and whistles with the newest technology from each brand usually being launched first in their high end shoes. If you are running over 100km each week or feel you need more support than the average runner then you should consider this category of shoes.

Motion Control

With pronation losing its evil aura this category of shoe is no longer ascendent. There is an optimum amount of control that is needed for each runner. If a little bit of control is good that does not mean that maximum control is better. The type of runner that needs this shoe is either someone with major injury problems caused by poor biomechanics or someone who destroys shoes. It is a mistake to think that your injury problems will be

fixed by blocking foot motion. However if that is what your foot needs then these are the shoes to do it.

Moderate Stability

The most popular shoes always come from this category. They suit most runners, who need a bit of stability but generally have no real problems. If you are not really sure what you need it may be best to start here and let your experience in the shoes direct you to the right category next time.

Firm Neutral

A neutral shoe is one that does not push you out to reduce pronation. They are best for stiff feet that have reduced movement or feet that roll out. A firm neutral shoe is required when the foot is moving around a lot, for heavier neutral runners or when you want to reduce the amount of strain on the calves from a too soft shoe.

Flexible Neutral

Flexible neutral shoes allow more torsional movement through the midfoot. They are best for very rigid feet that need to be encouraged to deflect forces sideways. They also tend to be lighter and softer.

Racer-Trainers

Lightweight trainers have become the racing shoe of choice for many runners. They have the lightness and responsiveness of a racer without sacrificing too much support and cushioning. They range across the continuum of flexibility and stability.

Trail, Kids, Racing, Spikes, XT

Shoes for specialised groups can include all of the preceding types of footwear. They usually have extra requirements for fit and function. You need to go through the same exercise to find the right specialised shoe.



by the Footman: Steve Manning

Running Technique

Poor running technique is something many runners worry about. They see elite runners float effortlessly along the ground and want to find out how they can emulate that beautiful running style. In the last few years there have been many new theories and methods promoted suggesting that people change their running style to some new "perfect" way of running. By changing your running style you will supposedly be able to avoid injury and run faster. What runner would not want that?

The evidence however suggests that there is no such thing as a normal running style much less a perfect running style for everyone. While there may be a "best" way of running for each runner it is not the same for everyone or even for the same runner at all speeds. For most runners the running style they end up with is the one that is most efficient and effective for their anatomy. Thirty years ago running biomechanist Peter Cavanagh proved that any variation in stride length or frequency from the self-selected optimum would result in a corresponding increase in oxygen consumption.

Even among elite runners there is no common way of running. World record breakers come in many packages. The reason for this is that there is a huge variation in the way that we are made. The available joint range of motion or flexibility, relative strength and tension of each muscle, and coordinated contraction of the muscles all have a significant impact on the way that we run. Something as fundamental as what part of the foot hits the ground first can be different amongst elite runners without seemingly affecting their

competitiveness.

It could be argued that the reason for this is that running technique has no significance for performance. However it is more likely that the complexity of the human body and the variation of structure and function, right down to the cellular level, demands that to achieve the greatest potential performance, different runners running styles must reflect their individual variation rather than a non-existent ideal of perfection.

There is in fact consistent variation between runners running at different speeds. While there are very few people who are toe walkers there are also few people who are heel strikers when sprinting. There are also far fewer midfoot and forefoot strikers at six minutes/km compared to three minutes/km.



The complexity of human variation makes us try to find simplicity where none exists. If more elite runners are forefoot strikers then why wouldn't all runners benefit from becoming a forefoot striker? This is really lazy logic. A gifted champion has little in common with most of us - that is why they

by Steve Manning B.Health Sc Podiatry (Hons)

run so fast. The stress of running a 4:20 Marathon is just as hard but very different to running a 2:10 marathon. It makes little sense that we should try to run the same as someone who can run at twice the speed.

However many of the new methods of running try to put us all into the same box. We must all land the same way, carry our arms a certain way, keep the same forward body lean, all have the same type of running shoes. While this one type suits all idea will work for a percentage of runners for some it will decrease performance and increase injury risk.

This does not mean that you should avoid changing your running form. But you should evaluate critically the reasons, risks and benefits of changing your running technique before undertaking a program of form modification. Changing your running style because it is the latest fad may just end in tears. Changing your running style to improve performance is likely to do the opposite.

