

FREE MAGAZINE

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# intraining

November 2010

runners

**Orthotics**  
Are they for you?

**Hot tips**

**Buying racers**

**xmas must haves**

**intrainings**  
**top picks**

**Marathon school**  
Achieve your marathon dream

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**On the Cover:**  
**Ricky Swindale**

## Running at the mouth: *Your running buddy*

Weight loss, fitness and getting away from things are all great motivators when you lie asleep procrastinating if or when to get out of bed. Nothing however beats the motivational pull of having a running buddy. So if you are struggling to motivate yourself, why not join a club or team up with a friend or partner so you can both work towards achieving a goal. Remember, everyone has different goals, whether yours is to run your first half marathon or to complete 5km with running non stop, all you need to do is find a running buddy with a common goal – it is a fantastic way to kick your butt into gear!

Before you find a running buddy make sure you tick some things off first

- # Look for common traits: You will find it much more enjoyable running with somebody you share common interests with.
- # Find someone with a common goal: This will help all buddy's mutually motivate each other to get out there and not miss sessions.
- # Find someone of similar pace: Both buddy's will be able to

work off one another and push each other to your limits – fantastic way to improve your fitness!

# Don't use too much technology: When you run with people, there is nothing worse than a person in the group forever checking their GPS for splits or tuning out with headphones. Running WITH a buddy is exactly that... enjoy the chat and enjoy your buddy's company.

Remember, for those of you who cannot find a running buddy or enjoy some time to yourself, there is always an alternative to a REAL running buddy in this technologically savvy day of running. You can always invest in a GPS running watch with virtual training partner – that way the only chatting you will hear is Morse code like beeps.

Enjoy your next run with your buddy choice!

*By Ricky Swindale*

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SALE SALE SALE  
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## Major Discounts 6-7 November

33 Park Road, Milton - ph: 3367 3088

# intraining Running Footwear Matrix

the running store run by runners

	ADIDAS	ASICS	BROOKS	MIZUNO	NEW BALANCE	NIKE	SAUCONY
High Offroad	MBV Astute Salomon	MBV Solstice	MBV Thrive MBV Intra	MBV Ryuma	MBV T133	MBV Escalon	M Paragon MBV Hurricane
Motion Control		M Evolution W Foundation	M Quest W Ariel MBV Addition	MBV Archery	MBV 850		
Moderate Stability	MBV Supremacy Recumbent	MBV 320 MBV 2150 MBV 1150	MBV Adrenaline MBV Intra	MBV Ryuma	MBV 900	MBV Structure Task	MBV Churn MBV Guide
Firm Neutral	MBV Astute Ride	MBV Nimbus MBV Launch	MBV Glyde MBV Dyad	MBV Cleaver MBV Ultra	MBV 1064	MBV Ride MBV Pegasus	MBV Triumph
Flexibel Neutral	MBV Supremacy Grit		MBV Sprint MBV Defy MBV Summit	MBV Ryuma	MBV 700	MBV Rival	MBV Ride
Racer Trainer	M Aconcagua Tempo	MBV DS Trainer	MBV Racer	MBV Elite MBV Precision	MBV 900	MBV Lunar Elite MBV Lunafast MBV Lunarglide	
Race	SBG Supremacy Raceway SBG Supremacy Slide	SBG Kayano SBG 2150 SBG Nitevue	SBG Adrenaline SBG Ghost	SBG Ryuma	SBG 780 SBG 730		SBG Guide SBG Race
Trail		MBV Trabuco	MBV Adrenaline ASP				
Road Racing	MBV Astute Race	M CG Racer W Tarmack Club	M TE Racer M Green Speed M Race 67	M Racer		MBV Lunafast M Speed Slider M Lunafast W	MBV Kinetic
Track Spike	Adidas Avanti Adidas Cyclone	Hypersprint Lightning		Tokyo Chase		Victory Mantis	Endorphin MD

## Racing shoes

### some tips to follow when buying racers

Racing shoes help you run faster mainly by reducing the weight you have to carry.

While it is a psychological boost to lace up light shoes, racers are not for everyone. What you need to do is determine if you are the kind of runner who could benefit from racers and then find the best shoe to suit you.

