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# intraining

May 2011

Running store run by runners

Shoes and  
their **SECRET**  
characteristics  
pg 2

*Help!*  
Stress Fracture

**7**  
Goodies Guaranteed  
to Make You Run  
Your Best  
pg 10-11

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**NEW**

Event Calendar inside



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## Running at the mouth: *Run kids...Run*

I love the kids races at fun runs. They are the entertainment of the day. The kids take off as if it is a sprint, and nearly always come home with a huge smile and a final burst of energy to the encouraging cheers of the crowd. At last year's Twilight, one three year old girl ran with her dad on a promise to be on the jumping castle after. This was fine until she saw the castle sixty metres out from the finish line, and headed straight to it, refusing to finish.

At this year's Twilight Running Festival, we had the unfortunate situation of the 1km start crossing over the path of the final 10km finishers. To overcome this, we were planning to let the kids cross to a new start line in groups. However, on the command "Over you go", all the kids heard was "Go"...



Kids can certainly take you by surprise, and every so often they do something totally unexpected that makes you, as a parent, feel as if you are going to literally burst with pride. It's a different pride from the pleasure of your child taking the first step, saying their first word, or being awarded their first student of the week, because they had to achieve whatever they did without you physically doing it with them. As a parent, you also have to gush and cheer on the inside, containing these emotions like the 'mature' adult you are supposed to be so not to embarrass the child or be labelled as the over-enthusiastic parent.

The first time I experienced this was at a school cross country event when my son ran the 'perfect' tactical race and placed. It took a lot of self control to not spin round and round with excitement shouting out with glee. It has also taken a lot of self control and effort over the years since to not apply too much pressure on him to train more or run harder. This can be especially difficult as a running mum, and do hope that those times when a comment has slipped out, that his attention has been focused elsewhere like in a book, on his food, or with a passing friend. (Thank heavens for the vagueness of teenage boys.)

As a runner, I would love all my children to experience the joy I get when running. Although this may be unrealistic at this stage, I just keep reminding myself that they still have a lifetime to find this. They also are likely to run for different reasons, perhaps finding more pleasure in being a participant rather than a competitor. No matter which way they decide to go or at what age, I'll just be waiting eagerly on the sidelines ready for the day when they ask if they can go for a run with me.

In the meantime, I will continue to enjoy the 1km kids fun runs, and the opportunity to swap kids running stories with other parents at training.

*By Margot Manning*

# Footwear Matrix



Motion control		M Evolution Foundation	M Beast W Ariel Addiction	Alchemy	940		
Moderate Stability	Adistar Salvation Supernova Sequence	Kayano <sup>*</sup> 2160 1160 3020 	Trance DNA Adrenaline DNA Vapor	Nirvana Inspire	1226 860 870	Equalon Structure Triax	Hurricane Omni Guide
Mid Stability			Ravenna <sup>*</sup> Infinity 			Lunar Eclipse Lunar Glide Lunar Swift	
Firm Neutral	Adistar Ride Supernova Glide	Nimbus Landreth Cumulus	Glycerin Dyad	Creation <sup>*</sup> Rider 	1080	Pegasus Atlas	Triumph Ride
Flexible Neutral			Ghost DNA Defyance Summon	Ultima	759 	Vomero	
Racer-Trainers	Adizero Tempo 	DS Trainer	Ravenna	Elixir Precision	870 905	Lunar Elite Lunar Fly <sup>*</sup> Free Run 	Mirage
Kids	Supernova Glide Supernova Sequence Adizero Ace	Kayano Nimbus 2160 1160	Adrenaline Ghost	Nexus B Wildwood	740 759		Guide <sup>*</sup> Ride 
Trail		Trabucco	Cascadia Adrenaline ASR			Pegasus Trail <sup>*</sup> M Structure Triax Trail 	
Road Racing	Adizero Adlos Adizero Rocket	DS Racer Tarther Diva Gel Hyperspeed	T7 Racer Racer ST Green Silence	Ronin	M 900	Lunar Mariah Lunar Racer 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		Victory Mamba Matumbo W Rival Zoom Superfly	Endorphin MD Endorphin LD
Waffles				Trans Dash 	230	Jana Waffle Waffle Racer	

# Injury: Stress Fractures by Steve Manning B.Health Sc Podiatry (Hons)

Stress Fractures are one of the common running injuries for runners. They are an overuse injury that causes a crack in the bone. The most common locations in runners are the Tibia (shin Bone), and metatarsals (Bones in the forefoot) but they can occur in any bone that is weightbearing.

