

# Catch A Coach

## **Message from the Head Coach**

Dear Runners,

With the end of 2014 only a few weeks away you should now be planning the early part of your 2015 training and race calendar. If like me you have been fortunate to get into the London Marathon we hope to have training schedules available to support you on your journey.

Whenever you are building for a long distance injury can happen, so this edition is to prepare you should the worst occur.

Stay safe and good running



Charlie  
Head Coach

## **Dates for your diaries**

### **26<sup>th</sup> October – Cheshunt Cross Country**

The club are looking to do well in this year's Cross Country league and all the races are suitable for all abilities.

The course will be off road, normally 5-ish miles and depending on the weather, occasionally muddy.

It would be good to get a huge stripy army to the fun races.

### **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!

# **Injury Prevention – by Kieran Feetham**

## **Should I Train While I am ill?**

“It’s ok I’ll take it easy, I’ve just got a chest infection.”

I’ve heard this mentioned before we have started a training session. Aside from infecting everyone around them training while unwell it’s not a clever move. Your heart rate will be higher due to the illness so why stress your body further? Yes you may have the energy to train but your performance level will be lower as your body is busy fighting the infection. The good news: fit people recover from illnesses quicker and experience milder symptoms than couch potatoes, according to a 2011 study in the British Journal of Sports Medicine.

So don’t train, stay home and go to bed early to allow your immune system to heal your body. Missing one training session to allow your body to heal will speed your return to running.

## **Cool Down**

The object is to lower your heart rate, body temperature and breathing safely and controlled. If you are coming through the lakes and get to the hill back to Marriotts, stop and walk up the hill. You’re slowing down so running up a hill is the opposite of what you’re aiming to do. Walk back from the hill and into the school. Join your coaches for the stretching session and benefit from a good recovery to get the best out of your next session.

## **Moving up the Groups**

It’s training night and you feel good, legs feel great and you’re thinking “I can move up a group”. But you’re not sure as you’ve seen those faster runners in that group above. Feeling not sure now what to do?

Don’t panic we have all been there. But if you want to get faster you need to push yourself. The safest way to do this is to move up the groups when the interval time is short. If the effort is 1 – 2mins then the distance between you and the slightly faster runners won’t be too far. Yes you may be at the back to start with but gradually you will move up the group and that old scary group will soon become your training group.

## **Right Hand Corners**

When we are racing, we are always looking to gain a few metres by staying on the racing line. This means cutting the corners off. When we are racing we take it for granted that the roads are closed and there is no oncoming traffic. Unfortunately this isn’t the same when we are training; we have to share the cycle paths with everyone. So when you come to a right hand bend please stay wide to allow any foot or cycle traffic to come round the bend. We have already had two injures, one runner being hit by a bike and the other having to move out the way of the cyclist and rolling their ankle.

## **So I'm injured, what do I expect? – by Andy Prior**

OK you have been running for a while and all is going well then out of nowhere an injury happens, so what can you expect next?

Well there have been many studies on this subject, a particularly relevant one was conducted by Hardy & Crace (1990) and linked being injured to the staged responses to grief. More experienced runners might empathise with some of the stages below;

**The first is denial** – You may have been to get advice on the injury 6 -8 weeks out?, or maybe you may have rested it for a few days, but generally to tell yourself 'it's not that bad' and 'I'll be back in a week' you are a fast healer after all.

**The second stage is anger** – It's been longer than a week, you don't feel any better, your body isn't healing – stupid body HEAL – but it isn't so you get the feeling of what is wrong. Sometimes you take your frustration out on your nearest and dearest without even realising it.

**The third stage is bargaining** – Well I'm feeling a bit better, maybe I'll just test it out to see if I'm ok to run again, but great the pain is back I haven't healed, what is wrong with me...

**The fourth stage is depression** – I'll never run again / My PB days are over, I'm just not healing. All I ever see on Facebook is how fantastic everyone else is doing, I may as well just give up now (that is not a prompt btw)

**The fifth stage is acceptance** – Ok so right at the beginning I was told 6 – 8 weeks, to follow this advice, maybe I should and I'll get back even sooner.

Being injured is horrible; running with a club is such a social activity not being able to do it and get the 'buzz' can seem like the worst thing in the world. However even the elite athletes get injured, it's a hazard of training, but hopefully the above will help you to recognise some of the stages you may be unfortunate enough to go through at some point in your running career.

If you are currently injured and are in stages 1-4 please don't despair, in fact keep talking to members of the club about running, it's may seem like because you can't see others face to face you can't be a part of the club but you couldn't be more wrong. The club are always on the lookout for helpers for things like the 5k handicap races, race officials and marshals, plus the committee can always do with a helping hand, so stay involved and remain a part of a great club.