#### WHY RACERS WORK:

One of the main reasons racing shoes work is that they do not offer much cushioning so the energy from your stride can be directly transferred to the ground. You run faster but receive much more muscle damage. A 10 gram difference in weight will add up to 100 kilograms of what you have to lift over a 10km race so racing shoes are more efficient. Racing shoes are lighter, less supportive and more flexible. Your running style is better at a faster pace and you do not have to fight the support of the shoe as you push off the ground.

#### WHO NEEDS A RACER:

I generally do not recommend racing shoes to anyone running slower than 4:30/km, that is 45 minutes for 10km and 3:10 for the marathon. However if slower runners have good form and don't get injured then they may be able to use them.

Slower, or larger runners wanting a race day advantage should consider one of the many racer/trainers that are available.

#### BUYING A RACER

When buying racing shoes make sure that you run in them at race pace. Your biomechanics can change completely when running fast. Your foot is often more stable and most people

do not land on the heels as much. Make sure that you are not slapping in the shoes as this is an indication they do not suit you.

Racing shoes should be tighter than trainers. When you are running fast you need a shoe that is firm, even the slightest movement of the shoe can cause blisters and reduce your performance as the power needed to run fast is being wasted in that extra movement.

#### USING A RACER

You should wear your racing shoes during speedwork to get used to them. As they are so light and flimsy it does not take long to wear them in. Many people decide to wear their old reliables and buy a new pair after the race but it is much better to buy a new pair with just enough time to wear them in. That way you will have the best comfort, cushioning and stability on race day.

Racers last about a third of the life of a trainer. That is somewhere between 300 and 400 kilometres. They will probably last a longer 'time' because you do use them as often.

The ideal racing shoe will help support you when running faster. They will be light but will offer some cushioning and stability. As traction is more important when running fast they may have a softer blown rubber forefoot. They should fit like a glove but not cramp you anywhere in the foot. Finally they should make you feel fast and give you a good psychological boost. So why not try a racer and see if you can go faster too.

by the Footman: Steve Manning



# Orthotics Prescription

by Steve Manning B.Health Sc Podiatry (Hons)

The first thing most runners will try when they get injured is self treatment. This may include cutting back on the training load, massage, ice, and over the counter anti-inflammatories. If things have not improved after two weeks they may decide to get further help depending on the severity of their symptoms.

Some runners give up at this stage deciding that they were just not made to be a runner. This is a mistake because there are many different sports medicine practitioners available that can help you get back on the road. Even severe problems can be managed with appropriate care and sensible training.

The first thing to determine is if your injury is chronic or acute in nature. An acute injury is usually the result of a traumatic incident such as an ankle sprain. Chronic injuries may take a long time to develop and take even longer to cure. They are often the result of over-training and stressing your body's tissues more than they can handle. The causes of chronic injuries are more difficult to identify. They can include such things as poor muscle strength or joint alignment that increase the likelihood of injury.

Acute injuries should be treated before the chronic causes of injuries are addressed. However if only acute symptoms are ever treated then the risk of developing more severe injuries is increased. The risk of re-injury also increases as well as the chances of getting some other injury in response to the initial injury. This can become a vicious cycle of multiple kinds of injuries with successful identification and treatment becoming ever more difficult.

One form of treatment for chronic injuries is orthoses or orthotics. In the simplest terms, orthotics are something you put in your shoe to support your foot, in order to control abnormal motion that leads to injury. Most orthotics are prescribed by Podiatrists, the primary foot and lower limb health practitioners in the community.

Simple generic off the shelf orthotics and arch supports can be purchased from a chemist or the podiatrist. For many people these will provide sufficient relief and support. When the foot structure is a little more complicated a functional foot orthoses may be needed. These are custom fitted orthotic devices shaped from a cast made from your



own foot. Their aim is to improve foot and lower limb function or to redistribute the forces during weightbearing. By targeting the specific problems of each foot they try to relieve symptoms by correcting the biomechanical and alignment issues that have caused the injury in the first place.

Before thinking about purchasing an orthotic you should determine the factors that may have led to the injury. If your shoes were too old or

inappropriate then any device you put in your shoes will be ineffective. There can be many other factors such as overtraining, poor coordination, running on new surfaces and inflexibility, that may be the major cause of the injury. In these cases orthotics are unlikely to make a difference.