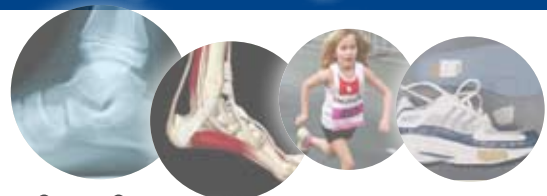
Perhaps the best reason to consider form modification is repeat injury. If you have tried many different types of treatment for an injury and the symptoms go away but come back again as soon as you start running then you may have to change the way you run. The hard part is identifying what to change and how to change it.

The more you run, and the faster you run, generally the better your running form will become. The best and safest way for most people to change their technique is to just train more.

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

The intraining Podiatrists Can help with:

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



intraining
Running Injury Clinic
Podiatry & Sports Injury

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



Sometimes however, bad technique is inherent from the start. When you are injured you may also change the way that you run. This compensatory gait can continue when the original injury resolves but then leads to a series of other injuries. In both these cases the runner will benefit from a gait analysis and form modification program.

Form modification is a lot of work and very difficult to change successfully. It also carries an increased injury risk. Before trying to change a form fault you should have good justification for making the change.

Some form faults are actually signs of successful compensation for structural abnormalities. If you eliminate the fault you may also eliminate the compensation – directly leading to injury.

It takes about 20 thousand repetitions of doing something the right way before a new motor pattern is set in your brain. For runners that is about 20km of running but each time you do it the wrong way during the transition you extend the amount of time it will take to make the new way of running natural.

Before moving to functional exercises, conditioning and coordination exercises may be needed. Proprioceptive balance exercises, kinesthetic movement exercises in front of a mirror, and improving strength and endurance of core stability muscles will all help you prepare for a successful form modification program.

Drills and plyometrics can initially help identify problems in technique and then help to overcome them. The goal of good running form is to run efficiently wasting no energy, with symmetry and consistency, and to be effective in transferring muscular work into linear horizontal displacement. Coordination, reaction time, power, strength and endurance all should be improved.

Some simple form faults will be easy to improve just by concentrating on the right way to run. Others will require expert analysis and review. Some may even require the support of other interventions like strength training, appropriate shoes or orthotics. You must be committed to making the change if it will succeed. The significance of your running style to your continued enjoyment of running may be critical or unimportant. But for most people running style is only a minor variable in running faster injury free.

Running Form Principles:

Overstriding is the most common fault and the easiest to fix.

Pounding or slapping is a good indication that you are creating excessive forces

Aim for consistency of technique from one stride to the next

Reduce Asymmetry (sometimes)

Change your form in the off season or early in the season

Consider changing your technique if you have been getting repeat injuries.

Be wary of making dramatic changes to your running technique

Be responsive to how your body copes with running form changes

Do not try to copy someone else's running style – especially if they are much faster than you.

Do not expect big improvements in performance after working on technique.

What you might think is a form fault may be efficient and effective for you

Practice using a different style at different speeds.

