



# Fairlands Valley Spartans Running Club

UK's Best Running Club 2010

Affiliated to UK Athletics and the Association of Running Clubs

Welcome to the June 2011 edition of Catch a Coach. Although with a new editor and changed format I hope you will still find the content useful. I have included some of the well tried and tested items, such as Richie's exercises, and followed up on last month's idea of introducing you to some of the new coaches. They are turning out to be quite an interesting bunch. A first question for the next quiz, "which coach is a budding film star?"

I cannot emphasise the importance of warming up properly, both before training and even more importantly before racing. Websites and Magazines are full of items on this topic and we have published several articles on our club website and in previous additions of Catch a Coach. Whenever you get the chance watch what top class athletes do before training but even more importantly before a race. Therefore I am leading off this month with an introduction to Mobility Exercises. Later Richie Bate writes his usual spot on exercises for your feet, those two valuable pieces of equipment which take a terrible battering and generally get ignored. Later there is an item on looking after your glutes, the biggest muscles in the body. Together with two items on Cross Training there is no room to mention running, but don't worry "it" will be back next month.

## **Mobility Exercises for warming up by a group of Spartan coaches**

Gradually more and more of our Spartan coaches are appreciating the importance of including Mobility exercises as part of their warm up. Influenced by their own coach training on Leadership and Coaching in Running courses they are gradually introducing these exercises into the sessions they lead at Spartan training sessions.

After some discussion it has been decided to include a set of 7 basic exercises after the warm up jog and before starting our efforts. This means that whichever coach leads a group you as runners will be comfortable with the mobility exercises. However, equally there is no doubt that every coach will have a few additional exercises which are their favourites so you should also have a small amount of variety.

If you have any queries about these exercises, or any other aspect of warming up please talk to me or any other coach. There is no need to feel embarrassed when doing exercises in a public place, after all you have just been running around the town in lycra etc so there is no difference.

### **1 Shoulder Rolls**

Stand with feet shoulder width apart, back straight, arms hanging by your sides, head up and looking straight ahead.  
Roll your shoulders up from your back past your ears and then forward and down..  
Roll your shoulders up from your chest and past your ears and back and down.  
Repeat each exercise 5 times. **Feel your shoulders loosen and become free.**

### **2 Arm circles**

3 single arm circles with each arm followed by 3 circles with both arms.

Stand at the start as for shoulder rolls. Keep shoulders still and circle right arm backwards 3 times. Then circle right arm forward 3 times.

Repeat with left arm. Now circle both arms backwards together 3 times and then forward 3 times.

Feel the difference in your back and shoulders.

### **3 Hip Circles**

Stand as for shoulder rolls but with your hands on your hips.

Circle your hips in an anti clockwise direction i.e. right to left.

Now circle your hips in a clockwise direction i.e. left to right.

Think of twirling a hula hoop. Keep your knees still but softly bent.

Repeat 5 times each way.

Feel your hips and lower back loosen and free up.

### **4 Gate in/out**

Stand as for Shoulder rolls but with your hands on your hips. However, you may need to work with a partner or hold onto a fixed object, in which case one hand should remain on your hip. This is not essential but helps to keep your body facing forward.

Raise the right knee until the quad is parallel to the ground and then turn the leg out through ninety degrees. Lower the foot to the ground pointing the toes. Immediately raise the leg, until the quad is once again parallel to the ground, maintaining the 90 degree angle. Now turn the leg back to the front through the 90 degrees still keeping the quad parallel to the ground. Finally lower the leg to the ground.

Repeat 5 times with each leg. The action should be smooth and not jerky or rushed. Feel the hip flexors loosen and free up.

### **5 Knee circles**

Stand as for shoulder rolls but bent slightly forward with your hands on your knees.

Circle both knees anti clockwise i.e. right to left.

Now circle both knees clockwise i.e. left to right.

Repeat 5 times each way.

Feel your knees and hips loosen and free up.

### **6 Ankle Rolls**

The exercise is performed either with point of toes on the ground or toes pointing to the ground but not touching the ground. Choose whichever way you find more comfortable.

Circle right ankle anti clockwise i.e. left to right and then clockwise i.e. right to left. Repeat with left ankle circling anti clockwise and then clockwise.

Repeat 5 times each way with each ankle

Feel both your ankles loosen and free up.