## How do they happen?

Stress fractures have a very common history. They usually occur about 4 to 6 weeks after an increase in training load. The increased stress of training leads to adaptation to strengthen the bone to better cope with the stress. The first step in this remodeling is when cells go in to eat away the existing bone so that it can be replaced by other cells which lay down the bone with a stronger structure. There is a window where the bone is actually weaker and if hard training continues during this time then it can lead to a stress fracture.

## What are the Symptoms?

The step before a stress fracture is bone stress. The bone may be tender during or after training in the lead up to a fracture. Having a break from training at this time may help prevent a fracture from occurring. In some cases there will be a sudden onset of sharp pain in the middle of a run. Once the stress has progressed to a fracture the pain will be much more intense and usually prevents normal running. There is often pain at other times like at night when sleeping. Pain is very localized when pressing on the bone. In the tibia pain is usually across the whole width of the bone not just on one edge.

## How can we diagnose a Fracture?

In the past bone scans were used to diagnose stress fractures. They are very sensitive to picking up fractures but not so good at showing the location and anatomy. MRI's now are nearly as accurate as bone scans

without the radiation risk. They also have the advantage of showing the location and anatomy very well including other possible diagnoses within the soft tissue. On an MRI a stress fracture shows up as a white patch or edema within the bone marrow or shaft of the bone. In about 10% of cases a normal x-ray can pick up a stress fracture showing either the fracture line or elevation of the skin of the bone. Often it is unnecessary to do further investigations because a clinical diagnosis can be accurate enough for most people. The unique nature of history and symptoms are sufficient for diagnosis and further scans are only needed if the patient has an important race they do not want to miss.

## What is the treatment?

Stress fractures are one of the few injuries that need complete rest from running. If you continue running on them they can progress to a complete fracture with catastrophic results. There is nothing that can be done to speed up the recovery however some fractures do not heal in the normal time span if they are in areas of tension rather than compression. They may require casting or even surgery to resolve. The size of the bone determines the length of rest from running. Small bones usually take around six weeks while the tibia takes around 8 weeks and the femur around 12 weeks. During the recovery period cross training and water running can be done to maintain fitness. The general rule is that if an activity does not hurt the fracture then it will be safe to do. Pain usually resolves at around two thirds of the required time for healing.

## How can they be prevented?

Stress fractures are one of the few injuries to runners related to shock or cushioning. Some stress fractures may be related to poor biomechanics from torsional stress within the body. Old footwear that have lost their cushioning may be a contributing factor to

stress fractures. Running styles with a lot of noise from pounding or slapping can also increase risk of fractures. Because they are mainly caused by training errors the main prevention is a gradual increase in training load with an easier week of training every three to four weeks. This allows your bones to recover and adapt from the stress without the risk of progression to injury. Once a stress fracture has healed it is actually stronger for about six months and you have a reduced risk of a fracture in the same location.

If you have pain that prevents you from running normally then it is always worth having it checked out by a sports medicine professional. The podiatrists at the Intraining Running Injury Clinic are experienced at diagnosing and treating any running injuries of the lower limb.

## Some pictures showing stress fractures



The first xray is after initial onset and the second one shows callous formation around the fracture (at arrow).



The third xray shows a normal presentation while the MRI shows a white patch on the inside representing bone edema caused by a stress fracture.

## → LEARN MORE

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

① [www.intraining.com.au/](http://www.intraining.com.au/)

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# CUSTOMISED FOOTWEAR FITTING AT **intraining**

For the month of May intraining is offering a trial of our new customized footwear system. You are invited to try our customized system for one month, obligation **free**. At the end of the trial period, if you are not completely happy with your customized insert, just return them in the postpack provided along with our feedback form. On the other hand, if you are just loving your customized insert, you simply pay the discounted rate of \$59 (normally \$69.95) to keep your shoes customized individually to your feet and simply email us your feedback form.

The new intraining customized footwear system is an added benefit, to our already guaranteed shoe fitting process, that we hope your unique feet enjoy. We simply heatmould a medically designed insert to your individual foot shape once your shoes have been selected. This reduces the footwear "break in" period as the shoe has already been conformed to your foot shape. That extra support then lasts for much longer compared to what you would receive in the standard non customized shoe. This one month retail footwear customisation trial is part of a research project to review the success of foot customisation for runners. We ask that you run part of the time with the customised inserts and part of the time with the original insoles to gauge the effectiveness of the footwear customisation. Shoe customization is another extra service that we offer at intraining so that you can run longer and safer.

