

# Catch A Coach

## **Message from the Head Coach**

Dear Runners,

I hope your running is going well.

With the nights drawing in please try to wear some light coloured training kit when you are out on a Tuesday or Thursday evening. It not only helps other cyclepath users see you, but it also helps the coaches to know where group members are. Fluorescent tops can be purchased from the kit team, just grab Jon or Kirsten for more details, they have some bargains available.

Stay safe and good running



Charlie  
Head Coach

## **Dates for your diaries**

### **26<sup>th</sup> September – The Fall Ball**

To mark the 30<sup>th</sup> Anniversary of the club the committee are planning a night of revelry with the message 'dress to impress'.

Tickets are on sale now, listen out at training for who to buy them from.

### **2<sup>nd</sup> November - Stevenage Marathon & Half marathon**

The 4<sup>th</sup> Stevenage marathon is fast approaching, the team are planning the route and behind the scenes work is progressing well.

Hopefully if you are planning to run your training is going well, but if you are not planning to run please consider helping behind the scenes as it is a huge event of the club with up to 1,000 runners descending on Stevenage!

## **Cross Country**

The cross country season will soon be here but what is all the fuss about?

Cross Country can give the body some huge benefits, you will see a lot of elite athletes taking part in national leagues so it's no surprise that we have a local league to tempt you with.

All the races are off-road (the clue is in the name) and as the surface is uneven the tendons and ligaments have to work harder to keep the joints stable, this helps you to develop additional strength for when the road racing season starts.

It is a fact that the surface will often be damp and heavy (yes muddy) so you will work harder developing muscular strength, another benefit for 2015.

It is a good idea to get some trail shoes, they can cost as little as £35, you won't want to use road shoes as they will not give you sufficient grip when racing.

The cross country league races are nothing like you remember from school, they offer great camaraderie and according to 'Sage Dave' in the old days your success was measured by how high the mud came up the back of your vest!

If you are tempted some dates for your diaries;

26th October: CHESHUNT

23rd November: GROVELANDS

7th December: WATFORD

11th January: TRENT PARK

15th February: ROYSTON

And if nothing else it's a great opportunity to support the club and put on the stripes..

## **A group 3 experiment!**

For those of you that don't run in group 3 you won't know about an experiment that some of the coaches have been testing.

You see we wanted to see if we could help you to run faster.

What we tested was the speed you were running your recoveries at, as the effort pace was always fast at 5k (or quicker) pace, but we wanted your recovery rate to get faster too.

The reason behind this is that if we can make your recovery pace your 'go to' pace your steady pace will naturally increase driving your speed up.

Over the last 2 months we have run the majority of recoveries at half marathon pace, rather than just a slow trot, making the session's far tougher, but the result has been an increase in average pace during the session by 10%.

If you want to know the science behind this just grab one of the coaches at training, otherwise enjoy your running in the knowledge you are getting faster without knowing it!