### **7 Leg Swings**

This exercise is easier to perform with a partner or holding on to a fixed object. Swing your right leg forward and upwards but NO HIGHER THAN YOUR WAIST. The back swing should be no further than 25 degrees. Then repeat with your left leg. Swing each leg 5 times. Feel the loosening in your hamstring.

Tony

## **Meal of the Month by Richie Bate**

As I sat in a coffee shop with Dawn the other day, enjoying my Latte, I thought to myself 'how does caffeine effect me, as a runner? I found this article and thought I would share it:

Many runners enjoy a caffeine-lift either as a morning eye-opener, during daily coffee breaks, before training run, and during competitive events. Questions arise about caffeine: should I use caffeinated gels during long runs?

What about caffeine in sport drinks? Does coffee enhance performance, or is it dehydrating? The purpose of this article is to look at caffeine (most commonly consumed as coffee) as a part of a sports diet and help you determine whether you want to take it or leave it.

## **Caffeine and Hydration**

We have all heard the warning: coffee has a diuretic effect, is dehydrating, and does not count as a fluid replacer. While once deemed true, we now know differently. The truth is, a moderate intake of coffee, cola and other caffeinated beverages do count towards fluid needs, particularly if you are accustomed to consuming caffeine as a part of your daily diet (don't we all know someone who drinks only coffee - no water - and is fully functional?). Given about 80% of us drink coffee (55% daily, 25% occasionally), and the average intake is about 200 mg caffeine/day (3 mg/kg), most runners are familiar with caffeine's benefits of heightened alertness and performance. The military is intensely interested in the physiological effects of caffeine on hydration. Hence, they have researched the effects of moderate and high doses of caffeine (3 and 6 mg/kg body weight) on hydration. Using subjects who habitually consumed a relatively low amount of caffeine, equivalent to one 6-ounce cup of brewed coffee (100 mg/day; about 1.3 mg caffeine/kg), they found no detrimental effects of caffeine on 24-hour urine volume (Armstrong, International Journal of Sports Nutrition, June 2005). By day's end, the urine losses were similar whether the person consumed no caffeine or a high dose. How did the "coffee is dehydrating" myth start? The initial studies looked at urine collection just 2 to 4 hours after caffeine-consumption (not the 24-hour picture), did not compare coffee to water, or used very high doses of caffeine. We now know people have similar urine volume whether they consume caffeinated (less than 3 mg caffeine/kg) or plain water.

## **Caffeine and performance**

Caffeine is one of the best-tested ergogenic aids and is known to help athletes train harder and longer. Caffeine stimulates the brain and contributes to clearer thinking and greater concentration. There are more than 74 good studies on the use of caffeine for both endurance exercise and short-term, higher intensity exercise. The vast majority of the studies conclude that caffeine does indeed enhance performance and makes the effort seem easier (by about 6%). The average improvement in performance is about 12%, with more benefits noticed during endurance exercise than with shorter (8 to 20 minutes) exercise and a negligible amount for sprinters. More benefits are also noticed in athletes who rarely drink coffee, hence are not tolerant to its stimulant effect. Because each runner responds differently to caffeine, do not assume you will perform better with a caffeine-boost. You might just end up nauseated, coping with a "coffee stomach", or suffering from caffeine jitters at a time when you are already nervous and anxious. And be forewarned: while a morning cup of coffee can assist with a desirable bowel movement, a pre-competition mug full might lead to transit troubles! Experiment during training to determine if a caffeinated beverage or plain water is your best bet.

## **Caffeine and sports beverages / sports supplements**

As you have likely observed, caffeine is readily available in a variety of products, including sports beverages. A moderate caffeine intake is considered to be 250 mg/day. In research studies, the amount of caffeine that enhances performance ranges from 1.5 to 4 mg/lb body weight (3 to 9 mg/kg) taken one hour pre-exercise. For a 150 pounds person, this comes to about 225 to 600 mg. More does not seem to be better. Most runners get caffeine by drinking coffee; others consume caffeinated gels, drink caffeinated beverages, or pop caffeinated pills. Because the amount of caffeine in coffee is so variable, some athletes prefer products with specified doses.

## **Caffeine and calories**

If specialties coffees are your preferred sources for caffeine, be forewarned: they are filled with calories. While black coffee has no calories, a "coffee regular" with two creamers and two sugars has 80 calories. A 16-ounce coffee shake perks you up with 470 calories of sugar and fat. These are not "diet beverages"... Hopefully, they will energize you enough to burn off those calories during a killer workout!