## Our Custom Fitting Procedure

- STEP 1: Discuss characteristics such as distance per week, injury history and intended use.
  - STEP 2: Intraining Staff analyse customer gait whilst running and walking.
  - STEP 3: Evaluate unique foot shape, structure and size.
  - STEP 4: intraining staff select suitable footwear based on findings.
  - STEP 5: Customers lace shoe to personal preference and intraining staff check footwear shape, size and fit.
  - STEP 6: intraining staff watch customer outside either running or walking in the selected footwear at varying speeds to identify suitability.
  - STEP 7: Customer tries on and runs in different shoe models to compare and choose the best shoe with help from the intraining staff.
- NEW!!**
- STEP 8: For the month of May all footwear customers are being offered a one month trial of our new footwear customisation system.
  - STEP 9: intraining footwear staff use the "intraining Custom Foot Fitting" technology to heat mould an insert to each foot's shape and contours. This process only takes 2 to 3 minutes to mould and will result in your own customised fit, unique to your foot.
  - STEP 10: Customer will then be invited to test out their new customised insoles with their new shoes as a final test on comfort and support.

*"Shoes that fit like your own footprints."*

*"Recent research indicates that custom fitted footwear can reduce injuries by up to 30 times. Exclusive only to Intraining in Brisbane, custom fitted shoes provide superior performance and comfort as well as scientifically proven protection from injuries. Satisfaction guaranteed and (for a limited time) get a 15% discount on the customisation with the purchase of a new pair of shoes."*

*"InTraining has been chosen to participate in a trial to investigate the effects of customizing shoes for comfort and performance. If you agree to participate in this research your new shoes will be custom fitted and you will have a one month period to assess your satisfaction with this customisation. At the end of this period, you agree to either pay \$59 and retain the customisation or return the customised insert for technical assessment. This opportunity is only available to customers of intraining that purchase a new pair of shoes in May and the only requirement is that you return the insoles with your feedback form."*



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# QLD running + triathlon calendar

## May - October 2011

### May

Sun 1	Sunshine Coast XC Series Race 3, Corbould Park	www.sccrosscountry.org
Sun 1	Brisbane Road Runners 20, 15, 10, 5 and 2km	www.brisbaneroadrunners.org
Sun 1	2XU Hervey Bay Triathlon 1.5/40/10	www.herveybaytri.com.au
Sun 1	Gold Rush Trail Marathon	adventuresportnz.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	Qld Athletics ALL SCHOOLS XC Champs, Bald Hills	www.qldathletics.org.au
Sat 7	Byron Bay Triathlon 1.5/40/10	www.byronbaytri.com
Sat 7	Queensland Running X-Country - To Be Confirmed	www.queenslandrunning.com.au
Sun 8	Mothers Day Classic 2011 - Brisbane & Gold Coast 4km/8km	www.mothersdayclassic.org
Sat 14	Qld Athletics Relay Championships, Boondall	www.qldathletics.org.au
Sat 14	Queensland Running X-Country - Dowse Lagoon, Sandgate	www.queenslandrunning.com.au
14-15	TRAQ - Glasshouse Mountains Cooks Tour	www.runtrails.org
Sun 15	Sunshine Coast XC Series Race 4, Ben Bennett Park	www.sccrosscountry.org
Sun 15	Brisbane Road Runners 14km and 7km Championship	www.brisbaneroadrunners.org
Sun 15	Goomburra Valley Classic Fun Run	goomburra@gmail.com
Sun 15	Sports Super Centre Fun Run Series 5km	www.corporatechallenge.com.au
Sat 21	Queensland Running X-Country - Pine Rivers Park, Strathpine	www.queenslandrunning.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	Qld Athletics Peter Nowill Shield, Carseldine	www.qldathletics.org.au
Sat 28	Queensland Running X-Country - Teralba Park, Everton Park	www.queenslandrunning.com.au
Sat 28	Cartwright Challenge Fun Run 10km (Race 2)	www.team-ascent.com.au
Sun 29	Sunshine Coast XC Series Race 5, Mooloolah	www.sccrosscountry.org
Sun 29	Brisbane Road Runners 10km Handicap and 5km	www.brisbaneroadrunners.org
Sun 29	Australian Mtn Running Championships	www.asfgroverangers.org
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