intraining
Podiatrists

**Get your
feet sorted
for the
running
season ahead**

**Free foot
check up
screening
Sat 2nd April**

**BOOK NOW
3367 3088**

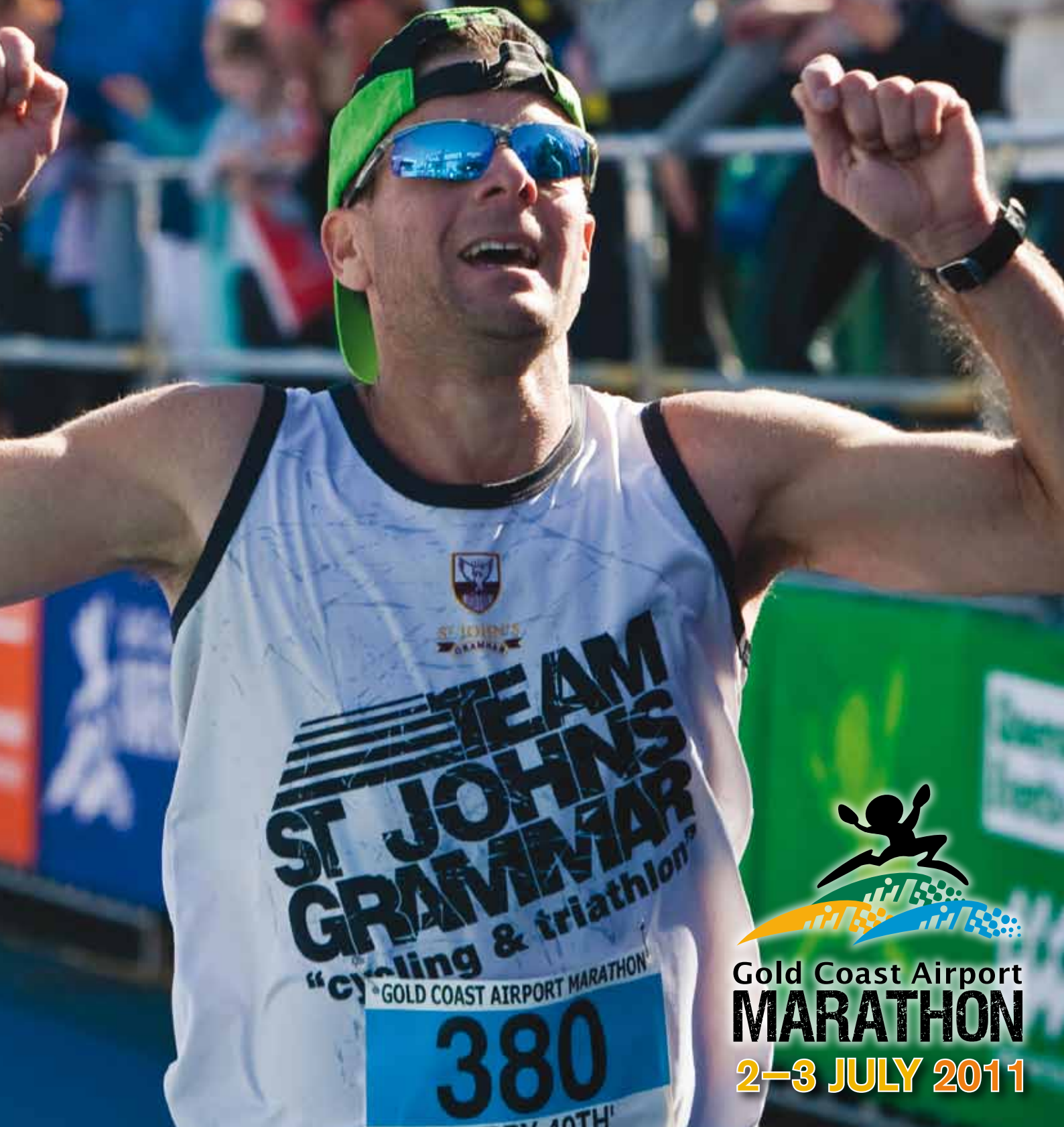
→ LEARN MORE

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

 www.intraining.com.au/

RUN GOLD COAST

QUEENSLAND • AUSTRALIA



MARATHON • HALF MARATHON • 10KM RUN • 5KM CHALLENGE • JUNIOR DASH



goldcoastmarathon.com.au

March - July 2011



QLD running + triathlon calendar

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

for more information

email: shop@intraining.com.au

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

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



intraining

the running store run by runners

33 Park Rd, Milton
Phone: 3367 3088



OPEN 7 DAYS

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

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



Twilight Running Festival

20 March 2011

Half Marathon, 10km, 3km, 1km

ENTER ONLINE

www.twightrun.com.au

**FREE WATCH AND SINGLET
WHEN YOU ENTER!**
*Singlets are limited get in quick!



Supporting



Sunday 3rd April 2011

6th Annual
Griffith Uni Rotary Fun run/walk

For more information visit:
www.rotaryfunrun.org



**Run away
from injury** **intraining**

Running Injury Clinic
33 Park Road, Milton
Phone **3367 3088** for bookings

22 May 2011
Rotary Fun Run/Walk

Run or Walk for Charity
University of Queensland, St Lucia



enter online: www.rotaryfunrun.com.au



5km
10km

Join one of the largest running and triathlon
clubs in QLD in 2011

running and triathlon club **intraining**

Running and Triathlon Club



MEMBERSHIP 2011-2012
\$40 for adults
\$20 for under 16
FREE singlet

March 2011

Wed 2	intraining 5km, 3km and 1km	www.intraining.com.au
Sun 6	Stroke & Stride Aquathon 1000m/4km (Race 4)	www.strokeandstride.com.au
Sun 6	International Womens Day Fun Run 5km	www.womensdayfunrun.com.au
Sun 6	Kingscliff Triathlon 1/30/8	www.qsmsports.com.au
Sun 6	Butcher on Bundock - Dash for Cash	www.townsvilleroadrunners.com.au
Sun 13	Sports Super Centre Fun Run Series 5km	www.corporatechallenge.com.au
Sun 13	Wrecked Tangalooma Ocean Swim 2.4km	www.weekendwarriorevents.com.au
Sun 20	Bribie Island Triathlon	www.briebietri.com
Sun 20	Kendalls Mt Coot-tha Challenge Bike Ride	www.bq.org.au
Sun 20	Twilight Running Festival 2011, St Lucia	www.twightrun.com.au
3.30pm	Twilight Quest 10km Run	www.twightrun.com.au
4.30pm	Twilight 1km Kids Run	www.twightrun.com.au
5.00pm	Twilight Brooks Half Marathon	www.twightrun.com.au
