

intraining

the running store run by runners

**Training
groups**
p18

CORE
strength
for runners

p4

***Runner
essentials***
p12

***Balance, Core
& Sports Rehab
Studio***

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the running store run by runners

**SPECIALIST RUNNING STORE
SPORTS INJURY CLINIC
RACE ORGANISATION SERVICE
COACHING & TRAINING SESSIONS
RUNNING AND TRIATHLON CLUB**

**PHONE: 07. 3367 3088
33 PARK ROAD MILTON
& INDOOROOPILLY SHOPPING CENTRE**

2015 is game time

**Fun run calendar
p9-10**

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Training groups Get fit'n ready for 2015



Twilight Running Festival 22nd March 2015

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RUNNERS SHOE GUIDE

moderate stability

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

flexible neutral

Asics Cumulus
Altra Torin
Brooks Ghost (widths - women's)
Mizuno Sayonara
New Balance 880 (widths - men's)
New Balance Zante
Nike Zoom Elite
Nike Pegasus
Saucony Ride

motion control

Brooks Beast (men's)
Brooks Ariel (women's)
Brooks Addiction
Mizuno Paradox
Mizuno Alchemy
New Balance 940

mild stability

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

firm neutral

Asics Nimbus
Brooks Dyad
Brooks Glycerin (widths - men's)
Hoka Bondi
Hoka Clifton
Hoka Conquest
Hoka Stinson Lite
Hoka Kailua Tarmac (women's)
Hoka Rapa Nui Tarmac (men's)
Mizuno Creation
Mizuno Enigma
Mizuno Rider (widths)
New Balance 1080
Nike Flyknit Lunar 2
Nike Vomero
Saucony Triumph

racer trainers

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

kids training

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

trail

Altra Lone Peak
Brooks Cascadia
Brooks Pure Grit
Hoka Maffate Speed
Hoka Stinson ATR
Hoka Rapa Nui Comp Trail (men's)
Mizuno Hayate
Mizuno Kazan
Nike Terra Kiger

racing flats

Altra The One - 235g - 0mm
Asics DS Racer - 224g - 11mm
Brooks T7 Racer - 190g - 12mm
Brooks Racer ST - 258g - 12mm
Mizuno Ekiden - 150g - 6mm
Mizuno Hitogami - 200g - 9mm
Mizuno Universe - 110g - 3mm
Nike Lunar Racer - 188g - 7mm
Nike FlyKnit Racer - 184g - 10mm
Nike Lunar Spider R & LT - 6/8mm
Saucony Kinvara - 226g - 4mm
Saucony Grid Type A6 - 172g - 4mm

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

spikes

Asics Hyper Sprint
Asics Hyper Rocket Girl SP
Nike Zoom Ja Fly
Asics Hyper MD
Nike Zoom Rival MD
Nike Zoom Maxcat
Nike Zoom Victory
Asics Hyper LD
Asics Hyper Rocket Girl D
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

Running at the mouth

"THE MIRACLE CURE"

I have been a bit annoyed at some of the spam you find on facebook saying that running makes you old. The theory is that free radicals are released with distance running and that these free radicals age you. Besides the fact that the link between free radicals and ageing is nebulous at best there is also the fact that running actually gives you resistance to the negative impacts of free radicals on your health.

It makes me wonder why so many people are willing to accept crazy theories with no evidence, rather than common sense and science. The measles outbreak in America is a result of too many parents believing that what they read on the internet is more credible than what the health authorities have to say on immunisation.

Weight loss is a very simple formula. In a paper by Ruben Meerman and Andrew Brown, published in the British Medical Journal (Dec 2014), they explain where fat goes when we lose weight. Simply put:

Energy in less energy out = net change in weight

Weight in this instance is mainly carbon. We ingest carbon in the form of food and we expel carbon in the form of carbon dioxide when we are breathing. Unfortunately, weight does not miraculously

disappear as an energy balance when we exercise and diet. To lose weight you must either reduce your intake or increase how much you breathe.

The more frequently and more intensely you can breathe out the more weight you will lose. Running is one of the most efficient ways to increase your breathing and release carbon to lose weight.

There have been many studies over the years that have followed runners ageing. What they found was that the runners who continued racing maintained their performance factors much better than the runners who kept running but did not race.

Those runners who quit running were less healthy and died earlier. The evidence for an active lifestyle and a healthy weight is overwhelming. Unfortunately two thirds of Australians are either overweight or obese.

Exercise is medicine. If more people ignored the health fads and took up running then Australians would live longer and stay healthier.

Steve Manning
intraining Podiatrist and Coach



2 WEEK 'FIT GUARANTEE'

intraining Running Centre guarantee to ensure you are happy with your purchase
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intraining shoe brands





That Niggling Feeling

NIGGLES

If you're struggling with pain during or after exercise, you need to first determine its severity. The onset, type, location and intensity of the pain can help you determine what type of structure might be aggravated, whether it's soft tissue (muscle, tendon or ligament),

neurological, vascular or bony. You should also consider your recent training history, the state of your footwear, and how the pain presented itself and progressed.

CAN I RUN?

The key question should be; can I run? If you are unable to run, or find yourself compensating and changing your gait pattern whilst walking or running, then you have a serious issue and should seek professional advice. Once you start compensating, not only are you continuing to damage the injured structure, you'll also be overloading other areas of the body and increasing your risk of suffering a secondary injury.

PRICE APPROACH

Pain that doesn't affect your running gait still should not be ignored. Being proactive and undertaking sensible self-treatments at the first signs of a niggle can greatly reduce injury risk. Following the PRICE approach (Protect, Rest, Ice, Compress, Elevate) is recommended, and will be beneficial in most cases.

A niggle doesn't always require you to stop running but in most cases, modifying and reducing training load will assist greatly. Training load can be reduced by modifying intensity, frequency or duration. Incorporating cross-training activities such as cycling, swimming and deep water running can be beneficial for a majority of injuries - they're great for cardio, yet place reduced stress on the lower limbs.



THE KEY

The key is knowing when enough is enough. Running through a niggle or minor injury can be detrimental and may lead to much more debilitating consequences. Things will usually work out in the long run; take the conservative approach of having a couple of days off to avoid spending months on the sidelines.