## **Caffeine and common sense**

Runners vary in their response to caffeine; some are very sensitive and prefer to abstain rather than get overstimulated. Others thrive on a jumbo cup of brew. Clearly, you have to learn through trial and error the amount

of caffeine that works best for your body, if any at all! Perhaps more sleep could be the better energizer for some low-energy runners?

## **Exercise of the month. by Richie Bate**

For those who train at the track on a Saturday morning, you would of heard us Coaches banging on about the importance of how your foot lands and then going through simple drills to promote the 'ideal' running action. These exercises below will help strengthen the desired muscle groups to promote that target running action.

### **Motion and Strengthening Ankle Exercises:**

#### **1. Ankle Dorsiflexion and Plantarflexion**

Lay down facing upwards. Move your foot up so your toes are pointing towards your face. Keep your leg straight. Hold this position for six seconds. Then move foot slowly so your toes are pointing away from you and hold for another six seconds. Return to starting position and do six repetitions. Repeat the entire exercise with the other leg.

#### **2. Foot Inversion and Eversion, Active**

Sit up straight with your back firmly against the back of a chair. Slowly turn your left foot inward. Hold this position for six seconds. Then turn foot very slowly outward and hold for another six seconds. Repeat this exercise six times. Repeat entire exercise with right foot. (To make exercise a strengthening exercise, add weights.)

#### **3. Ankle Dorsiflexion, Plantarflexion, Inversion and Eversion -Ankle Circles**

Sit up straight with your back firmly against the back of the chair. Slowly move your left foot in a circle moving clockwise. Repeat this movement six times. Then slowly move the same foot in a circle counter-clockwise. Repeat this movement six times. Repeat the entire exercise with the right foot.

#### **4. Ankle Dorsiflexion and Plantarflexion – Active**

Stand in front of a table. Place your hands on the table and raise yourself up on your toes. Remain on toes for six seconds. Then slowly return to standing position and rock back on heels. Hold position for six seconds. Repeat this six times.

#### **5. Ankle Plantarflexion - Stretching**

Stand with forearms on wall, left toes close to wall, right foot behind. Toes on the right foot face inward (toward the middle of your body). Roll weight gently to outside border of the right foot. Lean body forward with back leg straight. Keep heel on floor. Stretch is felt in the calf. Hold for six seconds. Repeat with opposite leg and hold again for six seconds. Repeat entire stretching exercise six times.

**Richie B**

## **The Benefits of Cross Training- By Natalie Barnard**

Triathlon became the ever-growing popular sport it is nowadays back in 1974 in the U.S.A. It was started by a group of runners who decided that they wanted to 'mix' up their training and fitness by using the elements of swimming and biking as a form of cross training. From this the sport as we now know it has blossomed and is still increasing in participation and exposure.

As much as we all love running; with any sport or anything in life, we can find ourselves at times going into stale mode. Also with the impact that running has on our bones, joints, muscles, we find ourselves ever riddled with the odd niggle or dare I say injury! This is where cross training comes to the fore. Cross training is a marvellous way to help

us fitness fanatics- from keep fit joggers to top class athletes- maintain our fitness and training regimes without too much interruption. Not only this, it also allows the body to 'mix-it-up' or as I like to say "keep the body guessing." It breaks monotony, whilst keeping relativity with regards to the muscle groups used, the cardiovascular system working at similar values, and thus maintaining the current fitness levels.

Athletes use cross training as a form of rehab when injury inevitably occurs within a season or training cycle. This occurs especially when workloads are increased during the overload phase of a training mesocycle. The most relative exercises for overall maintenance of fitness and all over body workout are swimming, aqua jogging, cycling, certain land training, circuit classes and the cross-trainer machine in gyms. The swimming and aqua jogging is especially useful to those who do not want any impact on the joints or the bones- commonly used for those suffering shin splints, stress fractures or similar. The bodyweight is supported by the water yet the CV system can be stressed to heart rate values that match your running.

Cycling is probably the closest form of alternative cross training to running. Funnily enough, if injured from running, cycling has a positive transfer to help maintain and improve fitness for the time when you return to running. However, it does not apply for the reverse: if you are unable to cycle due to injury, running more will not transfer the benefits over to cycling when fit again. A lot to do with this theory is the fact that when pedalling a bike; the whole circumference of the pedal stroke requires muscular power output. The whole way round the pedal stroke the muscles of the lower leg and upper leg are working to not just push down the watts, but also to then pull the pedal up to repeat the action. So when we transfer this to running, we have that muscular force when impacting the ground and also the strength to then push off and drive the leg forward.