5.15pm	Twilight intraining 3km Run/Walk	www.twightrun.com.au
Fri 25	Mooloolaba Asics 5km Run	www.usmevents.com.au
Sun 27	Mooloolaba Triathlon Festival 1.5/40/10	www.usmevents.com.au

April 2011

Sat 2	Stroke & Stride Aquathon 1000m/5km (Race 5)	www.strokeandstride.com.au
Sat 2	Injinji Trail Run	www.in2adventure.com.au
Sun 3	Salomon Tre-X Offroad Triathlon 1/30/10	www.tre-x.com.au
Sun 3	Rotary Fun Run - Griffith University 10km	www.rotaryfunrun.org
Sun 3	Cooly Classic - Coolangatta Ocean Swim 2km	www.weekendwarriorevents.com.au
Wed 6	intraining 5km, 3km and 1km	www.intraining.com.au
Sun 10	BRW Corporate Triathlon - Gold Coast	www.supersprint.com.au
Sun 10	Triathlon QLD Olympic Distance 1.5/40/10	www.triathlonqld.com.au
Sun 17	Sports Super Centre Fun Run Series 5km	www.corporatechallenge.com.au
Sat 30	Gatorade Triathlon Series (Race 7)	www.usmevents.com.au
Sat 30	Cartwright Challenge Fun Run 10km (Race 1)	www.team-ascent.com.au

May 2011

Sun 1	2XU Hervey Bay Triathlon 1.5/40/10	www.herveybaytri.com.au
Sun 1	Gold Rush Trail Marathon	adventuresporting.info
Sun 1	Byron Bay Ocean Swim Classic 2.2km	www.byronbayoceanswimclassic.com.au
Sun 1	Luke Harrop Memorial Triathlon 750/20/5	www.usmevents.com.au
Wed 4	intraining 5km, 3km and 1km	www.intraining.com.au
Sat 7	Byron Bay Triathlon 1.5/40/10	www.byronbaytri.com
Sun 15	Goomburra Valley Classic Fun Run	goomburra@gmail.com
Sun 15	Sports Super Centre Fun Run Series 5km	www.corporatechallenge.com.au
21 - 22	Warwick Pentath-run 42.2km	www.pentathrun.com
Sun 22	Noosa Half Marathon & 10km	www.usmevents.com.au
Sun 22	Rotary Fun Run, St Lucia 5km & 10km	www.rotaryfunrun.com.au
Sat 28	Cartwright Challenge Fun Run 10km (Race 2)	www.team-ascent.com.au
Sun 29	Australian Mtn Running Championships	hubeandjohnmcqueen@inet.net.au
Sun 29	King of the Coast - Caloundra Ocean Swim 3.8km	www.weekendwarriorevents.com.au
Sun 29	Coral Coast Triathlon - Cairns 1.5/40/10	www.usmevents.com.au

June 2011

Wed 1	intraining 5km, 3km and 1km	www.intraining.com.au
Sun 5	Queensland Half Marathon & 10km	www.queenslandmarathon.com.au
Sun 5	Caloundra Foreshore Fun Run 3km & 10km	www.caloundrafunrun.com
Sun 5	Challenge Cairns 3.8/180/42.2	www.usmevents.com.au
Mon 13	Race the Rattler 18.5km - Gympie	www.thevalleyrattler.com.au
Sun 19	King/Queen of the Range	www.trr.org.au
Sun 19	Sports Super Centre Fun Run Series 5km	www.corporatechallenge.com.au
Sat 25	Cartwright Challenge Fun Run 10km (Race 3)	www.team-ascent.com.au
Sun 26	Running for Research 5km & 10km	www.workingwonders.com.au