If you become frustrated, your self-treatment attempts have failed, and your pain is lingering or getting worse, then you may need help. You should never be afraid of seeking a professional opinion. Runners will avoid seeing their health professional for fear of being told they shouldn't run. However every niggle and even injury is different and many injuries require you to keep running to rehabilitate them properly.

WHAT SHOULD I DO?

You should see a physiotherapist or podiatrist who specialises in sporting injuries, or even better, one who is also a runner. Not only will they have a greater experience of treating similar injuries, they will also understand your desire to continue training.

Exploring the continuum from annoying niggles to more serious injuries and how to get back on your feet with minimal impact on your training.

Injury Fast Facts (courtesy of SMA)

- Overuse injuries are more prevalent than acute or traumatic type injuries
- Overtraining (or other training errors) is the most common cause of running overuse injuries
- Other factors contributing to injury risk are:
 - running terrain/surface
 - footwear age
 - footwear suitability
- Lower limb injuries are by far the most common:
 - Knee = 42%
 - Foot/Ankle = 17%
 - Lower leg = 13%
 - Hip/Pelvis = 11%



As runners, the difficulty is differentiating between a niggling pain and a serious injury. By nature, runners are hard-wired and stubborn, which means that niggles are often overlooked and ignored in their early stages and then progress to a more serious and debilitating injury that interrupts training.

Have a niggle of your own? Book an appointment with the intraining clinic. | ph. 07 3367 3088

Core strength for runners

Many people give only a passing thought to doing core strength exercises. These exercises are often done at the end of a workout when you are tired (assuming they aren't put in the 'too hard basket' and neglected altogether) or worse still - done, but done incorrectly. However, strengthening your core shouldn't be thought of as a chore, as the benefits far outweigh the time and effort needed.

The 'core' refers to the deep layer of muscles found in your abdominal cavity and lower back. The Transversus Abdominus and Multifidus muscles play a key role in stabilising the mid section of your torso between your ribs and hips and reduces the requirement for the surface muscles to be as active. The surface muscles (including your Rectus Abdominus or '6 pack muscles') tend to use a lot more energy than the core muscles, and so a strong core can reduce fatigue both when you are working and when exercising.

Good core stability can greatly benefit your running and sports performance. Usain Bolt credited his gold medal performances in the Olympic Games partly to Pilates improving his core strength. While we aren't all looking to run a sub ten second 100 metre race, it has benefits for everyday athletes too. An experiment was conducted where half of a group of recreational runners were given a core strength program (5 exercises, 4 days per week) while the whole group maintained their normal training schedule. After a couple of months the runners that didn't do any

core strength had improved their 5km time by about 5 seconds each. The group doing the core exercises however, each improved by almost a minute!

Aside from the performance enhancing abilities, a strong core can help you to avoid certain injuries. Recent studies have shown that runners with poor core strength are much more likely to develop knee and leg injuries. Illo-Tibial Band (ITB) injuries are more prevalent in runners with a weak core and gluteal (butt) muscles. Poor core strength is also a factor in many lower back pain injuries which are becoming more common as people are spending longer hours sitting with bad posture.

There are many good reasons why you should be doing core strength exercises a few times each week. Taking part in a Pilates class is a great way to dedicate time to improving your core while also learning how to perform the exercises correctly.

intraining Running Injury Clinic has recently opened the 'Balance, Core & Sports Rehab Studio' at 33 Park Road Milton. The studio offers mat Pilates classes designed to develop core strength. The classes are kept to a small number of participants and are instructed by a physiotherapist with a focus on teaching you correct technique. Pilates is suitable for most people and offers a great way to improve strength and conditioning in a low impact way.

Book online at
www.intraining.com.au/sportsrehab
Or call the intraining Running Injury Clinic on 07 3367 3088.

See PAGE 6 for more info



intraining
running injury clinic

- ? Pain in the foot, heel, ankle, knee, hip and back
- ? Running form and movement analysis
- ? Biomechanics and postural problems

- ? Ingrown toenails and blistering
- ? Children/teens sports and growth related injuries

...run away from injury

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



goldcoastmarathon.com.au | #GCAM15

Enter Now!

JUNIOR DASH

5.7KM CHALLENGE

10KM RUN

HALF MARATHON

MARATHON



New studio

BALANCE, CORE & SPORTS REHAB STUDIO

By now you would have heard about the benefits of core strength exercises (if not, flick back a few pages). Having a strong core is good for sports performance, and also very important for posture and the health of your lower back. Many people are confused about the right way to develop core stability. It's easy to neglect doing the exercises at home, and taking part in a crowded gym based class means you don't get the personal attention required to ensure you are doing the exercises correctly.

The 'Balance Core & Sports Rehab Studio' located at the intraining Running Injury Clinic at Park Road, Milton is your key to developing core strength, balance and expedite recovery from injury with a range of specific classes.



Pilates

PILATES CLASSES

The studio offers Pilates mat classes which are run by a physiotherapist.

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

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

More info: <http://intraining.com.au/sportsrehab/pilates/>



Rehab

SPORTS REHAB

If you have been struggling with your current injury rehab program (or don't have one) we can help get you back on track.

The newly fitted out studio features a range of quality equipment to aid you in your recovery from a wide range of injuries. Our skilled practitioners can help guide you through the process and get you back to what you enjoy doing.

Take the next step and book in for a consultation. Physiotherapy, Podiatry & Massage are all available

More info: <http://intraining.com.au/sportsrehab/coreandbalance/>



Balance

ANKLE STRENGTH AND BALANCE CLASSES

Have you sprained your ankle before? Do you run, play football or netball? If so, you have an increased risk of spraining your ankle. 'Ankle Strength and Balance' classes are a great way to help develop the strength, coordination and reflexes needed to help reduce the likelihood of ankle sprains and injuries, while also improving your general sense of balance.

Group classes are available on Saturday at 12.00pm.

Individual or small group sessions are also available. Contact us at: clinic@intraining.com.au for more information.

More info: <http://intraining.com.au/sportsrehab/coreandbalance/>



Prehab

PRE AND POST SURGERY REHAB

You don't need to have a sporting injury to benefit from the services available at the new clinic.

If you are undergoing joint replacement surgery (knees, hips, shoulders), then our experienced physiotherapist can help with both the 'Pre-hab' (strengthening prior to the surgery), as well as developing a specific rehabilitation program following surgery to minimise your recovery period. Most surgeons agree that the stronger you are before surgery, the faster and smoother your recovery process will be.