A study by Tanaka. H (1994)<sup>1</sup> concluded that "some transfer of training effects on maximum oxygen uptake (VO<sub>2</sub>max) exists from one mode to another. The non specific training effects seem to be more noticeable when running is performed as a cross-training mode."

So, if you do feel that dip in motivation or are struggling at present to maintain fitness due to injury, it is worth bearing in mind that there are alternate avenues that you can take temporarily in your training regime to maintain both fitness and motivation to help support you continue to achieve your goals.

## **NATALIE BARNARD**

References: Tanaka. H. (1994). Effects of cross-training. Transfer of training effects on VO<sub>2</sub>max between cycling, running and swimming- Sports Med. 1994 Nov;18(5):330-9.

## **Combining Running and Cycling for training by Tom Corby**

The following article is by my friend Tom Corby, who both runs and cycles in almost equal measure i.e. twice per week at each activity. Tom is a founder member of Ossie Angels, although as you will see not one of the younger Angels. Despite still being a member of SNHAC he regularly helps at Spartan events and for several years was a key member of the Half Marathon team.

Although Tom only runs twice per week, around 15 miles in total, he normally thrashes me in training. I observed his regular cycling and the use of the word "only" when talking about a 35 mile cycle ride. So I asked him to write something on the benefits of cycling and running as a mixed training package. Obviously many Spartans would be running more frequently, say four or five times per week mixed with one or two cycle rides. I think this ties in nicely with the other article above written by our own Natalie Barnard about the cross training benefits of swimming, cycling and running.

### **Tony**

I am a 69 year old male who manages to maintain a reasonable level of fitness by running twice a week and cycling twice a week. To give you some background of my history in these two sports, I started club cycling when I was 16 and raced for about 10 years before I decided that riding 200 miles a week for most of the year, (around 10000 miles a year), didn't leave much time for any social life! In my 30's, 40's and 50's I was riding not much more than 500 miles a year. Once I had retired, 10 years ago, my cycling increased again to about 3000 miles per year.

I started running in my early 40s as a way of keeping fit without the time commitment of cycling. I joined Stevenage and N. Herts AC after a few years and for many years ran 5 or 6 times a week and raced to a good club standard. I don't run competitively now, just trying to beat the rest of the Angels on the hills (I even tried chasing Natalie on one hill, but that's another story!).

Today an average week consists of a Sunday cycle ride of about 50 miles at an easy effort level and a Tuesday ride of 35 – 40 miles at a hard level. I also run on Thursday morning and Saturday morning with the Angels, the effort level depends on who else is running but I do like to feel afterwards that I have run hard.

Cycling is much, much easier on the joints (an important consideration at my age) than running and muscle injuries are almost unheard of, even in races like the Tour de France, because of the constrained nature of pedalling. No torn muscles through overstretching or twisted ankles through landing awkwardly, the only injuries you get in cycling are when you fall off!

An hours running gives my heart and lungs a much better workout than I could ever hope for by cycling. It is hard to maintain a high cardiac rate while cycling because the limiting factor in fast riding is how much pain in your legs you can stand. As an example, on a recent ride over a quite hilly route of 2 ½ hours ridden at 16mph (quite a **high level of effort** for me, these days) I recorded 73 mins. below 80% max. HR, 64 mins. between 80-90% max. HR, and 12 mins above 90% max. HR. Compare this with a recent 1 ½ hour Angels run of **medium effort** where I spent only 10 mins. below 80% max. HR, 60 mins. between 80 – 90% max. HR and 22mins above 90% max. HR.

However, cycling for 2 or more hours gives me good endurance without getting sore feet and aching joints, and I could (and sometime do) ride for 3 to 4 hours for several days in a row with no ill effects apart from feeling tired. I could not do this running. I have found by trial and error that to maintain a good level of fitness for both sports I do need to both run and cycle twice a week. Otherwise I lose too much fitness in one of the sports.

This regime, which I have been doing for 6 or 7 years now suits me well as it gives plenty of time for recovery and I manage a good level of fitness. Currently I can run at around 9 ½ minute miles for an hour or so and recently I rode a Sportive (an organised semi-competitive bike ride) of 80 miles at an average speed of nearly 17mph.