However if you pronate excessively and the joints in your feet are extremely flexible then an orthotic may be the only treatment that can get you running without injury. Orthotics can also be effective if you have some joints that are too stiff making other joints compensate and overwork. For example osteoarthritis of the big toe joint will restrict motion changing what the foot does during propulsion and toe-off. Orthotics can relieve the stress on these joints and improve their function preventing injuries caused by compensating for their malfunction. In the short term this means a reduced injury risk and in the long term it may slow the progression of the joints destruction.

A prescription orthotic does more than just make it more comfortable under your foot. It also does more than just stopping motion. Functional orthoses work to improve rather than just control function. Pronation (rolling inwards at the heel) is a vital component of the normal gait pattern. People who do not pronate enough often have to deal with excessive force going up their legs. Pronation helps to deflect the forces sideways. If orthotics were designed to just stop pronation then they would also prevent the benefits that pronation provides.

Podiatry is still struggling to understand how orthotics work. The major problem is the complexity and variability of each individual foot. While

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# CLINIC GOODS

for most patients the proper prescription may be straightforward, for many others what should work in theory does not always work in practice. A successful prescription requires a high level of intuition by the podiatrist and often a certain amount of adjustment after manufacture.

## HOW TO MAKE AN ORTHOTIC

The podiatrists first step in the process of prescribing orthotics is to develop an injury history by talking to you. After a physical examination they will conduct a thorough biomechanical exam which for runners should include a gait analysis while running. The podiatrist should also evaluate your footwear including old shoes that are worn out, so do not forget to take them along to the appointment.

From there they will give a diagnosis of your problem along with some other different diagnoses that are also a possibility. Sometimes other studies such as x-rays or Magnetic Resonance Imaging may be required to narrow down the possible diagnoses. Strapping is sometimes used to identify whether orthotics will be effective. The final diagnoses helps in developing a treatment plan.

If the podiatrist feels that orthotics will help in the management of the injury they will then decide whether an off the shelf orthotic will be sufficient or if a functional foot orthoses should be prescribed. The severity of the problem and the type of misalignment are taken into account when making the decision. A malalignment of the forefoot to the rearfoot may require balancing which can only be achieved with a functional orthotic.

After that the materials that the orthotic are made out of must be chosen. Rigid orthotics are usually made out of a thermoplastic like polypropylene. Most flexible orthotics are made from EVA which is the same material that is used in the midsole of running shoes. There is debate about which ones give the most support for each condition. However rigid orthoses are usually more difficult to accommodate in a running shoe. They are also limited in that they can not extend to the forefoot unless they are covered. Their major advantage is their durability, as they can remain effective without adjustment for up to 2 years. Softer flexible EVA materials compress over time, the same as a running shoe midsole. This may require more frequent replacement.

The next step is to make a cast of the foot. There are major differences in casting techniques especially

whether to do a semi-weightbearing cast or a non-weightbearing cast. When the cast of the foot is removed you have a 'negative' shell of your foot shape. Plaster is poured into this shell to make a 'positive' model of your foot. The plaster model of your foot is modified and balanced to the prescription that the podiatrist has made. This is done either when the original cast is being taken, when the positive is poured, or to the positive model itself. Plaster is added to or removed from the positive cast to make it change foot function or become more comfortable. Most podiatrists use orthotic labs to do the balancing and manufacture based on their prescription.

The actual orthotic is made on this balanced positive cast by heat modeling the base material to it. Some orthotics are milled to the correct shape by a computer which has either scanned the cast or the foot directly. Further balancing may be required extrinsically to the base or forefoot of the orthotic.

After that the orthotic will be dispensed and the podiatrist will check to see if there are any obvious problems that have come up in the manufacturing process. The orthotic must not be worn continuously as soon as you get it. During the first two weeks the orthotic can be worn for longer each day so that your foot can gradually adapt to the changes it makes to your foot position. The orthotic often requires some adjustment after the two week period to make it more comfortable.

Orthotics are considered to be a part of the conservative treatment regimen. They are not a cure-all and when they have failed that can be an indication that more aggressive treatments are necessary. For many people they are a more acceptable alternative than surgery. For some they can fix a long-term recalcitrant injury that months of physical therapies have been unable to relieve. Certainly it is worth contacting your local podiatrist for a review if you think the structure of your foot or your running style has contributed to an injury. A referral is not necessary and most health care funds cover some of the podiatry expenses.