More info: <http://intraining.com.au/sportsrehab/coreandbalance/>



SCHEDULE

Pilates

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

Ankle strength and balance

Saturday: 12.00pm

45MIN
classes

Maximum of
9 participants per class

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

BOOK a class online or
call on 07 3367 3088

<http://intraining.com.au/appointment/>



FINDING THE BEST SHOE FIT

THE FOOTWEAR FITTING CHECKLIST

Black toenails, blisters, hot feet and numb toes can all be signs of an incorrectly fitting shoe. The shape of your feet has an impact on how well a shoe fits, and its comfort levels while you're exercising. When purchasing shoes it is important to consider the length width, depth and shoe space to maximise foot comfort while running and walking.



Length & Width

Space is needed at the end of the longest toe and around the edge of the smallest toes to allow for toe movement and foot flattening. Just as there is an arch along the length of the foot, there is an arch across the front of the foot from the 1st toe joint to the 5th. This flattens as the foot is loaded. If there is not enough width to allow for the increased spreading of the forefoot, the nerves that run between the metatarsals (the long bones of the feet) are impinged causing altered sensations such as pins and needles, numbness, hot feet or the feeling of walking on a stone. These symptoms can also occur as the foot swells with the increased blood flow generated from exercise. Foot types that usually experience these types of pain include wide feet, flexible feet and feet with bunions.



Toebox shape & Shoe Depth

Shoes come with different shaped toe boxes and depths to accommodate the varied shape of feet. If your foot is square shaped, thin (not narrow), has thickened toenails or joints, claw toes, long second toes or is tapered in a more unusual manner it is worth taking the time to find the shoe that will have the best fit. If you're new to using running shoes, sometimes it is an odd feeling to allow for extra room.

The high arched foot can often have difficulty fitting in to shoes. Ensuring that the upper of the shoe in which your foot sits is deep enough can prevent unwanted pressure spots under the laces. In some cases it may be necessary to relace the shoe to reduce this pressure.



Unwanted shoe space

Excessive amounts of space around the foot can contribute to unwanted movement of the foot inside the shoe. The purpose of the lacing system is to capture the foot shape so that it moves with the shoe, rather than against it. When there are large spaces around the arch, the foot will move through a greater range it should leading to injury.

Long skinny feet, feet with a wide Forefoot & a narrower heel, and children's feet may find they have too much space around the midfoot. Feet that curve inwards from the first metatarsal or big toe, and high arched feet can also leave too much space around the arch. With such a large selection of shoes now available there should be a shoe for every foot. In some cases however, an insole or added arch fill may be required to customise the fit.



Heel shape

The heel should fit snugly and be at the back of the shoe in the heel counter with no finger space once laced. If there is then the foot may have slipped forward while lacing, or there is a mismatch between the heel bone shape and the heel counter of the shoe. If there is a mismatch holes may develop in the material and blisters can occur. This can be a particular problem when there is a prominent bump on the back of the heel.

Children often don't have the strength or co-ordination to tie their shoes firmly enough, and as they get older, shoe lace tying becomes a matter of speed rather than accuracy. It is important to encourage them to take the time so that their feet don't slip forward once they are standing.

If you have a more difficult foot to fit, these are some useful features to look for:

- A firmly fitting arch;
- Brands with a narrower fit (2A for women, B for men);
- Wider fit (D for women, 2E or 4E for men);
- Tapered toe space, or a squarer toe box;
- The ability to place an insole into the shoe to customise the fit.

The shoe fit checklist is a useful guide to helping you find the right fit for your foot. It is recommended that you seek the help of a running footwear specialist like intraining to ensure your feet remain comfortable for the long run.

**2 WEEK
'FIT GUARANTEE'**

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

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SUNDAY 19 JULY 2015



Individuals » Teams » All Ages » All Fitness Levels



j2j.com.au

2015 QLD running + triathlon calendar

March - September 2015

MARCH

Sun 1	Sunshine Coast Run Series - Race 2	www.sunshinecoastrunseries.com.au
Sun 1	QTS Triathlon Series Race 6	www.qldtriserries.com.au
Sun 1	BRRC 5mile & 10mile West End	www.brisbaneroadrunners.org
5-8	Queensland Open Athletics Championships	www.qldathletics.org.au
Sat 7	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 7	Queensland Running X-Country, Mitchelton	www.queenslandrunning.com.au
Sun 8	bcu Coffs Tri 1.5/40/10km - Coffs Harbour	www.villagesports.com.au
Sun 8	Bribie Island Triathlon - Race 4 - 750/20/5	www.bribietri.com
Sun 8	Kings of the Coast - Caloundra - 1.9km and 3.8km	www.iconevents.com.au
Sun 8	International Womens Day Fun Run 5km	www.womensdayfunrun.com.au
13-15	Mooloolaba Triathlon Festival 1.5/40/10	www.usmevents.com.au
Sat 14	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 14	Queensland Running X-Country, Chermside	www.queenslandrunning.com.au
Sun 15	BRRC 5km - 25km West End	www.brisbaneroadrunners.org
Sat 21	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 21	Queensland Running X-Country, Sandgate	www.queenslandrunning.com.au
Sun 22	Twilight Running Festival 2015, St Lucia	www.twilightrun.com.au
Start: 4.00pm	Twilight 5km Run/Walk	6000 People 1 Day 4 Events
Start: 4.45pm	Twilight 1km Active Kids Challenge	Free Kids Activities & Games
Start: 5.00pm	Twilight 10km Run	A whole lot of fun for everyone
Start: 5.00pm	Twilight Half Marathon	
Sun 22	Tomewin Mountain Challenge Half Marathon	http://tomewinmountainchallenge.com.au
Sat 28	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 28	Queensland Running X-Country, Yeronga	www.queenslandrunning.com.au
Sun 29	Tweed Coast Enduro Half Iron triathlon 1.9/90/21	www.tweedenduro.com.au
Sun 29	Cooly Classic - Coolangatta - 1km and 2km	www.iconevents.com.au
Sun 29	Sports Super Centre Fun Run Series - Race 2	www.sscseries.com.au
Sun 29	Rotary Fun Run 10km Griffith University	www.rotaryfunrun.org
Sun 29	Ride the Range - Toowoomba	www.ridetherange.org.au
Sun 29	TQ Sprint Distance Champs 750/20/5	www.triathlonqld.com.au
Sun 29	BRRC 5km - 15km West End	www.brisbaneroadrunners.org

