



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 10

October 2010

Catch a Coach newsletter

Welcome to the tenth 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 October schedule with our top 10 things to do. There is also the second 'Richie Recommends'. This includes a recommended meal and a training exercise that Richie Bate has tried and tested for you!!!

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

Cheers

Chris 'Coach' Leigh



What's coming up - 10 of the best for October

October is packed with activities! We start with the Standalone 10K, open up our cross country league campaign, find out about the London marathon ballot entries, in the thick of autumn half marathon season..... the list goes on!! The training schedules tries to reflect this – something for everyone of you! Let's take a look at 10 of the best!

1. On the 3rd October we have the ever popular Standalone 10K. Entries for the race are well and truly closed. We are expecting over 100 Spartans to be running. If you are not running in the race why don't you come along and cheer on the Spartans!!! North Herts Road Runners may also appreciate additional support with marshalling etc Please see the Forum for details.
2. On Thursday 7th October, Richie and Jamie will be taking a session using the 5K race/handicap course. This will consist of 4 min efforts with 1 min standing recoveries and gives runners the chance to run the efforts at their 5K target race pace.
3. The following Thursday we have our popular handicap 5K. Please arrive at Marriotts for 6:50pm and check in if you are running or

alternatively meet at the start of the race. Paul Holgate will be publishing information on handicap times/start times in the week leading up to the event.

4. Many Spartans will be running at the Peterborough half marathon on 10th October. There is still chance to sneak in a late entry if you are up for it! Arrangements have also been made for coach travel to and from the venue at a great rate and there is talk of drinks and food on the journey home!!! Please take a look at the details on the Forum under the races section.
5. Our first cross country fixture is on the 24th October at Broxbourne. A coach is available for this but you will need to see Richie Bate quickly to get your name down as places are filling fast! Look out for the practice session lined up for the previous Sunday (17th October).
6. Run 4 Fun!



The sessions are at 7pm on Monday evenings, aimed at 17-25 year olds and are available for **all** abilities. We meet in the main Fairlands Valley car park (off of Six Hills Way). Please tell all of those 17-25 year olds to come along and join in!!

7. Whilst the track season is over, we still have our Saturday track training sessions at Ridlins. They start at 9:15am and there is a great variety of sessions in October, ranging from 200m to 800m efforts. If you haven't tried one of our track sessions before this is a great time to join in.
8. On the 21st October Paul Holgate and Richie Bate will be holding a speed endurance session. This is a great session for all abilities of runner and will help with your racing targets, irrespective of your distance.
9. On the following Thursday (28th) we will be meeting at the Fairlands Valley Showground

car park (opposite the Stevenage football ground) for a tempo session. This gives runners a chance to practice 20 minutes continuous running at their tempo pace and helps to improve your lactate threshold (LT), a great way to contribute to improved race times.

10. The Tuesday training sessions in October tend to have a focus around combinations of 1 and 2 minute efforts with shorter recoveries. In addition, one of the sessions uses a combination of sets of 4 minute, 3 minute, 2 minute and 1 minute efforts. These are all good for further developing your speed endurance and will help with your racing over the full range of distances.

Looking ahead to the 7th November we have our final club race of the year – the Stevenage half marathon. Why not give it a go? This year you have the added bonus of a free technical T shirt for all race finishers. If you are not able to run then your help with the race would be gratefully received. Please see the details on the Forum in the FVS events section.

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.

Congratulations to all of you who have been successful in the Virgin London Marathon ballot and good for age entries. For those that were not, please don't forget to put your names forward for the club draw – you may still get a place in the race!!! So look after your rejection slip and magazine and look out for further details on the club draw on the Forum.

Richie recommends

Meal of the month:

Hi all, I hope in last month's addition I got you thinking about different meals and I would also be interested to know if anyone tried to cook the dish that I recommended?

This next recipe that I'm recommending is something I have often, it's quick, easy and perfect if you're low on time or need a wake-up call in the morning, or even a pre-sport energy booster, hence why I call this 'The wake-up call'.