Wed 1	intraining 5km, 3km and 1km	www.intraining.com.au
Sat 4	Qld Athletics Fox Fogarty Memorial, Sherwood	www.qldathletics.org.au
Sat 4	Queensland Running X-Country - 7th Brigade Park, Geebung	www.queenslandrunning.com.au
Sun 5	Sunshine Coast XC Series Race 6, Elizabeth Daniels Park	www.sccrosscountry.org
Sun 5	Queensland Half Marathon & 10km	www.queenslandmarathon.com.au
Sun 5	Challenge Cairns 3.8/180/42.2	www.usmevents.com.au
Sat 11	Qld Athletics QLD Cross Country Champs, Yeronga	www.qldathletics.org.au
Sat 11	Queensland Running X-Country - Yeronga Memorial Park	www.queenslandrunning.com.au
Sun 12	Brisbane Road Runners 5-35km Self select	www.brisbaneroadrunners.org
Mon 13	King and Queen of Mt Coot-tha	www.brisbaneroadrunners.org
Mon 13	Race the Rattler 18.5km - Gympie	www.thevalleyrattler.com

### July

Sat 2	Queensland Running X-Country - Keperra Picnic Grounds	www.queenslandrunning.com.au
Sat 2	Gold Coast Airport Marathon 10km & 5km Run	www.goldcoastmarathon.com.au
Sun 3	Gold Coast Airport Marathon Half and Full Marathon	www.goldcoastmarathon.com.au
Wed 6	intraining 5km, 3km and 1km	www.intraining.com.au
Sat 9	Queensland Running X-Country - Dowse Lagoon, Sandgate	www.queenslandrunning.com.au
Sun 10	Brisbane Road Runners 10km and 5km	www.brisbaneroadrunners.org
Sun 10	IGA Rail Trail Fun Run 2011	www.railtrailfunrun.com.au
Sat 16	Urban Max Adventure Series	www.urbanmax.com.au
Sat 16	Queensland Running X-Country - Minippi Parklands, Tingalpa	www.queenslandrunning.com.au
Sun 17	Jetty 2 Jetty Half Marathon, 10km & 3km	www.j2j.com.au
Sat 23	Qld Athletics QLD 12km Cross Country Champs, TBC	www.qldathletics.org.au
Sat 23	Queensland Running X-Country - 7th Brigade Park, Geebung	www.queenslandrunning.com.au
23-24	TRAQ - Glasshouse Mts Flinders Tour; 24 Pomona	www.runtrails.org
Sun 24	Royal Run for Research	www.tbwhfoundation.com.au
Sat 30	Qld Athletics Brown-Bonwick Memorial, Tingalpa	www.qldathletics.org.au
Sat 30	Cartwright Challenge Fun Run 10km (Race 4)	www.team-ascent.com.au
Sat 30	Queensland Running X-Country - Teralba Park, Everton Park	www.queenslandrunning.com.au
Sun 31	Ipswich Park 2 Park Half Marathon, 10km & 5km	www.park2park.com.au

### August

Fri 5-7	Brisbane Running Festival	www.brisbanemarathon.com
Sun 7	Townsville Running Festival	www.townsvilleroadrunners.com.au
13-14	TRAQ - Great Pyramid Race, 14 Lake Manchester Trails	www.runtrails.org
Sun 14	Brisbane Road Runners 15km, 10km and 5km	www.brisbaneroadrunners.org
Sun 14	Ironman 70.3 - Yeppoon 1.9/90/21	www.ironmanyepoon.com
Sun 14	TLC Fun Run - The Lakes College	www.lakescollege.com.au
Sun 14	Brisbane Road Runners Robin Flower 10mile Champs	www.brisbaneroadrunners.org

### September

10-11	TRAQ - Glasshouse Mountains 100	www.runtrails.org
Sun 11	Sunday Mail Bridge to Brisbane 5km & 10km	www.bridgetobrisbane.com.au
Sun 11	Human Race Events Fun Run, Rockhampton	humanraceevents@hotmail.com
Sun 18	Brisbane Road Runners 20, 15, 10, 5 and 2km	www.brisbaneroadrunners.org

### October

Sun 2	Red Run Classic 2011	www.haemophelia.org
Sun 2	Gold Coast Half Ironman 1.9/90/21	www.usmevents.com.au
Sun 2	Brisbane Road Runners 10km Handicap	www.brisbaneroadrunners.org
Sun 16	Brisbane Road Runners 14km Champs	www.brisbaneroadrunners.org
22-23	TRAQ - Lamington Classic	www.runtrails.org
Sun 30	Brisbane Road Runners 3 x 5km Relay	www.brisbaneroadrunners.org