APRIL

Sat 4	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 4	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 11	Queensland Running X-Country, Strathpine	www.queenslandrunning.com.au
Sat 11	Gold Coast Triathlon 750/20/5 Gold Coast	www.usmevents.com.au
Sun 12	BRRC 5km, 10km & 25km West End	www.brisbaneroadrunners.org
Sun 12	Dirt'n Dust Triathlon Festival 800/25/5 Julia Creek	www.dirtndust.com
18-19	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 18	Queensland Running X-Country, Chermside	www.queenslandrunning.com.au
Sat 18	Anzac Run 8km & 12km Brisbane	www.anzacrun.com
Sun 19	QTS Triathlon Series Race 7	www.qldtriserries.com.au
Sat 25	Queensland Running X-Country, Toowong	www.queenslandrunning.com.au
Sat 25	GCB Fun Run 5km & 10km Robina	www.gcbfunrun.com.au
Sun 26	BRRC 5km, 10km & 21.1km Club Champs West End	www.brisbaneroadrunners.org

MAY

Sat 2	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 2	Neon Run 5km Gold Coast	www.neonrun.com.au
Sat 2	QA Queensland All Schools XC and Short Course Champs	www.qldathletics.com.au
Sat 2	Queensland Running X-Country, Strathpine	www.queenslandrunning.com.au
Sat 2	Fitness First Corporate Triathlon - Gold Coast	www.supersprint.com.au
Sun 3	Tre-X Offroad Triathlon 1/30/8	www.tre-x.com.au
Sun 3	QUT Classic 10km and 5km Brisbane	www.qut.edu.au
Sun 3	Sports Super Centre Fun Run Series - Race 3	www.sscseries.com.au
Sun 3	Weet-Bix Tryathlon - Townsville	try.weetbix.com.au
Sun 3	Hamilton Island Hilly Half Marathon	www.hamiltonisland.com.au
9-10	Ultraman Triathlon Australia 10km/420km/84km	www.ultramanoz.com.au
Sat 9	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 9	Queensland Running X-Country, Bald Hills	www.queenslandrunning.com.au
Sat 9	QA Queensland All Schools XC and QLD Relay Champs	www.qldathletics.com.au
Sat 9	Byron Bay Triathlon 1.5/40/10 Byron Bay	www.byronbaytri.com.au
Sun 10	Sunshine Coast Run Series - Race 3	www.sunshinecoastrunseries.com.au
Sun 10	Mothers Day Classic 4km & 8km Brisbane & Gold Coast	www.mothersdayclassic.org
Sat 16	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 16	Spartan Race - Peak Crossing, QLD	www.spartanrace.com.au
Sat 16	Queensland Running X-Country, Chermside	www.queenslandrunning.com.au
Sun 17	Red Run Classic 10km & 5km New Farm Park	www.haemophilia.org.au/rcc
Sun 17	Weet-Bix Tryathlon - Sunshine Coast	try.weetbix.com.au
Sun 17	BRRC 5km, 10km, 20km and 25km West End	www.brisbaneroadrunners.org
Sat 23	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 23	Queensland Running X-Country, Logan	www.queenslandrunning.com.au
23-24	Noosa Ultimate Sports Festival	www.usmevents.com.au
23-24	Warwick Pentath-run 42.2km Warwick	www.pentathrun.com
Sun 24	Ring Road Run 10km & 5km Wide Bay	www.ringroadrun.com.au

MAY...continued

Sun 24	Weet-Bix Tryathlon - Brisbane	try.weetbix.com.au
Sun 24	Rotary Fun Run 1km, 5km, 10km St Lucia	www.rotaryfunrun.com.au
Sat 30	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 30	Queensland Running X-Country, Chermside West	www.queenslandrunning.com.au
Sat 30	QA Queensland Mountain Running Champs	www.qldathletics.com.au
Sun 31	Sports Super Centre Fun Run Series - Race 4	www.sscseries.com.au
Sun 31	Kokoda Challenge 30km Brisbane	http://kokodachallenge.com
TBC	Rocky River Run 5km, 10km, 21km Rockhampton	www.rockyriverrun.com
TBC	Koala Run 10km & 5km Redlands	www.koalacentral.com.au

JUNE

Sat 6	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 6	Queensland Running X-Country, Yeronga	www.queenslandrunning.com.au
Sun 7	Coral Coast Triathlon - Cairns 1.5/40/10	www.usmevents.com.au
Sun 7	Mackay Marina Run Half, 8km, 5km Mackay	www.mackaymarinarun.com
Sun 7	Queensland Half Marathon & 10km	www.queenslandmarathon.com.au
Sat 13	BRRC 20km Champs & 5-35km West End	www.brisbaneroadrunners.org
Sat 13	QA Queensland Medium Course XC Champs	www.qldathletics.com.au
Sat 13	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 13	Queensland Running X-Country, Strathpine	www.queenslandrunning.com.au
Sun 14	Ironman 70.3 Cairns 1.9/90/21	www.usmevents.com.au
Sun 14	Ironman Cairns 3.8/180/42.2	www.usmevents.com.au
Sun 14	City 2 South - Brisbane	www.city2south.com.au
Sat 20	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 20	Queensland Running X-Country, Tingalpa	www.queenslandrunning.com.au
Sun 21	Caloundra Foreshore Fun Run 3km & 10km	www.caloundrafunrun.com
Sun 21	BRRC 10km Champs & 5km West End	www.brisbaneroadrunners.org
Sun 21	Mt Walker Fun Run 4km Hughenden, QLD	http://porcupinegorgechallenge.com.au
Sat 27	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 27	Queensland Running X-Country, Mitchelton	www.queenslandrunning.com.au
Sun 28	Townsville Triathlon Festival 1.5/40/10 Townsville	www.townsvilletrifestival.org.au