July 2011

Sat 2	Gold Coast Airport Marathon Festival 5 & 10k	www.goldcoastmarathon.com.au
Sun 3	Gold Coast Airport Marathon Festival 21 & 42k	www.goldcoastmarathon.com.au
Wed 6	intraining 5km, 3km and 1km	www.intraining.com.au
Sun 10	IGA Rail Trail Fun Run 2011	www.railtrailfunrun.com.au
Sat 16	Urban Max Adventure Series	www.urbanmax.com.au
Sun 17	Jetty 2 Jetty Half Marathon, 10km & 3km	www.j2j.com.au
Sat 30	Cartwright Challenge Fun Run 10km (Race 4)	www.team-ascent.com.au
Sun 31	Ipswich Park 2 Park Half Marathon 10k & 5k	www.park2park.com.au

Looking ahead in 2011...

August

5-7	Brisbane Running Festival	www.brisbanemarathon.com
7	Townsville Running Festival	www.townsvilleroadrunners.com.au
14	Ironman 70.3 - Yeppoon 1.9/90/21	www.ironmanyepoon.com
28	Sunday Mail Bridge to Brisbane 5km & 10km	www.bridgetobrisbane.com.au

October

2	Red Run Classic 2011	www.haemophilia.org
2	Gold Coast Half Ironman 1.9/90/21	www.usmevents.com.au

November

3	Pricewaterhouse Coopers Cool Night Classic - 5km	www.pwc.com.au
13	Nova 106.9 Mousdash Mt Coot-tha Fun Run	www.weekendwarriorevents.com.au
18-21	Endeavour 500km Road Running Relay	www.endeavour.com.au

TRAQ Events - off road events

Apr 9	Pinnacles Classic	Gold Creek Reserve, Brookfield
Apr 17	Mt Mee to Daybro	Mount Mee State Forest
Apr 24	Wild Horse Criterium	Wild Horse Mt / Glasshouse Mountains
May 15	Cook's Tour	Woodford / Glasshouse Mountains
Aug 14	Lake Manchester Trails	Lake Manchester, Brisbane Forest Park
Jul 24	Flinder's Tour	Beerburrum / Glasshouse Mountains
Sep 10	Glasshouse 100	Beerburrum / Glasshouse Mountains
Oct 15	Washpool World Heritage Trails	Washpool National Park, North NSW
Oct 22	Lamington Classic	Lamington National Park
Nov 12	Rainbow Festival	Rainbow Beach
Nov 13	Cooloola Great Walk	Rainbow Beach

Major Australian Events

March 12	Six Foot Track Marathon	www.sixfoot.com.au
May 1	Port Macquarie Australian Ironman	www.ironmanaustalia.com
May 15	Sydney Morning Herald Half Marathon	halfmarathon.smh.com.au
July 3	Gold Coast Airport Marathon	www.goldcoastmarathon.com
Aug 7	Brisbane Running Festival	www.brisbanemarathon.com
Aug 14	Sydney City to Surf	www.city2surf.com.au
Aug 28	Perth City to Surf	www.perthcitytosurf.com
Sept 18	Sydney Running Festival	www.sydneyrunningfestival.com
Sept 18	Adelaide City to Bay	www.city-bay.org.au
Oct 9	Melbourne Marathon	www.melbournemarathon.com.au
Oct 16	Bernie 10km - Tasmania	www.bernieten.com.au
Oct 30	Adidas Auckland Marathon	www.aucklandmarathon.co.nz
Dec 4	Western Australia Ironman 3.8/180/42km	www.ironmanwesternaustralia.com

WHAT'S YOUR DNA?
CUSTOM CUSHIONING THAT ADAPTS TO YOUR RUN.

Trance™ 10
Men's

DNA is now available
in 5 new models.
brooksrnning.com.au

BROOKS
Performance Products to Make You Run Happy®

BRISBANE Running Festival

Your challenge for 2011

5-7 AUGUST



R4YL
run 4
AUSTRALIA'S RUNNING BIBLE

1 Year
Subscription for
\$15

Save 66%

R4YL Magazine, Australia's leading Running Magazine, is offering all competitors a 1 year subscription for only \$15.00 (normally \$45) with your race entry. To redeem this offer, either see us at the stand or visit our website at www.runforyourlife.com.au/subscribe with your race number and follow the prompts.

just like your
running shoes,
**SPORTS BRAS
WEAR OUT!**

moving comfort®

America's leading sports bra brand now available at In Training!*

*Source June 2010 SRA Retail Market Share - Sports Bras



running releases more than just sweat.
the gt-2160™ with enhanced stability.