**Tom Corby**

## **Leadership in Running Fitness Training Marriotts 14<sup>th</sup> May 2011 by Bev Harlow**

I was keen to take this course for several reasons:  
I would like to become more involved in assisting at Spartans  
I have recently started a running club at my school and wanted to be able to lead them effectively  
I wanted to improve my knowledge and understanding so I was delighted that the course was arranged at Marriotts which saved travelling! The day was well organised and the three trainers, who varied in expertise and style of delivery, were very focused. The day was very full and well structured so that no time was wasted. There were about twenty of us on the course from varied backgrounds and this meant that we could all share our experience and learn from each other.

The practical activities covered 'warm ups', 'sessions' and 'cool down'. Everyone was expected to lead different parts of the day and there was plenty of opportunity to practise leading a group of people. We were then all encouraged to give the leader feedback. The materials provided were simple but clearly thought through and useful. There was a sense of everything having been tried and tested rather than ad hoc. This I found very reassuring.

The classroom based sessions were also useful and involved a lot of team work, again giving us the opportunity to learn from each other.

### **What went well?**

We were all given several chances to lead sessions and the feedback from the trainers was constant, constructive and encouraging.

I felt I had time to think through the 'why' of what we often do as a matter of habit

I got to know the names of several Spartans who I had seen regularly

The materials, course folder, CD and link to the UK coach website have all been very useful

The session sheets have been particularly helpful

I felt more confident in my own knowledge and skills by the end of the course

## What could have been better?

I would have liked more information about warm up activities as I felt we already use more extensive warm ups for our Tuesday sessions

I would like to have had more detailed advice on designing a training programme for runners – this was covered to a basic level

## Summary

It was a very useful day and has inspired me to consider a further course at a later date, which would probably address the two points made above. I have also been doing some research on the internet to find warm up activities and training programmes. I would recommend anyone who is interested to take the course as it is worthwhile and a good opportunity to use or increase your current knowledge.

[Beverley Harlow](#)

## **GLUTES by Tony Osborne**

The following was produced for an athlete I was helping who had a glute injury. Hopefully it will be of use to other runners.

**Exercise 1** Lie flat on your back on the floor. Now slide the feet towards your bum until they are flat on the floor and your knees are bent at around 90 degrees. Keep the knees hip width apart.

Now bring the left leg onto the right quad with the left ankle just above the knee i.e. nearer your hip. Grasp the left ankle with both hands if you can and GENTLY pull the ankle towards the hip. Then allow the right leg to flop loose with the knee now bent at a tighter angle. If you can reach change your grip by putting both hands behind the right knee just above the knee. Remember this means lower on the hamstring as your leg is inverted. Use your arms to pull the right knee gently towards your chest. Hold for 1 minute. Now change legs and repeat with the left leg. Repeat 3 times on each leg.

**Exercise 2** Lie flat on the floor again. Bring the feet to the same position as exercise 1, i.e. flat on the floor with the knees bent at 90 degrees. Pull in the abdomen until the tummy is flat. Those of you lucky enough to have strong abs will see this as your normal position. The rest of us may need to hold in the tummy a little. The correct position is about half way between fully squeezed in and a small bulge! However, keep breathing throughout the exercise.

Holding in the abs thrust the hips upwards until the body is straight in a bridge position. I normally call this a bridge but people have different names for all these things. Your weight should now be on your shoulders and your feet. Try to hold for 20 seconds and then lower the hips slowly to the floor. The upward movement is a thrust, the downward movement is lowering slowly. Repeat 10 times and then 3 sets. **DO NOT DO THIS, OR ANY EXERCISE, IF IT HURTS YOUR BACK.**

**Exercise 3.** Lie on your side. Keep the hips stacked directly above each other. Bend both knees to 45 degrees. Keep the feet together. Open your legs at the knees (yes honest). Think of a clam. This exercise is often called the Oyster. Do not let your hips roll backwards or forwards. Only open the legs as far as you can manage without the hips moving. A small correct movement is best. Raise the leg 10 times and then roll over and change to the other leg. Repeat the whole exercise 3 times.

**Exercise 4** Stand up straight, shoulders down your back head up, and looking straight ahead. Drop into the lunge position on the right leg. Check the right thigh is horizontal parallel to the floor and the right shin is vertical to the floor. The foot should be flat on the floor. The right knee should not go beyond the toes and should point straight ahead, not leaning left or right. Check your posture, shoulders down, head up, body as upright as you can manage.