Podiatrists have the most complete understanding of foot function of any other health professional. Orthotics are only a part of their scope of practice but could be the foundation of your return from injury. Like running shoes, it is important to get the right orthotic to suit your own particular needs.

### → LEARN MORE

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

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

## ITB FOAM ROLLER \$79.95 Large & \$39.95 Small



This is the one piece of injury prevention equipment that I can happily say works a treat! After many years of extremely tight ITB, hamstrings and back problems, I can say without a doubt that the foam roller has helped relieve these tight areas. The old saying "no pain, no gain" certainly rings true as I scream myself to better times and a more flexible body. I definitely recommend this to any runner or triathlete that would like to receive the benefits of massage without the price tag!

## DURA DISC - Core Strength Disc \$69.95



Core strength exercises are the bane of all workouts, with most athletes dreading the gym and those workouts - which realistically never happen because we are often too busy to make time for the gym. What about if I tell you that all you need is your own body weight and a dura disc wobble board? A quick and beneficial routine that will help target your inner core in the comfort of your own home. No more going to the gym, or believing you will go to the gym to work on your core stability. This won't be the key to those washboard abdominals you always wanted, but certainly a way to reduce the chance of injury whilst working your way to faster times!

Look at your feet;  
now look at in training;  
now back at your feet.  
Sadly those feet need help...  
Why are you not helping them?  
Think about it,  
now think about it again...  
good decision...  
we'll see you soon

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# QLD running + triathlon calendar

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## February 2011

<b>Wed 2</b>	Intraining 5km, 3km, 1km Dash	<a href="http://www.intraining.com.au">www.intraining.com.au</a>
<b>Sat 5</b>	QA Interclub Meet #7	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Sun 6</b>	Gatorade Tri Series Race 5 - 400/15/4	<a href="http://www.usmevents.com.au">www.usmevents.com.au</a>
<b>12-13</b>	2XU Bribie Island Triathlon Race 3	<a href="http://www.briebietri.com">www.briebietri.com</a>
<b>Sat 12</b>	QA Interclub Meet #8 - Garry Brown Shield	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>18-20</b>	Queensland Junior Champs (U14-U20) -D1	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Sat 19</b>	Australian 20km Walk Championships	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Sun 20</b>	Sports Super Centre Fun Run Series - 5km	<a href="http://corporatechallenge.com.au">corporatechallenge.com.au</a>
<b>Fri 25</b>	Queensland 5000m Champs (U20/Open)	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>26-27</b>	Queensland Combined Events Champs	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Sat 26</b>	Gold Coast PB Series Meet #10	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Sun 27</b>	Gatorade Tri Series Race 6 - 400/15/4	<a href="http://www.usmevents.com.au">www.usmevents.com.au</a>



## March 2011

<b>Sun 6</b>	International Womens Day Fun Run 5km	<a href="http://www.brisbaneroadrunners.org">www.brisbaneroadrunners.org</a>
<b>Sun 6</b>	Gold Coast PB Series Meet #11	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Sun 6</b>	QLA Junior Carnival / Senior Pentathlon	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Thu 10</b>	Aus Jnr Champs (U14-U20) Day 1	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Fri 11</b>	Aus Jnr Champs (U14-U20) Day 2	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Sat 12</b>	Aus Jnr Champs (U14-U20) Day 3	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Sat 12</b>	Six Foot Track Marathon	<a href="http://www.sixfoot.com">www.sixfoot.com</a>
<b>Sun 13</b>	Wrecked Tangelooma Ocean Swim	<a href="http://weekendwarriorevents.com.au">weekendwarriorevents.com.au</a>
<b>Sun 13</b>	Sports Super Centre Fun Run 5km & 8km	<a href="http://corporatechallenge.com.au">corporatechallenge.com.au</a>
<b>Sun 13</b>	Aus Jnr Champs (U14-20) Day 4	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Mon 14</b>	Aus Jnr Champs (U14-20) Day 5	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Sat 20</b>	Twilight Running Festival	<a href="http://www.twilightrun.com.au">www.twilightrun.com.au</a>
<b>Sat 20</b>	Bribie Triathlon Series Race 4 1/28/8	<a href="http://www.briebietri.com">www.briebietri.com</a>
<b>Sat 20</b>	Gold Coast PB Series Meet #12	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Thu 25</b>	QLD Open & AWD Champs - Day 1	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Thu 25</b>	QLA State Championships - Day 1	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Fri 26</b>	QLA State Championships - Day 2	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Fri 26</b>	QLD Open & AWD Champs - Day 2	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Sat 27</b>	Mooloolaba Triathlon festival	<a href="http://www.usmevents.com.au">www.usmevents.com.au</a>
<b>Sat 27</b>	QLD Open & AWD Champs - Day 3	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Sat 27</b>	QLA State Championships - Day 3	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>