You're going to need:

2 apples, unpeeled, cored and quartered.
1 pear, unpeeled, cored and quartered.
2 bananas, peeled.
1 heaped tablespoon of smooth peanut butter.
150 ml of Crème fraiche.
1 teaspoon of ground cinnamon.

1: Put apples and pear through a juicer.
2: Put into a blender the juice along with the bananas, peanut butter and crème fraiche and whizz until smooth.
3: Serve with cinnamon sprinkled on top.

Facts: The protein and plant lignins in the peanut provide slow-release energy and help reduce cholesterol and insulin levels. The banana offers slow release energy and lots of potassium to prevent cramp during exercise. The rest of the fruit provides vitamin C and soluble fibre, while the crème fraiche gives you calcium and B vitamins.

Exercise of the month: One leg squat

In the past I have suffered with injuries to my lower leg, (foot, ankle, shin, calf). The exercise that I'm recommending this month is called the **one leg hop**. This exercise has helped me strengthen my entire lower leg and has improved my co-ordination. The resilient, bouncy nature of the exercise makes it extremely close to the actual movements involved in running.

Start in the same position as you did in last month's recommended exercise, which was the single leg squat - stand with feet hip width apart, then stand with your left foot forward and the right foot back, with the feet about one shin

length apart. Place the toes of your back foot (right foot) on a block or step, ideally will be six to eight inches high). Now, this is the hard bit...Hop rapidly on the left foot at a cadence of 2.5 to 3 hops per second (25 to 30 foot contacts per 10 seconds). The left knee should rise about four to six inches, while the right leg and foot should remain stationary. The left foot should strike the ground in the area of the mid foot and spring upwards rapidly, as though it were contacting a very hot plate on a cooker. The hips should remain level and virtually motionless throughout the exercise, with very little vertical displacement. After hopping for the indicated time on the left leg, switch to the right leg and repeat the exercise.

I would recommend doing 3 sets on each foot, starting at 10 seconds for each set then building this up gradually every week. I can promise you that the exercise gets easier and you will notice the benefits throughout time.

Why hop on one foot instead of bounding from foot to foot, as runners usually do during their dills? For one thing, it is very difficult to move fast while you are bounding, so bounding is not like sizzling through a 5k or 10k race. By contrast, you can move very quickly during the one-leg hops, so your power expands dramatically and your co-ordination during high speed running improves greatly.

More exercise tips and another great meal, tried and tested by Richie coming in next month's edition. Look out for it!!!

REMEMBER: The dark evenings are now with us so it is vital that you wear suitable clothing. This should include a light, high visibility top. The kit team have a great choice of high visibility tops and also have high-viz jackets that are wind and rain proof. Don't forget to also pick up your Cram Tag from the kit team - the shoe based tag to easily keep your emergency contact details on.

The kit team are also stocking up with flashing armbands again this year – just £1. Please see the kit team to get yours!!

As the colder weather draws in we will start to need gloves, leggings etc! Be careful not to wrap up with thick layers of clothing that then get you too warm as you run. Instead, try to wear a number of layers that you can then remove as you warm up and put back on as you complete your warm down and stretching at the end of the session.

Cross Country – stuck in the mud???

With cross country season just around the corner, it is great to see such a great response to the forthcoming fixtures. The club made great improvements in the cross country league last season but all the signs are of the 2010-11 season being one of the best for the club in many a year.

So, what you don't want to do is get caught in the wrong shoes!! Re-produced below is information provided by Steve Smithson and Tony Osborne that was originally published via the Forum.

Steve says:

The first event in Broxbourne can normally be run in a road or a trail shoe. Its parkland and rough pasture without too many muddy bits. This would only change if it pours down with rain close to the race, then the trails would be muddy. I tend to bring road and cross country shoes and make a decision on the day.

For the other races I recommend a proper cross-country shoe. You will see people competing in a road or trail shoe but they always look as though they are finding it hard to get a good running rhythm as they are slipping and sliding about.