Now check the left leg. Almost opposite to the right leg, shin horizontal parallel to the floor and thigh vertical. You should have your weight on the ball of your foot.

Now use your glutes to straighten both legs. Obviously the legs have to work as well but think consciously about clenching your glutes before you start the lift. Try to relax your legs and make the glutes do all the work. It is called switching off a muscle or group of muscles and is not easy but well worth practising. Repeat 10 times. Now change legs and lift 10 times on the other side. Repeat the whole process 3 times.

I prefer the static lunge used above because you have more control over your balance and tend to maintain a correct position. Others will prefer a more active lunge.

**Exercise 5** Back to the correct upright position. I suggest beginners start the exercise with a dining chair behind their knees and practise a few times. Standing in front of your chair slowly sit down, maintaining your posture. Now gently move your bum off the seat an inch (25 millimetres approx). Hold for a second and then thrust into the upright position, clenching your glutes. Once again you want the glutes to do the work and the legs to relax. Repeat 10 times, but do not sit on the chair between thrusts. When you feel confident remove the chair. However, do not go down to full squats, think of the sumo wrestler doing half squats. Otherwise you may finish up needing knee exercises to correct a different problem. As in the other exercises repeat with 3 sets.

**Summary** You can try these exercises while watching TV etc. Repeat the whole process 3 times daily, that is 3 sets each time. As you get fitter increase the number of efforts while maintaining the 3 sets. Although I produced this article to speed recovery from injury I have previously told groups that you should try to complete these exercises at least 5 days each week to improve your strength and power. The glutes are vital to increase power and therefore speed.

If you have any queries please contact me or another coach. It is not always easy to describe exercises which can be simply demonstrated. If you find the comments on thrusting and bums a little salacious you do not know my sense of humour and therefore I apologise. The others will know that while I believe training is about sweat blood and tears I also believe it is about running with a smile on your face 😊 😊

**Tony**

## **NOW THE BEST BIT Getting to know your coaches**



**ANDY PRIOR**

### **Coach's questionnaire.**

Q. How long have you been running?

A. Since September 2009

Q. When did you join the Spartans?

A. September 2009

Q. Why did you join the Spartans?

A. To get fit & lose the middle age spread, all the new friends were a fantastic added bonus

Q. Why did you join the coaching team?

A To help & support others in the way I've been supported and to learn more about how to run properly.

Q. What are you hoping to do through your involvement in the coaching team?

A By improving my technical knowledge of running I will be able to help starters to improve & gain in confidence so they get as much enjoyment from running as I have.

Q. When do we typically see you at training?

A. Tuesdays, Thursdays, Sundays and the very occasional track session.

Q. What are your aims in 2011 for your running and/or coaching?

A I'm still hankering a sub 2 hour half marathon and to beat my 1982 10 mile time, but most important is to maintain the current lead over my closest rivals.

Q. Tell us something about you that other Spartans will not know!

A I was offered parts in Gladiator and Lord of the Rings, but turned both down as I didn't think they would do the books justice,

## **Andy**



**GRAHAM BLACKBURN.**

## **Coach's questionnaire.**

Q. How long have you been running?

A. Since 2003

Q. When did you join the Spartans?

A. I joined in 2003

Q. Why did you join the Spartans?

A. After many years of trying I finally managed to secure a place in the 2003 London Marathon. I tried training on my own but I found that very difficult. I saw an advert in the local paper and have not looked back since.

Q. Why did you join the coaching team?

A. I joined the coaching team because I wanted to give something back to the club.

Q. What are you hoping to do through your involvement in the coaching team?

A. I hope to encourage and motivate other runners to reach their potential and have fun while they do it.

Q. When do we typically see you at training?

A. I try to make most sessions: Tuesdays in Group 5. Thursday's and the occasional Sunday long run.

Q. What are your aims in 2011 for your running and/or coaching?

A. My running goals for 2011 are quite specific: sub-3:15 marathon, sub 1:30 Half, sub 40 min 10k, sub 20 min 5k. Above all enjoy it and have fun

Q. Tell us something about you that other Spartans will not know!

A. I have a draw at home solely for my hat collection

**Graham**

### **The Future**

Lot's of material planned already for July with Richie et al. Read a little more about your coaches, including one who is planning to run 300 + miles across the Canadian snow.

If you have any particular item you would like to see included please let me know. Whether it is handling injuries, nutrition, training techniques etc ask and we will find someone to help.

Tony