### Looking ahead in 2011... next magazine in July

Nov10	Pricewaterhouse Coopers Cool Night Classic - 5.2km	www.pwc.com.au
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**Sat 18** Queensland Running X-Country - Pine Rivers Park, Strathpine [www.queenslandrunning.com.au](http://www.queenslandrunning.com.au)  
**Sun 19** Caloundra Foreshore Fun Run 3km & 10km [www.caloundrafunrun.com](http://www.caloundrafunrun.com)  
**Sun 19** Fit Kids Community Fun Run 10km & 5km [www.streamlinedevents.com.au](http://www.streamlinedevents.com.au)  
**Sun 19** King/Queen of the Range [www.trr.org.au](http://www.trr.org.au)  
**Sun 19** Sports Super Centre Fun Run Series 5km [www.corporatechallenge.com.au](http://www.corporatechallenge.com.au)  
**Sun 19** Brisbane Road Runners 10km Novice and 5km [www.brisbaneroadrunners.org](http://www.brisbaneroadrunners.org)  
**Sat 25** Old Athletics Jenny Lund Shield Cross Country, Ipswich [www.qldathletics.org.au](http://www.qldathletics.org.au)  
**Sat 25** Queensland Running X-Country - Yeronga Memorial Park [www.queenslandrunning.com.au](http://www.queenslandrunning.com.au)  
**Sat 25** Cartwright Challenge Fun Run 10km (Race 3) [www.team-ascent.com.au](http://www.team-ascent.com.au)  
**Sun 26** Running for Research 5km & 10km [www.workingwonders.com.au](http://www.workingwonders.com.au)

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Stay tuned on [intraining.com.au](http://intraining.com.au) for the **Twilight** RUNNING FESTIVAL 2011 surprise!

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**Rail Trail Fun Run**  
Sunday 10th July 2011  
LOWOOD - FERNVALE

[www.railtrailfunrun.com.au](http://www.railtrailfunrun.com.au)

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2/5/10

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25th JUNE  
30th JULY  
27th AUGUST

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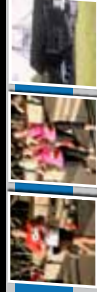
**Nov 13** Nova 106.9 Mousdash Mt Coot-tha Fun Run  
**Nov18-21** Endeavour 500km Road Running Relay

## Major Australian & NZ Events

**May 1** Port Macquarie Australian Ironman 3.8/180/42km  
**May 15** Sydney Morning Herald Half Marathon  
**July 3** Gold Coast Airport Marathon  
**Aug 7** Brisbane Running Festival  
**Aug 14** Sydney City to Surf  
**Aug 28** Perth City to Surf  
**Sept 18** Sydney Running Festival  
**Sept 18** Adelaide City to Bay  
**Oct 9** Melbourne Marathon  
**Oct 16** Bernie 10km - Tasmania  
**Oct 30** Adidas Auckland Marathon  
**Dec 4** Western Australia Ironman 3.8/180/42km

[www.ironmanaustralia.com](http://www.ironmanaustralia.com)  
[halfmarathon.smh.com.au](http://halfmarathon.smh.com.au)  
[www.goldcoastmarathon.com](http://www.goldcoastmarathon.com)  
[www.brisbanemarathon.com](http://www.brisbanemarathon.com)  
[www.city2surf.com.au](http://www.city2surf.com.au)  
[www.perthcitytosurf.com](http://www.perthcitytosurf.com)  
[www.sydneyrunningfestival.com](http://www.sydneyrunningfestival.com)  
[www.city-bay.org.au](http://www.city-bay.org.au)  
[www.melbournemarathon.com.au](http://www.melbournemarathon.com.au)  
[www.bernielen.com.au](http://www.bernielen.com.au)  
[www.aucklandmarathon.co.nz](http://www.aucklandmarathon.co.nz)  
[www.ironmanwesternaustralia.com](http://www.ironmanwesternaustralia.com)

**BRISBANE** RUNNING FESTIVAL 2011



**5-7th August**

Location: Brisbane Riverstage, City Botanic Gardens

[www.brisbanemarathon.com](http://www.brisbanemarathon.com)

**JETTY 3, JETTY 4**  
FUN RUN  
SUNDAY JULY 17 • 2011

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\$20 for under 16

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**22 May 2011**  
Rotary Fun Run/Walk  
Run or Walk for Charity  
University of Queensland, St Lucia

enter online: [www.rotaryfunrun.com.au](http://www.rotaryfunrun.com.au)

5km 10km

Major Beneficiary: Kim Walters Choices Think Pink

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[www.weekendwarriorerevents.com.au](http://www.weekendwarriorerevents.com.au)  
[www.endeavour.com.au](http://www.endeavour.com.au)

# Why we train the way we do

by Linda Watson

The Intraining Marathon School /training groups provide 3 structured runs per week. Each run fulfilling a particular purpose in the development of energy systems in the athlete. Sessions should change over the course of the year to allow for breaks, base building and regrouping before another build.

