



# Fairlands Valley Spartans Running Club

UK's Best Running Club 2010

Affiliated to UK Athletics and the Association of Running Clubs

## 'Catch a Coach' ~ newsletter

Issue 8

August 2010

### Catch a Coach newsletter

Welcome to the eighth edition of 'CATCH A COACH', the publication from the coaching team for all members. This is designed to give the coaching team a chance to give you news on training events within the club, how the coaching team are taking forward their development and new features to look out for to help in your own training. It also supports the material that you will find within the 'Catch a Coach' feature from within the club's own website. Please let the team know what you think – your feedback is a big help.

In this edition we are looking at the key areas of the August schedule with our top 10 things to do. The forthcoming training schedule is packed with activities supporting the forthcoming 5K series, track based running and also those that are looking a little further out to an autumn half or full marathon.

I hope you find the newsletter helpful. Remember if you have any questions about the material in it or on the 'Catch a Coach' section within the club's website just CATCH A COACH or send an e-mail to the team at [catchacoach@fvspartans.org.uk](mailto:catchacoach@fvspartans.org.uk)

Cheers

*Chris 'Coach' Leigh*



### What's coming up - 10 of the best for August

August sees a continuation of the busy racing schedule for the club! Let's get straight into the key areas for the month.

1. 5<sup>th</sup> and 19<sup>th</sup> August – the first of our 5K races. Great opportunity to register a 5K time for the club championships. Help in supporting the races (particularly Race 2 and Race 3) and making them a success is needed so why not race one or two of them and provide your help in the other(s).
2. 4<sup>th</sup> August – the last of the four EVAC league fixtures is being held at Lee Valley stadium. A chance for all VETs to join in the fun on the track and field. Go and have a word with Dave or Tessa Stephenson at training.
3. August and September are the last months for Spartans to register a 1500m time for the club championships. There are events at Watford, Ridlins or Biggleswade on 25<sup>th</sup> August and then 5<sup>th</sup>, 8<sup>th</sup> or 25<sup>th</sup> September. Further details will be placed in the Track and Field section of the Forum, so keep your eyes peeled!
4. Don't forget to get your entry in promptly for the Standalone 10k race on 3rd October. The race entries fill up fast, so don't be disappointed.

Make sure you are one of hopefully over 100 Spartans racing that day.

5. 29<sup>th</sup> August – a chance to race in the Paul Maguire memorial 5 mile in Fairlands Valley. Race HQ is at Marriotts sports centre. Please see the details on the forum. In the afternoon the club are holding a Family Fun session in and outside the Sports Centre, with loads of activities and a barbeque. Bring a picnic and drinks and join in the fun. Look at the details on the Forum and make sure your name is on the list!!!
6. Following the conclusion of the midweek league series, we move back into regular interval training on Tuesday evenings. Starting with 3 minute efforts we will progress up to 6 minute efforts before finishing the month off with a pyramid session. A great way to build up your speed endurance.
7. On Thursday 19<sup>th</sup> August we will have a session within Fairlands Valley using the contours and features that the park offers us!! Hills I hear some of you shout! Maybe, come along to the session and find out. It's a great chance to have a session in the park.
8. On the 7<sup>th</sup> August there will be the sound of hundreds of bleeps at Ridlins!!! No, it is not because of the bad language coming from our track session, it is because of the 8<sup>th</sup> running of the club's bleep test! For those that took the test earlier in the year, this is a chance to go for a re-test and see how your results compare. It is also a great chance for first timers to join in as there will be at least one more chance this year for a re-test. You can find more details about the bleep test in the Catch a Coach section of the club's webpage.
9. You have two chances to climb ladders in the month of August. Firstly on the 14<sup>th</sup> August at Ridlins we will have a ladder session that goes up from 200m to 1K (also a lower option of 600m or 800m) before coming back down again. Later in the month on 31<sup>st</sup> August we will have a ladder session but this time with timed intervals starting at 2 minutes and then going up in 2 minute steps up to a maximum of 8 minutes, before coming back down again.

Ladder sessions add variety to your training as well as being good in providing a psychological challenge in your training. Why not come along on the 14<sup>th</sup> to Ridlins and take in a track session and jump on that ladder!

10. It is still very busy in terms of the racing season. Races are filling up quickly so it is important that you look ahead on the calendar, plan what your training and race goals are and then get those entries in. For those that are building up to an autumn half marathon or full marathon please make sure you keep in touch with the Sunday runs board on the Forum.