## Twilight Running Festival 20 March 2011

Half Marathon, 10km, 3km, 1km

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



## April 2011

<b>2-3</b>	Aus Combined Events Champs	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Fri 8</b>	AQ Track & Field Meet	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Sat 9</b>	Gold Coast PB Series Meet #13	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>15-17</b>	Aus Open & AWD Champs	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>
<b>Sun 17</b>	Sports Super Centre Fun Run 5k & 10k	<a href="http://www.corporatechallenge.com.au">www.corporatechallenge.com.au</a>
<b>Sat 30</b>	ALA National Champs	<a href="http://www.qldathletics.org.au">www.qldathletics.org.au</a>

## May 2011

<b>Sun 1</b>	Gold Coast Triathlon 750/20/5	<a href="http://www.usmevents.com.au">www.usmevents.com.au</a>
<b>Sun 1</b>	Mt Mee Classic	<a href="http://www.theruninn.com.au">www.theruninn.com.au</a>
<b>Mon 2</b>	Byron Ocean Swim Classic 2km & 800m	<a href="http://www.byronswimclassic.com">www.byronswimclassic.com</a>
<b>Sat 7</b>	BRW Corporate Triathlon - Gold Coast	<a href="http://www.supersprint.com.au">www.supersprint.com.au</a>
<b>Sat 7</b>	Byron Bay Triathlon 1.5/40/10	<a href="http://www.byronbaytri.com">www.byronbaytri.com</a>
<b>21-22</b>	Warwick Pentathrun Total Distance 42.2k	<a href="http://www.pentathrun.com">www.pentathrun.com</a>



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## Major Australian Events

<b>Jul 2-3</b>	Gold Coast Marathon Festival	<a href="http://goldcoastmarathon.com">goldcoastmarathon.com</a>
<b>Jul 30-31</b>	Brisbane Running Festival	<a href="http://brisbanemarathon.com">brisbanemarathon.com</a>
<b>Aug 14</b>	Sydney City to Surf	<a href="http://www.city2surf.com.au">www.city2surf.com.au</a>
<b>Aug 28</b>	Perth City to Surf	<a href="http://www.perthcitytosurf.com">www.perthcitytosurf.com</a>
<b>Sept 18</b>	Sydney Marathon Festival	<a href="http://www.sydneymarathon.org">www.sydneymarathon.org</a>
<b>Sept 18</b>	Adelaide City to Bay	<a href="http://www.city-bay.org.au">www.city-bay.org.au</a>

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# intrainings top picks



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## Timex Ironman 150 Sleek TAP Watches

One of the defining features of the Timex Ironman watch range has always been that easy-to-find lap/split button at the bottom of the display that you don't have to search for while you're gasping for air at the end of an interval. So it is no surprise that Timex has taken this concept one step further with their new Tap Screen technology watches. Effectively the oversized screen (a bonus in itself) just became the lap/split button. The sensitivity to how hard you need to 'tap' the screen can be adjusted to suit the daintiest of runners through to the most heavy handed.

The Ironman 150 Sleek watches couple this new technology with the features and functions that we have come to expect such as 3 x 16 Interval Timer, INDIGLO Night-Light, 150-Lap Memory Recall and 100 metre Water Resistance.

Some new features that will assist you in designing the perfect plan for race day include Target Time Pacer, Nutrition and Hydration Alarms

## New Skirt Sports Range

Skirtsports looks set to revolutionise women's running this Summer with loads of fantastic styles and sexy new prints available. There is a skirt for every woman and for every different occasion. They are not only great to run in, but also for the post-race breakfast!

Their innovative designs incorporate both comfort and functionality and provide confidence-boosting feminine coverage.