When choosing a cross-country shoe the decision is between a **studded shoe** or a **spike**.

Studded shoes are fine for all the courses we compete on, they are versatile and can be worn almost straight out of the box. They normally come up as a snug, tight fit so it's wise to try them in a training run first with the socks you plan to wear. Some of our courses have small amounts of tarmac paths in them – studded shoes will be ok for this.

Fell running shoes are also studded and may sound extreme for cross-country, however many runners use them - Walsh PB's are a common sight at our races.

Spiked shoes, if you have a pair of long distance spikes for track running they may be suitable for cross country running as well - worn with a longer spike to give you grip. Don't just assume your track spikes will convert to cross country running – sprint spikes certainly won't.

Dedicated cross-country spikes are much sturdier than other spikes and have much better

grip on them - often including on the sides of the sole as well as the base. Many runners also use these on tracks for their slower training (where normal running shoes would be too heavy) as they provide more support and cushioning for the foot.

Distance running in spikes requires practice and it takes time for your body to adjust to the shoe. Spikes are not very good for any tarmac sections of the course.

Studded Shoes on the internet

New Balance 840 - is the shoe I run in, it's a very popular shoe and a good all rounder. Average price around £49.00. It has some cushioning and is very comfortable to wear. Slightly slips around in the most extreme mud.

Currently on offer at £39.99, you can also look at the images to view the soles to see what a studded shoe looks like by going to the following links.

[http://www.sportsshoes.com/product/NEW652D/new-balance-mt840-\(d\)-trail-shoes/](http://www.sportsshoes.com/product/NEW652D/new-balance-mt840-(d)-trail-shoes/)

The same site has **Walsh PB's** at £49.99. They also have lots of other Walsh shoes in stock.

<http://www.sportsshoes.com/product/WAL2/walsh-pb-trail-running-shoes/>

The other shoe I see at most races is the **adidas swoop**. The older version is at a good price for now.

<http://www.runnersworld.co.uk/reviews/shoes/off-road-shoes/adidas-swoop-ii/reade...>

Currently on offer at £34.99 which is a great price.

<http://www.mandmdirect.com/products-adidas-Mens-Swoop-2-Running-Trainer-Blue-Ele...>

The key thing when buying studded shoes online is to make sure they have a very aggressive sole, they should look like the soles of the three shoes mentioned above.

My final word of advice is don't leave it too late to buy your shoes as they often go out of stock quickly when the season starts.

Tony adds:

As Steve has said cross country spikes tend to be sturdier than track spikes. Sprint spikes are a definite NO NO. Long distance track spikes

will be better but are not as sturdy as real cross country spikes. What you buy will tend to depend on how many races you plan to run and how old your long distance spikes are. Are they new this year and do you want to keep them for 2011 track? They will get stained and take a battering running cross country races.

The choice between spikes and studs will depend on the course as Steve has said.

It also depends on how often you plan to run cross country and how serious you are about competing. If you aim to finish in the first half of a race then it is worth considering investing in spikes. When I ran at least 12-15 races each winter I wore spikes whenever the course allowed. **ALL THE MAJOR CHAMPIONSHIPS FROM COUNTY UPWARDS WILL BE ON COURSES THAT ALLOW YOU TO WEAR SPIKES.**

These days of course I do not finish in the first half of the race and only run 3-4 cross country races in a winter. So I always wear studs.

If you plan to wear spikes make sure you have trained in them over the country a few times before you race. Fairlands Valley will be fine or Ridlins playing field. Remember you can easily strain your Achilles Tendon or calf if your body has not been conditioned properly into running in spikes. **DO NOT WEAR SPIKES FOR THE FIRST TIME IN A RACE IF YOU HAVE NOT WORN SPIKES BEFORE OR SINCE SCHOOL DAYS!!!!**

If you have both a pair of studs and spikes take both of them to the race. You can make a final choice when you have seen the course.