For more information on leading ASICS Technology, visit asics.com.au,
and for the latest product releases, follow us on
twitter.com/ASICSaustralia facebook.com/ASICSaustralia

asics
sound mind, sound body

MARATHON SCHOOL

**Running a Marathon or half marathon is not an impossible dream.
You just need to go back to school!**

WHAT IS THE MARATHON SCHOOL?

The **intraining** Marathon School is a running system designed to train ordinary people to conquer one of the great challenges in life - completing a marathon or half marathon.

WHAT EVENTS?

The marathon school can help you prepare for any event but we specifically target three events:
The Twilight Half Marathon 20 March; the Gold Coast Marathon 3 July and the Brisbane Marathon on 7 August.

HOW TO PARTICIPATE?

While the intraining Marathon School targets social and recreational runners we can cater for beginners wanting to run their first half marathon to experienced runners wanting to improve their personal best. Join anytime! There is no set start date. Attend sessions casually or sign up for the marathon school and receive our Free Marathon school pack.

Individual coaching programs are available to those unable to attend our sessions or runners needing greater direction.

WHAT IS THE COST?

The joining fee for the marathon school is **\$150**.
Each session is just \$5 - no booking necessary.

WHAT DO YOU GET IF YOU JOIN?

- Marathon School Long sleeve T-Shirt (see below on right hand side)
- Marathon School Backpack with: Striderm anti-chafe gel; Puresport bottle and sample; Intraining Socks; Runners Light
- Free Entry to all 8 Seminars.
- Club Membership and **intraining** Club Singlet.
- Diary of programs and training sheets.
- Monthly Random Draw's of running gear.
- Regular contact and correspondence with coaches.
- 10% Discount on Running Shoes at **intraining**
- A fun group to train and motivate you.

OTHER BENEFITS?

When you join the intraining Marathon School you receive all of the benefits of being an intraining club member. 10% discount on footwear from the intraining running centre, special club member discounts, and the extra motivation and support you receive when you are part of a club. The main benefit from running with the marathon school is that you will train smarter and easier with a better chance of reaching your running goals.

SEMINARS:

A series of seminars will be offered to assist with your preparation. Cost of the seminars is \$10 per person or free if you have signed up for the marathon school.

Venue: UQ St Lucia Athletics Track for all seminars.

Time: Seminars are on Wednesday Nights at 7pm except for the form workshop on Saturday morning at 7am

16 Feb (Wed) Weight Management While Training

9 Mar (Wed) Injury Prevention and Footwear

2 Apr (Sat) Running Form Workshop

13 Apr (Wed) Self Massage and Talk to the Coaches

4 May (Wed) Electronic Aids

18 May (Wed) Core Strength and Stability

8 Jun (Wed) Eating for Performance

22 June (Wed) Race Planning and Tactics



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

Please go to www.intraining.com.au to view all training sessions



inreview

Brooks Adrenaline DNA

\$219.95

Imagine millions of "nanosprings" underneath your feet

Ok, so I know that everybody's feet are different, but if you are looking for a shoe that literally adapts to your foot when you are running, Brooks have it! I never thought I would see the day a shoe could automatically customise its cushioning system based on the way you strike the ground. Utilising Brooks' Smart Cushioning Technology, I felt like I was gliding across the ground during my tempo run almost effortlessly. I often find there to be too little cushioning on the lateral side of the forefoot, which can sometimes give me sore shins...well that is all in the past now.

This new DNA technology is now a part of the Brooks Adrenaline for 2011, adding to Brooks' high cushion neutral shoe, the Glycerin. After having the privilege of running in the 2011 Brooks Adrenaline prior to its release, I am definitely a convert and a believer in this technology.



Womens

Mens

\$69.95-79.95

Nike and New Balance Jog Bra's

Finding a supportive, and comfortable running bra can be quite the challenge. Nike and New Balance have designed a running bra with a difference. We decided to test out the New Balance bra with Katie – A local social runner who has struggled finding a supportive enough bra in the past.