So ... What's under the skirt??? The most popular skirt in the range - the Gym Girl Ultra has semi-compression shorties, with a pocket on either hip (no bouncing) and a handy i-pod port. Everything a girl needs!

*from*

**\$62.95**



## Nike LunarSpider R

The Nike LunarSpider R (166g) sees the coming together of the traditional Speed Spider racing shoe with the addition of the extremely popular Lunar Cushioning Technology.

So what is it that sets this sleek racing flat aside from others at the lighter end of the racing shoe spectrum? The soft ride under foot. It is that simple. Where most 5k/10k racing flats offer a more responsive (harder) feel under foot, the LunarSpider R still has that soft feel on impact that is usually afforded to a much heavier shoe.

After a few speed sessions in the shoes myself, I found the feel very similar to the Lunaracer, but in an obviously lighter shoe. If you are looking for a fast/light shoe for your next assault on that elusive 5k PB, then I highly recommend you give it a try!

# MEGA SALE

**Saturday 6th November 9am-5pm**  
**Sunday 7th November 9am-2pm**



### Blister Shield (Trial Pack - \$2.50)

BlisterShield creates an almost frictionless surface on the foot, reducing heat build-up and blister formation. When applied to the foot, this remarkable powder repels moisture....keeping skin dry and blister-free for lengthy periods of activity. It is also available in a handy trial pack so if you are having blister troubles, why not give it a try.

### Yankz Laces

Kick off the tri season with a clever invention that cannot only shave seconds off your run transition time, but also prolong the life of your beloved race shoes. Yanks 2-Point Adjustment System ensures that you are not damaging the upper of the shoe in the mad scramble that is transition while getting a snug fit on that all important run leg. The best of both worlds!

**\$16.95-18.95**



**\$34.95**

### Experia Socks

Thorlo have been long-known among runners as one of the most cushioned socks on the market. The Experia range has adapted the benefits of Thorlo padding into a sock that better suits our warm climate. The socks are anatomically engineered so you can enjoy the protection in a much more breathable chassis.

### Adidas Sunglasses Range

We have recently streamlined our range of running-specific Adidas Eyewear sunglasses in store. Offering the latest in lens design and technology, these Austrian made sunnies also feature the adjustability to fit all face shapes and sizes. And in the event that you damage them in any way, they are typically repairable by replacing the affected part (lens, hinge etc.) and not the whole product. It's never been easier to find a pair to suit your practical, functional and fashion needs.

**\$249 to \$299**



**\$3.30ea**

### Shotz Gels

Flavours: Berry/Banana, Cola, Lemon/Lime, Wildberry (non-caffeinated) Cola/Vanilla, Wildbean (caffeinated)

The Shotz range of gels have had a recent facelift with new packaging and a few new flavours added to the range. The caffeinated varieties pack a whopping 80mg of caffeine with each serve to get you through your tougher training runs and races.

Why not give them a try for your next long run?

**20-50% off selected old and current model footwear**

**20% off all Polar products**

**50% off selected Skins products (excludes A400 range)**

**20-50% off selected mens and women's clothing**

**\$120 (40% off \$199.95 RRP) Mens and Women's Asics Landreth (current model)**

**\$100 (40% off \$169.95 RRP) Mens and Women's Brooks Summon (current model)**

**\$120 (40% off \$199.95 Mens and Women's 905 (current model)**

*sound mind sound body*

running cleanses the mind and body



# Marathon School

Each year the Intraining Marathon School helps many runners achieve their marathon and half marathon dreams. We were initially focusing on helping people achieve their first half or full marathon but found that people liked the program so much they kept coming back to train for subsequent events.

The program operates on a number of different levels and people can participate to the degree that suits them. Some just attend the long runs, some speed work, some just the seminars but more and more people are choosing the full program as it is so successful. Last year we had over 100 finishers and have never had a DNF (did not finish).

One of the best features of the program is the camaraderie between runners. There is always someone at your pace and the bonds that form through sharing goals and early mornings are very strong.

We have a series of 6 seminars covering topics from nutrition, weight management, injury prevention, stretching, core strength and race planning/goal setting.