JULY

4-5	Gold Coast Airport Marathon 2015	www.goldcoastmarathon.com.au
Sat 4	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 4	Queensland Running X-Country, Toowong	www.queenslandrunning.com.au
Sat 11	IronMaori triathlon - Gold Coast	www.sportsground.co.nz/ironmaori
Sat 11	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 11	Sunshine Coast Run Series - Race 4	www.sunshinecoastrunseries.com.au
Sat 11	Queensland Running X-Country, Chermside	www.queenslandrunning.com.au
Sun 12	Somerset Rail Trail Fun Run 8.3km Lowood	www.railtrailfunrun.com.au
Sun 12	Nova 106.9 Brisbane Sky Run	www.iconevents.com.au
Sun 12	BRRC 5km - 15km West End	www.brisbaneroadrunners.org
Sat 18	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 18	Queensland Running X-Country, Strathpine	www.queenslandrunning.com.au
18-19	Kokoda Challenge 96km Gold Coast	www.kokodachallenge.com
Sun 19	Airlie Beach Running Festival 21km & 10km Airlie Beach	whitsundayrunningclub.com.au
Sun 19	Jetty 2 Jetty 21km, 10km & 5km Woody Point	www.j2j.com.au
Sat 25	parkrun 5km - Australia wide	www.parkrun.com.au
Sat 25	Queensland Running X-Country, Mitchelton	www.queenslandrunning.com.au
Sun 26	The Brook Run 7km Kedron Brook Reserve	www.thebrookrun.com.au
Sun 26	Pomona King of the Mountain Pomona	www.kingofthemountain.com.au
Sun 26	Park2Park 21km, 10km & 5km Ipswich	www.park2park.com.au
Sun 26	BRRC 5km - 15km West End	www.brisbaneroadrunners.org

Twilight Running Festival 2015 BRISBANE

22ND MARCH

RUN UNDER THE MOON AND STARS

REGISTER ONLINE

www.twilightrun.com.au

RACQ INTERNATIONAL WOMEN'S DAY FUNRUN

FOR BREAST CANCER

Sunday 8 March 2015 South Bank Brisbane

1800 440 155 www.womensdayfunrun.com.au

B105 M10/11

chicks & park

Mater

Exceptional People. Exceptional Care.

AUGUST

Sat 1	parkrun 5km - Australia wide	www.parkrun.com.au
Sun 2	Brisbane Marathon Festival	www.brisbanemarathon.com.au
6:00am Start	42.2km Brisbane City Marathon	Registrations open March
6:00am Start	21.1km Brisbane Half Marathon	
6.30am Start	10km Brisbane Run	
10:00am Start	5km Brisbane Run/Walk	
10.15am Start	2.2km Kids Mini-Marathon	
Sun 2	Yeppoon Triathlon 1.5/40/10	www.triathlonqld.com.au
Sun 2	Townsville Running Festival	http://townsvillerunningfestival.com
Sat 8	parkrun 5km - Australia wide	www.parkrun.com.au
Sun 9	TQ Duathlon Champs 10/40/5 Springfield	www.brisbaneroadrunners.org
Sun 9	BRRC 5km - 15km West End	www.parkrun.com.au
Sat 15	parkrun 5km - Australia wide	www.parkrun.com.au
Sun 16	Riverrun Ultra Marathon Brisbane	www.riverrun100.com.au
Sun 16	Botanic to Bridge 8km & 3km Gladstone	www.botanictobridge.com.au
Sun 16	TLC Fun Run 10km & 5km North Lakes	www.tlcfunrun.org.au
Sat 22	parkrun 5km - Australia wide	www.parkrun.com.au
22-23	Rainbow Beach Triathlon 750/20/5 Rainbow Beach	www.rainbowbeachtriathlon.com.au
22-23	Straddle Salute 750/18/8	www.iconevents.com.au
Sun 23	BRRC 10mile Champs & 5mile West End	www.brisbaneroadrunners.org
Sat 29	parkrun 5km - Australia wide	www.parkrun.com.au
Sun 30	Sunshine Coast Marathon	www.sunshinecoastmarathon.com.au
Sun 30	Challenge Half Triathlon 1.9/90/21 Gold Coast	www.challenge-family.com
Sun 30	Sunday Mail Bridge to Brisbane 5km & 10km	www.bridgetobrisbane.com.au
TBC	Cane 2 Coral 15km & 8km Fun Run	www.cane2coral.com.au

SEPTEMBER

Sat 5	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 6	Coffs Harbour Running Festival	www.villagesports.com.au
Sun 6	Tre-X Offroad Duathlon 600m/20km/6km Mt Cotton	www.tre-x.com.au
Sun 6	TQ Sprint Distance Champs 750/20/5	www.triathlonqld.com.au
Sun 6	Airlie Beach Triathlon 750/20/50	www.whitsundaytriclub.com
Sat 12	parkrun 5km - Various Locations	www.parkrun.com.au
12-13	Tough Mudder - Mt Cotton	www.toughmudder.com.au
Sun 13	Sunshine Coast Ironman 70.3	www.usmevents.com.au
Sun 13	BRRC 5km - 15km West End	www.brisbaneroadrunners.org
Sat 19	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 20	Twilight Bay Run - Wynnum Foreshore	www.twilightbayrun.com.au
4:00pm Start	Twilight Bay 5km Run/Walk	Run under the moon and stars
4:45pm Start	Twilight Bay 1km Active Kids Run	beside a sparkling waterfront
5:00pm Start	Twilight Bay 10km Run	
5:00pm Start	Twilight Bay Half Marathon	
Sat 26	parkrun 5km - Various Locations	www.parkrun.com.au
Sun 27	QTS Triathlon Series Race 1	www.qldtriserries.com.au
Sun 27	BRRC 5km, 10km & 15km Champs West End	www.brisbaneroadrunners.org

02 AUGUST

REGISTER ONLINE

www.brisbanemarathon.com

Brisbane MARATHON Festival

42.195 KM, 21.1 KM, 10 KM, 5 KM, 2.2 KM

24 May 2015 Rotary Fun Run/Walk

Run or Walk for Charity

University of Queensland, St Lucia

enter online: www.rotaryfunrun.com.au

1km Kids Dash, 5km, 10km

JETTY 2 JETTY FUN RUN

» Woody Point - Scarborough «

SUNDAY 19 JULY 2015

3KM, 5KM, 10KM, 21KM

j2j.com.au REGISTER TODAY!

Sunday
17 May 2015
New Farm,
Brisbane

www.haemophilia.org.au/rcc

Red Run
Classic



ADIDAS ADIZERO TEMPO PRO SUNGLASSES

The innovative range of sunglasses from Adidas Eyewear simply allow you to "see better and be better". The new Adizero Tempo Pro glasses are one of many great models to feature self-tinting photochromic lenses. Filtering many types of harmful UV rays, these lenses adapt automatically to the surrounding environment by darkening or brightening as required.