This leads us to the question of why we train the way we do. There are 3 key sessions you should do during a week, these will be explained here. I have had many athletes complete very successful marathons and half marathons doing only the 3 key sessions each week. Ideally I would recommend 1-2 easy runs or cross training on top of the 3 key sessions to allow for active recovery.

## The Long Run

The long run is the cornerstone of any running program. The purpose of the session is to build endurance. These runs should be done slowly at a conversational pace (probably more slowly than you expect). It is essential that you complete them while still able to recover fully before the next session. If you run too fast, this will not happen. Running your long runs too fast also increases your risk of injury and burnout. It is humbling to realise that nobody can run their fastest all the time.

The long slow run builds your aerobic system. This includes changes to your hearts ability to pump blood to your muscles and your lungs capacity to fill the blood with oxygen to be distributed to the muscles. Overtime there are also changes in the muscles themselves. As we train, long and slow, week after week the muscle fibres increase in size and number and cells develop more mitochondria (where the energy is unleashed) and we build more capillaries. This enables us to deliver more oxygen to the muscles. Long distance running aids the body's ability to learn how to carry more glycogen a major source of energy to the body.

Long runs need to be built up very carefully. Adding around 10% per week is ideal, with a recovery week every 3-4 weeks. Intraining Running and Triathlon Club schedule a long run most Sundays.

## Speed Work

These sessions are certainly the most intense that we do but they should not be mistaken for sprints. In this session you should do intervals of between 500m and 3km (occasional 200m too). You should not do these "flat out" but at a controlled pace. For example repetitions should be done between your current 5km race pace and 10km race pace. Between each "rep" there is an interval of recovery which can be either standing or jogging. One of the great benefits of the speed session is developing the ability to judge pace. This helps when competing in an event, as you are able to stay in control and stick to your race plan. Most runners know the horrible feeling and disappointing results associated with "going out too hard".

These sessions are designed to increase and maintain your VO2 Max or aerobic capacity. The maximum amount of oxygen your body is able to burn. Small gains in VO2 max can translate to significant gains in performance. Again it is important that these runs be done at the correct speed and not sprinted. Sprinting uses a different energy system and trying to run faster than your goal will mean that your form is compromised resulting in incorrect muscle use and possible injury. I have noticed as a coach that people who are not realistic about the pace at which they do these sessions, do not progress as well as those who are a little more conservative.

These sessions also work on running economy- which really just means being able to use less energy while running at goal pace. Remember, a speed session done the right pace feels fantastic and helps you improve your personal bests!

## Threshold Runs

Threshold runs should vary depending on the time of year or training cycle you are at. I use them to work on aerobic base at certain times or to build strength by doing hills. As you approach the marathon/half or 10km target, we use them to lift our anaerobic threshold. In very simple terms this threshold is the point on the curve where the body shifts from using predominantly aerobic energy to a level where it is more anaerobic and as a result we start to accumulate lactic acid in our muscles. Running at a pace just below the anaerobic threshold has been shown to increase the ability to effectively tire later. Identifying this pace is not always easy as it varies not just between individuals but within them as well. Some measures are:

#1: A speed that you can maintain for about an hour, a hard but comfortable pace.

#2: Your 10km race pace +12-20 seconds per km.

#3: The pace just below the point at which your breathing becomes noticeably heavier.

If in doubt, be conservative. It is better to be a little under than over as you will obtain a better overall training effect. These sessions are fun and very invigorating. A typical session might be an "out and back run" where you run 5km easy followed by 5km back at threshold.

Intraining Running and Triathlon Club offer numerous group sessions around Brisbane where you can participate in any of the above sessions. Some people feel afraid that they will not be fast enough. Don't worry, although we do have some fast runners in our groups, the overwhelming majority are just ordinary people who share this passion. The demographic of intraining session participants range from 35 to 70+ minutes for 10km. Everyone is welcome and accepted, so why not kick things up a gear and join one of our groups!