## Tuesday Speedwork:

We have morning and evening sessions at various venues around Brisbane. Speedwork is often mistaken for "sprints". These sessions are more concerned with pace judgement and working at paces that could be sustained for longer distances- (eg 5km race pace). The efforts vary in length and can be as long as 3km or as short as 200m. We try to help runners learn to stay relaxed while running fast.

## Thursday:

Morning and evening, various venues

These sessions will focus on aerobic fitness, strength and anaerobic threshold at various times all designed to improve endurance and speed endurance.

## Saturday:

Cross Country Race. Intraining members have the option to race in cross Country events on a Saturday afternoon. These efforts are great for fitness and race practice. This is an optional session for Marathon schoolers.

## Sunday Long Run:

A progression of long running with built in recovery weeks. The group has coffee or breakfast after the long run adding to the social feel of the group. We often use Brisbane Road Runners Races as a benchmark or for supported long runs.

To join the Marathon school we like runners to be able to run for 1 hour-1:15 without stopping - pace is not important. If you are not quite up to this level; we have a marathon preschool that operates over the summer to get you ready. These sessions are Monday and Wednesday evenings and Saturday morning.

## Marathon school commences in February 2010.

For more information see the website or to go on an email list email [coaching@intraining.com.au](mailto:coaching@intraining.com.au)

## TRI-SQUAD

JOIN NOW

### Intraining Triathlon Squad

Intraining Triathlon Squad is a group of like minded athletes who train together and support each other in competing in a range of Triathlon distances. We focus primarily on sprint and Olympic distances but will also help those few working towards a full or half ironman too.

We cater well for beginners and can assist with finding teams for individuals who wish to ease into triathlon by just doing 1 or 2 of the legs.

We offer a session for most days of the week. (schedule to the right)



Intraining Triathlon Suit  
(from \$140)

We have branded Intraining tri and cycle gear available for order. The suits are very distinctive and easy to spot at an event so you will always get a "Go Intraining" cheer when out there. They are also very comfortable and durable.

### Monday :

Am - Swim squad (beginners to advanced- 4 levels)  
Pm - Beginners run group

### Tuesday:

Both Am or Pm: (choose 1) Run speed work.

### Wednesday:

Am - Beginners bike skills session and Intermediate group cycle  
PM - Beginners Run

### Thursday:

Am or Pm Run session (choose 1)

Friday: Own swim recommended

### Saturday:

Am - either group long bike or brick session. Alternate weeks - beginners ride  
Also AM Beginners run available

### Sunday:

Am - Long Run.

For more info:  
email [coaching@intraining.com.au](mailto:coaching@intraining.com.au)



adelaide melbourne sydney brisbane

# resolution run

*Keeping my new years resolution...*

## Sunday January 9

Event	Online Entry	Postal Entry
Adult 10km	\$30	\$33
Adult 5km	\$25	\$28
Child 10km (15/u)	\$20	\$23
Child 5km (15/u)	\$15	\$18



Enter online at

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

Entry Form	NB: Online entries are \$3 cheaper
Name	
Event (circle your event)	10km Adult / 5km Adult / 5km Child (15/u), 10km Child (15/u)
Gender (circle)	Male / Female
D.O.B	
Address	
Email	
Home Phone	
Mobile	
Emergency Contact Name	
Emergency Phone	

### Conditions of Entry

I am either an adult (18 or over) or have the permission of my parents/caregivers to take part in this event. I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, Active8Change and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for all my liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event.

I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

I agree to the conditions of entry ☐ Tick

Payment Details - Please Circle ☐ Cheque / Visa / Mastercard

Name on Card \_\_\_\_\_

\_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_ Expiry \_\_\_\_/\_\_\_\_

Verification Code \_\_\_\_ (last 3 digits on back of card)

Post your entry to: Active8Change, PO Box 315, Athelstone, SA, 5076





# GO FURTHER.

yesterday  
here

WAVE RIDER 14 WOMEN'S

WAVE RIDER 14 MEN'S

today  
here

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*Run under the moon and stars in the cool of the evening*

**Brisbane** **Twilight**  
**RUNNING FESTIVAL** **2011**

*Half Marathon*

*10km Run*

*3km Fun Run*

*1km Kids Run*

**20th March 2011**  
**UQ St Lucia Track**



**ENTER ONLINE - [www.twilightrun.com.au](http://www.twilightrun.com.au)**