Precisely built, the Adizero Tempo Pro glasses are adjustable to different face shapes and designed with sport in mind. The lightweight, stable glasses provide runners with the ultimate in performance at just over 20g without the frustration of your glasses fogging up or moving around whilst running.

Benefits:

- Lightweight
- Anti-Fog protection
- Adjustable to suit unique face shapes
- Elimination of movement with adjustable nose piece
- Photochromatic lens options which adapt to light
- Options available for prescription requirements

Our vision is arguably our most important asset so why not look after and optimize it? Come on down to intraining to check out the complete range of Adidas performance eyewear.

Nathan Fittock



THE NEW GARMIN FENIX 3

The Fenix 3 is the latest innovation from the sport technology powerhouse that is Garmin. This slick new design multi-sport watch has always been very popular for the hard-core, off road runners who love to get lost in the wild for hours on end, and Garmin haven't taken that away. This watch keeps the awesome features that have been present in the previous Fenix watches but now it has much more. As well as being thinner the watch still includes the barometer and the temperature sensors as well as the massive 50 hour battery life. There are some notable differences between its predecessor the Fenix 2, and the Fenix 3.

- > Colour screen
- > 100m waterproof
- > 50 hour battery life
- > Bluetooth and Wi-fi connectivity
- > Records all your personal records
- > Predicts your running and cycling VO2 Max
- > Can pair with all cycling sensors - speed & cadence/power etc
- > Daily activity tracker - records sleep, steps and how much time you spend lazing around
- > Change of screen interface to make it similar to the very popular Forerunner 920XT

The Fenix 3 is set to be one of the biggest GPS watch innovations of the year with its ability to cater for runners and multisport athletes who love to enjoy the outdoors without limits. Visit our running specialists at Indooroopilly or Milton and let us show you what you have been missing out on.

Liam Woollett



YOUR VERY OWN COACH

The incredible Garmin Forerunner 920XT, a thinner, lighter, more advanced upgrade of the popular 910XT, could be just what you've been looking for.

The 920XT boasts high-definition colour screen, up to five weeks battery life, USB, Bluetooth and Wi-Fi compatibility with smartphone and computer devices and is regarded as one of the most feature-packed watches on the market.

All the standard functions of time, distance, pace, elevation, calories and swim metrics are included plus metronome and activity tracking modes.

It is when used with a Garmin heart rate monitor that the 920XT truly shines, unlocking its most dynamic features. After activity the watch gives an indication of your recovery state and advises how long to wait before attempting another hard effort. It records cadence, vertical oscillation and ground

contact time and estimates your VO2 Max, indicating your level compared to others in your age group.

Combining all the data, it can even reveal your racing potential with time predictions for several distances. Invaluable feedback for athletes of all abilities!

Ready to try out a coach and take your training to the next level? Come along to intraining Running Centre.

James Bell



NIKE RUNNING SHORTS

Regardless of whether you are a beginner runner or a veteran to the sport you cannot leave the door without your running shorts! Now for most people buying running clothing comes down to one thing and one thing only, the price. However not many of us realise the technology and expertise that goes into the making of running attire.

Take for example the Nike's range running shorts, these are made from Nike's Dri-Fit polyester fabric which is lightweight, snug, flexible and sweat-wicking, which will keep you cool and comfortable throughout your workout. They also contain a built-in stretch boxer-brief for freedom of movement and support. Compared to other cheaper alternatives which contain neither the longevity (meaning you have to constantly replace them) nor the comfort or design of Nike. Coupled with this the Nike racing shorts come with a back zip pocket to secure small items and are available in both racing and trail versions. For those that like the shortest shorts possible they come in either a 5 or 7 inch length sizing.

In 'short' you get what you pay for. intraining Running Centre stock a wide range of performance running shorts for all shapes and sizes. Shorts are no longer just something you throw on, they can be the difference between a suffer fest of chafing and running with only your fitness holding you back.

Hamish Hamilton



LOVE TO RUN TO WORK?

Running to work is a great option available for those lucky enough to live within running distance of the 9-5. But running with a change

of clothes, your keys and even your lunch can be a drag. There must be an easier way ... you bet there is! We have put together a range of 'run to work' options where you can carry your 'stuff' depending on how much of it you have.

Dual Pocket Spibelt

\$39.95
holds keys, phone, cash and cards, is one size fits all, comes in a range of colours.



Nathan Firecatcher

\$99.95
holds basic clothing, is quite compact, has a stretch mesh phone pocket, comes with two 300ml flasks.



Nike Vapor Lite Backpack

\$99.95
will fit shoes and clothing, side pockets will hold water bottles, has a small section at the front is perfect for a phone and wallet.

Camelbak Octane XCT

\$119.95
designed to fit basic clothing, phone, wallet food etc.. and has a 3 litre bladder if you need to carry water.



Camelbak Octane 18X

\$169.95
holds basic clothing, has a vertical zipper to expand capacity so would also fit shoes, and has a 3 litre bladder if you need to carry water.



Theresa Fabian



RUNNERS ESSENTIALS

intraining REVIEWS

GARMIN FORERUNNER 15

New year, new resolve, new running goals? If this sounds even a little bit like you, intraining Running Centre have the perfect watch to get you and keep you on track. The Garmin Forerunner 15 provides a range of handy information wrapped up in a colourful, easy to use GPS unit, complete with an inbuilt accelerometer or added footpod to enable indoor use.



Use the Garmin Forerunner 15 to track distance, pace, time, calories and heart rate (optional). For those new to running this watch has a walk/run function allowing you to choose the time spent on each of these activities throughout any workout. You may also like to take advantage of the daily activity monitor (the watch's take on a pedometer).

View recent workout history on the watch or upload activities to Garmin Connect for a broader look at your activities. It's a very clever little unit which is easy to use even for the most technologically challenged.

Clare Williams



EXPERIENCE THE REAL OUTDOORS

MIZUNO'S LATEST OFFROAD TRAIL SHOES

When the going gets tough, Mizuno creates running shoes that are tougher. Mizuno has replaced the Wave Ascend with the Wave Kazan and the Wave Hayate.

WAVE KAZAN

Sure footed protection

The Kazan has all the features of a great trail shoe; lightweight, impact protection from rocks and a low profile that makes your feet feel like they are connecting to the ground on each toe-off. Materials are of high quality and the lug pattern on the outsole is pretty aggressive ensuring you won't slip when out on the trails.