See you out there,

Linda Watson

For more training or session information please contact Linda Watson via email at [coaching@intraining.com.au](mailto:coaching@intraining.com.au)

## inprofile

Linda

**Favourite food:** One of my favourite things to do is have a long run in the morning and then go to a movie with a bag of white chocolate raspberry bullets

**How did you start running?:** I am 47 years old and began running at age 15 to lose weight. I ran my first marathon at age 16.

**Number of years coaching:** I have been coaching running with intraining for about 7 years now.

**Coaching qualifications:** Level 2 Athletics Coach, Level 1 Triathlon Coach and Cert 3 in Fitness (Linda also has a Masters in Education)

**What do you love about coaching?:** I coach because I really enjoy helping people achieve what they want to achieve. But more importantly I love watching people grow to love running.

**So, how many athletes are you currently coaching?:** Its hard to say exactly as people come and go from the training groups. Probably up to 100 in total, with direct responsibility for 40.

**Words of wisdom to aspiring runners:** Running is something that we do to enhance the quality of our lives. Never let it become another stress or thing we "have" to do. If it becomes more than this, it is time to change your mindset.

**What is your best race to date?:** I am proud to say that my last marathon (Gold Coast Marathon in July 2010) was almost 1 hour faster than my first.



in-Photo: Kelly Cossom taken by Kelly's husband Mark at Asics Bridges 10k Fun Run 2011



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# inreview

## Salomon XT-Wings 2

Steve Manning



The main differences between trail shoes and running shoes are to do with the traction and control. The outsole in the XT-Wings offers good grip on loose surfaces while ejecting any mud buildup. You feel closer to the ground in the XT-Wings and the Agile Chassis system really makes it feel like you are being cupped on both sides of your foot. Unlike a hiking shoe, the XT-Wings is relatively lightweight and responsive. You feel like the shoe is helping you to run faster rather than blocking your natural running style. Perhaps the bit I have been most impressed with is the Quicklace system used in many of the Salomon trail running shoes. It is very easy to get in and out of the shoes and the grip on your whole foot is excellent. They should be trying to incorporate this lace design into a triathlon racing shoe as it is as quick as elastic laces but grip much better. I have had a number of trail racing shoes over the years and used normal runners on trails but the Salomon XT-Wings 2 far surpasses them all.



Mens

Womans

## Halo Headbands

Ricky Swindale



Ever had a problem with your headphones constantly falling out of your ears when running? After trying the Halo Headphones, I now know why they were described as the "Eureka" idea by US fitness magazines. No hassle, no irritation and discretely hidden!

Fitting snugly on the outside of your ear within a trendy headband, offering superb moisture wicking properties with second to none sound quality. Unlike other headphones, the speakers are not fixed in place, so you can align them directly over your ears for the best sound quality and maximum comfort. Use with any iPod, iPhone or any other mp3 player and take your music wherever you go. Available in a range of different colours to suite all tastes. We also have a kids sizing range available so you can keep your kids bopping along to their favourite tunes. Our fantastic Tess Fabian from the intraining shop wears hers religiously. So when you see her out you know she's got her Halo on pumping away to the sound of a beat.

I rate them a solid 5/5 for comfort and performance

HALO  
HEADPHONES®



## Juno Moving Comfort Running Bra

Judy Hodgson (customer)



Whether they are small, medium or large busted the vast majority of female runners wish to reduce 'bounce' when they run. Being at the latter end of the scale I consider myself a bust movement, minimalisation expert. There are two problems with my most recent bra combo (standard sports bra and Enell) and they are;

- 1) I look like I'm wearing an iron lung under my shirt
- 2) I can barely breathe!

When I first saw the 'Juno' by Moving Comfort I was sceptical. Where are the underwires, whalebones, corsetry??? I scoffed, "As if!" but after trying it on and pogo-ing in the change room for several minutes I was convinced of the support. It performed the same during my runs as well. It looks good, it's easy to adjust the straps and most importantly I can breathe better which means my running has improved. Converted!

moving comfort



## Running past "The Wall" with energy gels

Ricky Swindale



Energy gels are as the name suggests a thick gel (more viscous than water) which provides a high percentage of carbohydrates to the body. As running requires a significant amount of energy to perform, it is important to fuel your body with an efficient form of energy; namely carbohydrates. If the body runs low on carbohydrates, runners commonly experience "hitting the wall" resulting in poor performance.