I am normally a size 14, but find that the Extra Large is a very comfortable fit as it has an adjustable bra type strap at the back, meaning I can make it close to a size 14 around my mid-drift. This adjustable and undoable strap is also convenient for putting the bra on and off as it makes the tightest part of the bra loose when needed. This is a big plus as I find removing a tight sports bra when all sweaty a 2 person job normally...the design of the New Balance bra means I can do it myself with no problems. The overall support when running is as good as a tighter and more uncomfortable "normal" bra due to the strong and moulded fabric in the cups and overall firm fit. Another plus factor with this running bra is the width of the shoulder straps, which is wide enough to spread weight, bringing added comfort to my run. Appearance is great too...looks a bit like Bat Girl meets the Williams sisters.

- Summarized advantages
- # Adjustable bra strap at the back
- # Ease of putting on and taking off
- # Comfortable and firm support
- # Width of the shoulder straps

Dura Disc Wobble board

\$69.95

Wobble your way to a stronger core

Core strength exercises are the bane of all workouts, with most athletes dreading the gym and those workouts – which realistically never happen because we are often too busy to make time for the gym. What about if I tell you that all you need is your own body weight and a Dura Disc wobble board?

A quick and beneficial routine that will help target your inner core in the comfort of your own home. No more going to the gym, or believing you will go to the gym to work on your core stability. This wont be the key to those washboard abdominals you always wanted, but certainly a way to reduce the chance of injury whilst working your way to faster times.



\$19.95

Adidas Adistar Green and Pink socks

All I can say is...WOW! If you like a lightweight pair of running socks and don't care for the thicker socks in Queensland conditions – this is THE sock! This sock fits like a second skin and if any of you remember the "Kayano Sock" from a few years ago, this fits just like it. Featuring Left and Right foot anatomical design and Clima-cool moisture wicking material, not only will it keep your feet dry – but the funky green (mens) and pink (womens) will certainly make you blush at the envy of others. This lightweight performance running sock is Adidas' top of the range and will not disappoint.



Nike TomTom GPS System *\$TBA*

The New GPS Kid on the Block – Welcome Tom Tom

We know you know what a Garmin GPS watch is - but have you heard of the new collaboration between Nike and Tom Tom GPS Systems? We will be issuing a "pre-order" special on this great new GPS watch soon... Subscribe to our Love 2 Run e-news on our website or email ricky@intraining.com.au so you know when you can place your order and be the first to receive this in the worldwide July 2011 launch!

Additional features:

- # Tap interface to mark kilometres or laps during run
- # Combination data tracking with Nike + Sensor plus Tom Tom GPS
- # No wires, directly upload your data by plugging in your USB watch into the computer
- # Attaboys: Receive recognition when you achieve a pre-set goal such as fastest 1km or 10km run
- # Sleek and modern look at only 66grms



Mens



Womens



Nike LunarFly *\$179.95*

The moment I put these on, it was like a match made for my foot. The seamless interior offers the perfect sock like feel on the inside, combining very responsive cushioning with Nike's Lunarlon material. The Lunarlon outsole is lighter weight, more responsive and softer ride compared to standard EVA material (the white outer sole) used by other manufacturers. The other new technology integrated into this shoe is the "floating heel counter" this external heel counter is designed to allow your foot to move with the shoe and not against it, giving a very natural feel.

If you are looking for a neutral to mild over pronation shoe for 10km through to marathon or to utilise as a lighter weight pair of shoes for your speed sessions try the Nike LunarFly +2 at intraining next time you're in and take them for a run outside!

Kids footwear *Get the best shoes for their feet \$50-120*

It is no secret that incorrectly fitted footwear at a young age can contribute to biomechanical issues as your kids grow up. We already know how important it is for us adults to be fitted up each time we purchase our running shoes. Your children's feet are no different and still require an assessment just like yours when searching for a pair of shoes. Intraining Running Centre see age as no barrier with a huge range of performance running shoes for children. Ranging in price from just \$50 through to \$120. Most brands have a range of "child sized versions" of their adult footwear – for example the Asics 2150 Kids and the Brooks Adrenaline Kids, both available in boy and girl colours.

So if you know your child loves getting out there and running around, isn't it time you obtained the right advice for their feet too? At intraining Running Centre, we have kids shoes from size 11 up to size 6 kids. We also have a variety of waffle racing shoes for those kids that want the edge at their school cross country this year!