The Kazan is light enough for a fast day in the trails, yet rugged and protected enough for an epic, 100 mile ultra. The drop from heel to forefoot is 11.2mm.



WAVE HAYATE

Lightweight without compromise

The Hayate is designated as the lighter more nimble of the two. This shoe is meant for runners looking for a lightweight trail shoe that is ideal for trail runs and races up to half marathon distance.

The first thing you notice about the shoe is that it's lightweight and feels very minimal. It feels similar to a racing flat. It is a streamlined version of the more beefy Kazan. The drop from heel to forefoot is 9mm.

Whether you are new to trail running, looking for an alternative to the road or are an ultra distance runner, intraining Running Centre have a range of trail shoes to suit your needs. So what are you waiting for? Visit the store and experience a trail shoe as comfortable as your slippers ...well almost.

Muriel Mclean



LIKE RUNNING FREELY?

Running is a 'feel good' sport but wouldn't it be great to look just as good as you're feeling? The latest New Balance Excel Race singlet for women and the New Balance Race Day Singlet for men are perfect addition to your running closet.

As the sun rises later as the days move on, the fantastic 'glow in the dark' feature is sure to be a hit on those early morning and evening runs. The ultra lightweight fabric, featuring 'ICE' technology is designed to keep you cool and dry as your body's core temperature rises during exercise.

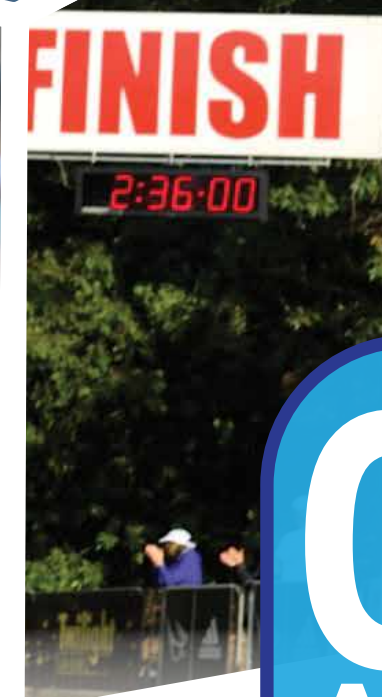


The fit is designed to align with your body contour essentially moving in unison with your body. Flat lock stitching minimizes the chance of the dreaded chafe as well as an increased level of comfort and freedom.

I am always impressed with New Balance clothing and it just keeps on getting better. Visit intraining Running Centre in Milton or Indooroopilly and experience a singlet that feels like you are wearing nothing at all!

Ashleigh Harding





**02
AUGUST**

REGISTER ONLINE
www.brisbanemarathon.com

**Brisbane
MARATHON
Festival**

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

Love 2 run, Love 2 eat

LOVE COOKING

Food balance

Fitting running around family and work can sometimes be a bit of a juggling act and planning meals for an active household can be just as valuable as following a planned training program.

Tips

If possible do some cooking on the weekend so you can freeze meals e.g. bolognese meat sauce, casseroles etc.
Aim to serve balanced meals that provide:

- Protein for muscle recovery, e.g. lean meat, poultry, fish, eggs, tofu, legumes (beans, lentils) etc.
- Carbohydrate (starch) to refuel e.g. brown rice, pasta, noodles, quinoa, potato, sweet potato, corn, legumes (beans, lentils) etc.
- Plenty of non- starchy vegetables or salad for antioxidants.

If people are coming home at different times have meals prepared that can be eaten cold such as Quinoa Salad (see recipe) and meals that can be kept hot or quickly reheated in a microwave e.g. casserole in a slow cooker or pasta bolognese etc.

RECIPE

Ingredients:

- | | |
|---|---|
| <p>Serves 4 as a main dish</p> <ul style="list-style-type: none"> • 1 cup (160g) raw quinoa • 2 cups water • 1 medium red onion • 1 medium zucchini (200g) • 1 large red capsicum (240g) • 200g pumpkin • ½ large eggplant (200g) • 100g button mushrooms | <ul style="list-style-type: none"> • 2 cloves garlic, peeled and crushed • 2 Tablespoons olive oil • Sprig fresh rosemary • ½ punnet cherry tomatoes • Juice of ½ lemon • Handful fresh parsley, roughly chopped • Handful fresh basil leaves, torn • Fresh cracked black pepper to taste |
|---|---|

Method:

- Pre-heat oven to 200c (180c fan assisted)
- Rinse quinoa and drain
- Place quinoa in medium size saucepan with water, bring to boil, turn down heat, cover and simmer until quinoa is tender and water is absorbed (about 15 minutes, or as per packet instructions). Remove from heat and place in a large bowl
- Peel onion and wash all vegetables and herbs
- Chop onion, zucchini, red capsicum, pumpkin, eggplant and mushrooms into bite sized pieces and place in large roasting dish with olive oil, garlic and rosemary, mix well and place in pre-heated oven to roast for about 20 minutes or until vegetables are tender, (add cherry tomatoes after 10 minutes).
- Remove vegetables from oven, mix into quinoa with lemon juice and herbs. Season to taste

Serving Suggestions and Tips

This dish is delicious served warm or cold as a main meal or side dish with other salads. For added protein top with some cooked chickpeas and feta cheese or grilled lean steak, chicken, fish or tofu.

Nutrition

Quinoa is a gluten free ancient grain that is a great low GI, high fibre carbohydrate source and provides all the essential amino acids. Each serve of quinoa salad provides around:

10g protein
12g fat
45g carbohydrate
8g fibre
1350kJ



**QUINOA &
ROASTED
VEGETABLE
SALAD**

Liz Lovering
intraining Dietitian



Monthly Cookery Demonstrations
intraining, Milton hold monthly cookery demonstrations run by Liz Lovering, dietitian, runner and chef. Each session is different with the aim of providing you with ideas for delicious and healthy meals that are suitable for the active family. See website for details.

www.intraining.com.au/cooking-classes

Love ~~FEAR~~[^]TO RUN

For many non-runners the idea of starting running is scary. These fears are real to them at the time but they will find them unfounded or insignificant once they have started to run. One of our runners expressed it as being fearful of being “too fat, too slow and frumpy”.