As everyone has different tastes, preferences, body shape and performance levels, it is important to use the gel which you are most likely to benefit from. You want something that is easy to take and something that you look forward to having. So if you have your next long run planned out, grab a couple of different types to try out and see which one you feel the kick of energy...and "the wall" will be nothing but a myth!

For those of you who can not stomach gels, there is a fantastic innovation from the brand GU who now offer the same ingredient makeup as gels in a little "jelly baby" type form - called GU Chomps.

## Performance Socks - How do you choose?

Ricky Swindale

If you are in the market for a pair of performance running socks this season, you may be daunted by the sheer number of performance sock choices available. We have created a quick checklist to help you sift through the socks on offer and find the best ones for the many kilometres ahead:

1. Look for a sock that contains thin, breathable material on the top and cushioned forefoot and heel area. Full cotton socks are a thing of the past and simply make your foot sweat!
2. Ensure you get the right size sock for your foot, based on your shoe size less one (as your foot is smaller than the shoe itself). If you get something too small, you may run the risk of the sock slipping down inside your shoe and creating nasty blisters. If you get one that is too big, the technology behind the placement of cushioning will be incorrectly placed and you may as well have bought a cheap no name sock.
3. Look for a sock that suits your needs, if you are prone to blisters between your toes - go for Injinji Toe Socks, or if you find that your feet sweat and subsequently smell; look for a sock that contains anti-bacterial properties such as X-Socks Run Silver.

If you don't know where to start, find a person that knows what they are talking about so they can offer guidance to help you make the perfect choice. Remember, performance socks start at \$20 and go up to \$50 - so you want to ensure you spend your cash on the best thing for your running needs.

We stock:       



## Racing Flats

Ricky Swindale

If you have ever taken a look at the shoes people are wearing on the startline of a running race or in the run leg of a triathlon, you will notice a fantastic myriad of funky fast looking shoes. Most people think that these racing flats are only for people who run fast - wrong! Racing shoes are designed to help you run faster. Studies have shown that racing shoes, compared to bulkier "training shoes" save between 5 and 8 seconds per kilometre! Just like cyclists...we can just buy ourselves some free speed!

Intraining have the widest range of racing shoes available from womens size 6 through to mens 13 from Adidas, Asics, Brooks, Nike, Mizuno, Saucony and New Balance. What is more, as we are currently over stocked, we are selling **ALL RACING FLATS IN STORE FOR 50% OFF**. That is right, you can pick up your favourite racing shoes for half price. This deal will last until the end of June 2011 - so be sure to get in quick to get your size.



## Polar Heart Rate Monitors and accessories

intraining is clearing **ALL Polar watches at a minimum 20% off**



## ALL Racing Flats for fast times



## Run 10 With Jen

Ever wanted to run ten kilometres without stopping? Dreamed of being part of a running event with the excitement and thrill of crossing the finish line?

If you have, but don't feel you've got the endurance or ability to do so, then "Run 10 With Jen" is for you!

I used to be a "Sofa Sitter" with a history of some high-school netball. My exercise involved walking the dog. I would see people running and wish I could run like them. Now I can - and you can too. All it takes is some commitment to your vision with a bit of enthusiasm tossed in and a group of like-minded other "L"-plate runners to encourage

you and you will be running various events, bringing home medals, wearing fancy t-shirts and generally feeling really, really pleased with yourself and your achievements. It's also a great way to meet new friends, see some gorgeous Brisbane scenery and maintain your figure!

The intraining "Run 10 With Jen" program is supported by experienced coaches Margot, Sean and Gerard who take the Monday and Wednesday evening sessions, while I take the Saturday morning group. The goal of the program is to get you eventually running 10km comfortably. We want you to discover how great it can make you feel, both mentally and physically. Gerard and I actually started running at about the same time. He used to smoke. Now he runs like the wind. So, we all know what it feels like to start from

scratch and we're here to help you discover things about yourself you never knew you were capable of.

So, why don't you set your sights on the Gold Coast 10km (2 July), the Brisbane Running Festival 10km (7 August) or the Bridge to Brisbane 10km (11 September)? Set yourself a goal and between us all, we will get you there!

Cheerio!  
Jen :o)



Become a **facebook** friend of intraining Running Centre and WIN each month



# BRISBANE

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**5-7th August**

**Location: Brisbane Riverstage,  
City Botanic Gardens**

*Start time: 6am*



**Marathon**

**1/2 Marathon**

**10km Run**

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