2 bottle - \$64.95

4 bottle - \$69.95

Fuel Belt Helium Bottle Belts

(Pink, Blue, Black, Red, Green) 2 bottle OSFA, 4 bottle OSFA

Have you ever turned your nose up at a running belt? Or been chafed so badly from bouncing around too much? Ergonomically positioned Helium ventilated foam pads enhance comfort and reduce heat build-up you might experience with other running belts. This lightweight hydration belt registers low on the "bounce scale" making it more comfortable to wear on long runs. The evenly distributed 225ml bottles combined with a clever little pouch; which you can put gels, keys or salt tablets, means that you can go on your next long run with piece-of-mind in knowing that you are not going to be left stranded. This is also a great accessory for the runner who often struggles with race day "sponsors" drinks where you can either train with the sponsored drink at your goal race – or even take your own special formula on race day so your body knows what to expect!

Hands down the most comfortable hydration belt on the market. Drop by the store to try one out!



instore



Womens Nike Lunarfly
\$179.95

Asics Running Backpack
\$69.95



Adidas Supernova Tank
\$64.95

Solrx Sunscreen 120ml
\$19.95

Mizuno Performance 3/4 tights
\$59.95



Nike Heritage Club Bag
\$59.95

Mizuno Burnout Singlet
\$69.95



Asics Clover Tee
\$39.95

Nathan Water bottle
\$34.95

Skirtsports Gym Girl Ultra
\$89.95

Nike Raceday Singlet
\$79.95

Nike Prefontaine Shirt
\$34.95

Asics Statement Shorts
\$49.95

NB Adaptor SS Tee
\$59.95

Icefill Longsleeve Tee
\$54.95

Asics DS Trainer
\$229.95

NB 2" Shorts
\$69.95

Small ITB Roller
\$39.95

Nike 4" Woven Short
\$44.95

Brooks HVAC Shorts
\$89.95

Nike Raceday Singlet
\$79.95

Nike Zoom Vomero
\$239.95

Exercise Ball
\$49.95



Modelling the apparel: Emily Donker and Jamie Laverty

I see the **light**

Shorter days are on their way – which means time to think about your safety! Are you one of the many thousand Queenslanders who fit your running in around life? Winter is drawing closer, which means we will be out there running in the dark more often than not. You probably asking, what do I need to keep safe from?

As visibility decreases around your area, it is important to pay attention to your surroundings; including other runners, walkers, cars and most prominent – cyclists. If you have run in the dark before without something helping you stand out, odds on you have had an ‘encounter’ with one of the aforementioned.

Some tips to keep you safe:

Select a pair of running shoes which includes reflective material

This will help your feet light up when a car has its headlights on and coming up from behind or front of you. Just ask your footwear specialist if your shoes you are purchasing have this feature. Most running footwear these days come with reflective tape and are usually cleverly disguised and stitched into the shoe with brand logos.



Look for a quality reflective band or belt

There are many products on the market now which cater to runners specific needs in terms of having a reflective accessory belt. Stridelite is one of these brands, providing a lightweight, non-invasive, high visibility belt that is comfortable. Combining a fluorescent light and 3M reflective tape, this running belt can be seen by any car, bicycle or fellow runner up to 1.8km away. Remember, to always try one on first before purchasing to avoid any discomfort you may feel.



Look for clothing that is high visibility

This is a great way to ensure a large portion of your body is “sighted” by others. Brooks in particular have a full range of clothing specifically designed for running in the dark; Brooks Nightlife. Upon first look you may think “construction worker”, however there is a good reason the Brooks Nightlife clothing has been so popular with runners. Featuring 3M reflective piping and fluorescent yellow material you will certainly not be a casualty of being “hidden” from other road users, and you might just be the most popular running buddy around too!



Try to run in well-lit areas

If you know you are going to be running in the dark, try and avoid areas where you know that street lights are not working or not apparent. Not only are you in danger of being bumped by a car or cyclist, you will also be more likely to take a wrong step and succumb to an injury, such as a rolled ankle.



Above all, the most important thing to remember when you are out enjoying the cooler conditions that winter brings, is common sense. It is always better to be safe than sorry.

*Remember, get out there and enjoy your running in the cooler months.
If you have any questions, feel free to email ricky@intraining.com.au.*

Brisbane **Twilight**
RUNNING FESTIVAL 2011

Take up a Twilight
challenge on
March 20



Location: St Lucia

Free watch when you finish!

Choose



- ☐ Half Marathon
- ☐ 10km Run
- ☐ 3km Run/Walk
- ☐ 1km Kids Race



Enter online
www.twilightrun.com.au