**Remember:** if you are feeling unwell in any way during or after your run please make sure that you speak to a member of your groups coaching team. They need to be aware of this so that they can monitor the situation during training.

If you are feeling unwell before the training session then you are advised not to run.

## Development of the coaching team

Jim Brown attended one of the first of the new look UKA coaching courses when he attended the Assistant Coach course at Harlow on 10/11 July. This is part of the revised UKA coaching pathway and is a foundation step towards the new Coach qualification.

Jamie Drackford and Sean Thompson followed closely on his heels on the 23<sup>rd</sup>/24<sup>th</sup> July when they also became Assistant Coaches.

Welcome to the team Jim, Jamie and Sean!

## Cramtags

Following the tragic death of Steve Cram's brother, Kevin, who fell ill and dies whilst running in 2001, Cramtags were created. The tags have space for

you to write on your name, emergency contact number and any medical information. They are then simply threaded onto your running shoe laces. This ensures that your emergency contact details are readily available when you run.

The club have kindly agreed to pay for the supply of enough Cram Tags so that every member of the club has one. A donation of £1 for each tag is made to the COCO charity, whose work supports the poor and underprivileged families across the globe. You can see more information at <http://www.coco.org.uk/about-coco>.

The Cramtags are now available with one tag free per member so please be ready to pick one up when you come to training.

## **Dear diary!.....**

This doesn't have to be in a bespoke running diary. You can use a standard diary for the purpose (a two days to a page format gives you plenty of room to write in). The key thing is to get into the habit of logging your runs (training and races) into the diary. Its quick and easy - for each record make a note of the distance/time you have run for, how you were feeling (using a rating scale of 1-10 is easy, where 1 is poor and 10 is over the moon!) and the pace/time you ran. This soon builds up into a helpful history of your weekly mileage, the pace you are running distances in and tracking your improvements.

A few simple additions can also give you some helpful links:

- make a note of weather conditions and you can track performance against the conditions you were running in;
- make a note of the shoes you were running in - this soon gives you a running count of the mileage you have done in the shoes and will tell you when they need replacing (shoes have a running life of between 300-500 miles depending upon your build/size/weight). Running in shoes where the mid soles have broken down will cause you injuries.
- sleep - a quick note of the hours you are sleeping will help you pick up any links between optimal sleep and your running. For some getting 8 hours a day is vital where some of us can routinely survive on 7 hours. We are all individuals.

The format is up to you. By spending just a few

mins after each session you can start to build up a really rich picture and one in which you have a huge amount of information to fall back on and use to work out the approaches that work for you for both training and racing.

Add your race times/distances in the front of your diary and then you have a complete record of your running year.

You don't have to be a Samuel Pepys!! Just get into the habit of doing it for each session/race you run and you will start getting the benefits.

Go on - get that diary from WH Smith's and make a start (the July 2010 - July 2011 diaries are out on the shelves now and there are some advantages in using a midyear to midyear approach - I'll leave you to work out what those are).

For those that want to take the more technological approach to your record keeping, there is no reason why you can't set up the equivalent records in a spreadsheet format. This may also give you quicker access to see trends and comparisons.

## **Sunday running**

As part of the club's overall training schedule there is a longer run available on a Sunday morning, almost every week of the year. The routes used and the starting points for the run will vary to add interest. Details are posted onto the Sunday runs board, so please check these in the week running up to the Sunday.

We try to offer a choice of two distances on a Sunday. The first of these is usually between 5 and 6 miles, whilst the second is usually in the 10-12 mile range. Both are available to all abilities, with a range of paces within the respective groups. However, irrespective of pace, the runners within them re-group on a regular enough basis to ensure that no runners stray from the group! This means that quicker runners within their respective group are likely to get a mile or two extra.

The runs are very social and runners tend to complete them at their long, slow run pace – so there is no racing!!!!

Above all else, the Sunday runs give all runners an opportunity to see the countryside around the town that perhaps they have not seen or explored before. With the plethora of half marathons approaching us in October and November the Sunday run is a key part of the runners training schedule. Running distances of up to 10 miles is also beneficial for those runners that are focussing

on 5 mile/10K distances because of the way in which it builds/maintains an endurance base.

Come along and join in on a Sunday – just look at the details on the Forum and ensure you get along to the right meeting place at the right time!!!