Trail shoes are a must for training but are a little heavy for racing. However, you might like to try them if you are new to cross country and plan to run steadily. Cross country studs are a little too light for regular training or any runs over around 6 miles (excluding major races).

Energy bars for runners

Just to keep the recipes rolling, here are 2 simple recipes for energy bars that Tony Osborne uses. Ideal for a mid-morning/mid-afternoon snack without giving in to sugary, fat laden commercial products. Best of all they are easy to make and only take a very short time to cook.

Recipe 1 - very healthy but nice!

175 grams oats
85 grams muesli
150 grams dried fruit (e.g. raisins, dates, apricots, figs etc.)
Three heaped tablespoons honey
Two egg whites
175ml apple juice (you could use orange juice).

Combine oats, muesli and dried fruit in a bowl. Warm the honey in a small saucepan until it becomes runny, then add the oat mix and stir in the remaining ingredients.

Press the mixture into a lightly oiled baking tin (approx size 18cm x 28 cm). Bake at 180C for 20-25 minutes until golden. Allow to cool slightly and then cut into bars. Leave to cool completely.

Recipe 2 - quite healthy but absolutely delicious!!

225 grams butter
225 grams sugar
2 tablespoons of honey
350 grams oats
1 tea spoon of cinnamon
2 eating apples peeled and chopped
200 grams dates chopped

Cook the apples and dates together for 5-10 minutes until softened. Add a little water to stop sticking to the pan.

Melt the butter, sugar and honey and stir in the oats and cinnamon.

Put a layer of oats in the pan, approx 8" to 10" square, and then a layer of fruit and then top up with oats.

Cook for 30 minutes at 180 degree centigrade. Leave to cool.

Both are very tasty with that after run coffee and can even be eaten without the run!!!!

Be safe, be a Spartan!

Whether you're on your own, or out on a group run, a little safety planning could go a long way.

Here are a few tips from Jamie Drackford to help you with your future runs!

Solo Runs

- Tell someone your planned route. If it is a regular route, get it printed off and hand it to your partner or friend, even number the different run routes you do. Tell them how long you expect to be gone for, give or take 10 minutes.
- Add an ICE (In Case of Emergency) contact to your mobile phone.
- Get your CRAM tag from the Kit team at a training night and put it on your shoes.
- Be safe, be seen. Wear your High Viz for the early morning or night runs.
- Plan solo runs around residential areas so you're never too far away from help.

Group Runs

- Make sure there is a phone amongst you. The coaches will carry one in the sessions they lead.
- On long rural runs make sure someone has a basic First Aid kit on them. Gloves, Medical wipes and a face mask is usually a good start.
- Does the group leader/coach need to know anything about your medical background. If so, make sure you have a word with them.
- Nominate a runner before you set off that can go and get help if that is needed.

What can you do to help?

As an unqualified helper only do what you think is safe, and do not attempt to do something that you're not sure of. Even if you have seen it done on Casualty many times! **KNOW YOUR LIMITS AND BOUNDARIES. Many of the coaching team have attended emergency first aid training so please speak to one of the coaches as your first port of call.**

Ask the First Aider what you can do to help.

Everyone should consider other problems that could affect the outcome of any situation. Consider some of the following:

- Other traffic. Keeps roads and cycle ways as clear as possible. Send other runners to slow traffic down.
- Contact emergency services as soon as you can if you think they are needed. Update them on the conditions of the casualty if effects worsen.

- In remote areas send a runner to the nearest main road to direct the Emergency services.

Think LIONEL

Location

Incident

Other services needed

Number of Casualties

Extent of Injuries

Location (repeat)

- Check that the rest of the group are ok. It only takes another runner to witness what has happened for them to go into shock. One casualty is better than two.
- Reassure people. 'It's going to be ok' or 'he/she will be fine'. Much better than 'it's not looking good!'
- Talk about it. Get back to your cars and talk about what has happened. Don't go home and stew on it. Self counselling works within groups.

If anyone has any issues on First Aid in general Jamie would be happy to have a chat with you. Just catch up with him at training.