too slow: Running is different from walking by having a float phase. If both feet are off the ground at one time then you are a runner. It has nothing to do with how fast you run. In fact in most fun runs you will probably be in the top half of the field simply by running the whole way. Most runners walk/run and there is nothing wrong with doing that. Just by doing some running you are in the top 10% of the population which in Australia includes two thirds who are either overweight or obese. Running is mainly a non-competitive sport. We compete in races, but it is mostly to achieve our own personal bests. Our fellow runners are there to help us to achieve our best and to share that achievement when it occurs.

too fat: While obesity is a major problem in modern society the real killer is lack of fitness. By running regularly you can improve your health profile significantly. Being skinny is not healthy if you do not exercise or if you have maintained your low weight by smoking and dieting. Research in exercise physiology has shown that an overweight exerciser is much better off than a sedentary person with an ideal Body Mass Index. Other runners will just be happy to see you trying to improve your health no matter what weight you are when you start. Intraining sponsored athlete and Brisbane Marathon champion Clay Dawson lost an amazing 50kgs while discovering he could run. Running is a great way to lose weight and it is hard to predict where you will end up when you start.

too frumpy: It is a natural human fear to be scared of standing out. Many new runners are fearful that they will be ridiculed by trying to run with the greyhounds. However the fear of standing out by being too old is not born out in the statistics. The average age of runners at many fun runs is over 40. In fact there is usually about twice as many runners over 40 as there is under 30. Running is one of the few non-gender specific sports with more women participating. In last years Twilight Running Festival at St Lucia 59% of participants were women. These demographics help to make running one of the most nurturing of sports. While you may be put down by family and friends for trying to run you will only find acceptance amongst runners. Running gear has become very stylish with new materials and bright colours. Running Skirts and Running tights help to flatter the figure no matter what the shape.

fear of pain: When you first start running it hurts. Your breathing is laboured, your legs burn and side stitches are frequent. After a run it does not get much better as your body aches from the unaccustomed effort for the next few days. Even worse sore shins and painful feet seem to have trouble deciding if they are an injury or not. You have to constantly fight the urge to stop and walk. But if you keep at it your body will adapt. There will come a time when you will suddenly realize that you are running without pain and even without effort. That is when running becomes a pleasure and even an addiction. When missing your run causes more pain then running ever did when you started.

fear of boredom: Non-runners have trouble understanding what you could think about for so long. They often ask “don’t you get bored?” Running is similar to meditation. The rhythm of the run and the beating of your heart becomes a relaxing counterpoint to

By Margot and Steve Manning



the hustle and bustle of life. But the main thing that sets running apart is the social side. There are few sports where you can spend hours together with friends each week talking the whole time. You will bond with your running partners by helping each other to achieve a challenging goal. The best way to find these potential new BFF’s is by joining a running group or club. The intraining Running and Triathlon Club has over 600 members and training sessions all over Brisbane.

fear of racing: The final fear to overcome for most people is going in a race. After training to run a 5km non-stop the next step is to train for a 10km, a Half or a Marathon. It can be scary when race day looms to find out if all the training has paid off. However what you will find is that racing is the pinnacle experience of running. It is the most fun and the most satisfying part of being a runner.

HOW TO START RUNNING:

- Establish a routine
- Follow a program like the Couch to 5km
- Set an easy goal to start
- Share your major goal with others
- Run with a friend
- Join a running group or club

“ Not in my wildest dreams did I ever think I would become a runner. I have gained so much confidence and enjoyment from running with InTraining’s beginner group & coach, James and from the wonderfully supportive people. I’ve truly come to love running. ” *Shelley*



“ I had become fearful of running and playing sport. I was scared of not looking the part, and being too old or not the right shape. I love the sense of the intraining community, inclusion and the feeling of being comfortable in the group. I also love the running skirts. ” *Michelle*



NEW
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intraining
running injury clinic

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Linda Watson.
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PUSHYS

JOIN BRISBANE'S FRIENDLIEST RUNNING GROUP

intraining
running and triathlon club

Looking to get fit, train for a race, or do you simply love to run? Then come for a run with us!

intraining has **morning and evening run groups** around the greater Brisbane region, ideal for all ages and abilities.

> intraining offers a flexible, friendly, and supportive structure, with Accredited coaches who can guide you to your health and fitness goals.

> Each session is only \$5 for members*, or \$8 for non-members.

> With over 600 members, from beginners to marathon winners, no matter your pace you'll always have someone to run with. *intraining

is Brisbanes biggest and best running club. **Club membership is open to all. Cost is \$50 p.a (\$30 for U18), and includes club singlet, insurance with Qld Athletics, and much more.**

BEGINNERS GROUPS

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

Monday: 6pm

- intraining Shop Milton
- intraining Shop Indooroopilly
- GJ Walter Park, Cleveland

James
Dan
Liz

Wednesday: 6pm

- intraining Shop Milton
- intraining Shop Indooroopilly

Gerard
Dan

WIFE NIGHT

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

Thursdays 7:30pm

Paula

Indooroopilly Shopping Centre
intraining Shop Level 3

KIDS GROUPS

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

Monday and Thursday: 4pm

Margot

Anzac Park, Toowong, before the start of the western freeway (Ages 8 to 12)

SPEEDWORK - TUESDAYS

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

THRESHOLD RUNS

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

Thursday:

5:15am Indooroopilly, Ambrose Treacy College Carpark, Bridge St, Linda Watson
6pm Milton, intraining Running Centre, 33 Park Road Milton, John Whelan
6:30pm New Farm Park ringroad, Tracy Baker

Friday:

5:30am Grange Municipal Library, Sarah Mathers
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 at St Lucia,
UQ Track - ADVANCED SPEED

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.

Occasionally Long Runs will be offered on a Saturday as an alternative.

TRAIL RUNS

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

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

Dan

TRIATHLON SQUAD

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

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

Monday: 5:30am Endurance Swim Squad.

Wednesday: 5am Swim/Windtrainer/Run session

Thursday: 5am Group Bike Ride.

Friday: 5am Speed Swim Squad.

Saturday: 5:30am Transition/Brick session

Join online now
intraining.com.au

intraining
running and triathlon club

www.twilightbayrun.com.au

Twilight

RUNNING
FESTIVAL 2015
BRISBANE

CHALLENGE YOURSELF

PRESENTED BY
intraining
the running store run by runners

21.1km

10km

5km

1km

22ND MARCH

REGISTER ONLINE

www.twilightrun.com.au