

Magnolia Newsletter

Jan 2010 (no 1)

Visit our web-site www.magnoliaroadrunners.co.za

Editor can be contacted at 012-842 2566 W, 012-361 2965 H or cbillau@ford.com for any enquiries

Take care on the roads and make sure that you are visible and safe at all times.

From the Chair - Colin

Welcome to all existing and new members to Magnolia Road Runners. I hope that all will have an injury free 2010 and that you will fulfill all your running / walking goals this coming year. Whether it is your first half or full marathon or fulfilling your dream to complete Comrades, where we can help, Magnolia would like to assist you with providing training sessions and advice to help you achieve your goals.

Our own organised race, the McCarthy Toyota 21 km will be held on Saturday 06th February and we need your support to help at different marshalling and water points during the race. If you are available to help on the day please contact Ronald, Charl, Tinus or myself. Should you help, you will still receive your free T-Shirt, sponsor's goody bag and medal at the workers race held on Sunday 7th February. The route has once again changed to simply the 21km and to avoid any potential traffic hot spots.

In the first 5 months leading up to Comrades marathon, our Sat slow run will be dedicated to helping the 41 novices and any slow runners wanting to train in a group at around 6:20 – 6h45 running pace. 130 Magnolians have already entered. Every weekend, except for league races, we will be running between 20 – 24km and will increase to 30km before the big day. Our Saturday Long Slow Run is aimed at providing you with an ideal opportunity to increase your weekly mileage without putting your body through too much stress and which will help with quicker recovery.

We trust that we will see all members at the Clubhouse at Time Trials on a Tuesday or the Saturday and Sunday runs/walks in the near future.

God bless,

Magnolia Committee

McCarthy Toyota 10 / 21km (Magnolia organised event – 6th Feb)

The McCarthy Toyota is an Magnolia organised event and has the reputation for being one of the better half marathon organized in South Africa. Without your help we will not be able to year after year organize such a successful event. Testimony to this fact, last year only 6 out of 48 Traffic Cops arrived on the morning and the race still ran smoothly.

We need helpers for the following:

- 75 Marshals for all 3 races – Contact Onne, Charl or Colin
- 30 helpers to assist with 10 & 5km entries and to also help with handing out medals at the finish – contact Ronald or Kevin. Those members helping with only entries will be able to run the race
- 8 Water point captains (all tables are sponsored, but we need somebody to represent Magnolia at these water holes) – contact Wayne
- 10 parking and ground attendants. These members will also be able to run the race but need to get there very early

As our race is very manpower intensive, the committee has decided to follow the decision of many other clubs to not allow members to participate in either race. All members are encouraged to assist on the Saturday and run/walk the workers race on the Sunday.

All helpers will receive a McCarthy race T-Shirt. Our tent will be erected at the finish and cold drinks and food will be available to all helpers. For R5, all finishes of the workers race will receive a **race medal**, **sponsors goody bag** and their times will be incorporate in the official results.

Please note that both the 10 and 21 km are **running league races** and the workers race is still eligible for league points. Please join us on Sunday even if you come and run only the 10 km.

Anybody interested in assisting in handling out race pamphlets at the below races. If you are running / walking and you have a family member waiting for you at the finish, please contact Ronald or myself and we will arrange to get the pamphlets to you or to the venue. Any kids wanting pocket money, we will pay for the service.

- 9 Jan Bobbies 10/21 – Tinus and Freddie
- 16 Jan ACE 10/21 – Colin
- 23 Jan Nedbank Martha 21 - TBA
- 30 Jan George Claassen 10/21 - TBA

Ronald (start / finish)	012-6671188 H,	012-313 3632 W	or 082 808 4062
Onne Jager (Marshals)	012 9910598,	012-803 5171	or 083-786-5172
Charl Crouse (Marshals)	012-460 6833	012-430 3420	or 082-900-1323
Colin (Fun Run marshals)	012-842 2566,	012-333 4615	or 082 578 3935 (finished before 7:00)
Freddie and Tinus (parking)	012-662 0167,	012-426 8785	or 083 347 5040
Kevin Lombard (entries)	012-329 4405		or 082 800 8195

Workers Race: We are looking for **6 people wanting to run the main race** to assist us on Sunday with the manning of the water points (2 per table). Please contact Tinus 083 347 5040. All helpers are welcome to join us on Sunday, starting at 06h00.

2010 Club fees and 2010 Race numbers

First full member	R 260
Second full member	R 220
Junior member	R 120
Great Grand Master (70>)	R 120
Social member	R 160 (No Race number)
Friends of Magnolia	R 160 (Participates in other club colours, but wants to be part of the Magnolia family and enjoy our Sunday runs)

We are hoping 2010 race numbers will be available today but to play safe, they will be available by this weekend from Run-Away Sport (Glenfair shopping centre 012 361 3733) and Tuesday next week from the clubhouse. If you want to reserve your old number, you must collect from the clubhouse. Please don't forget to check your email address and complete both forms. Your ID number is an AGN mandatory requirement.

Important reminders

- **Tracksuits have arrived and are available at the clubhouse.** Do not lose out on this opportunity, only **R150**. Only 35 left. Magnolia has sponsored the balance

Changes in training programmes

- Time Trial From next year time trail will only occur on the 1st and 3rd week of every month and will move to 5h45 time slot in the summer months to allow more people an opportunity to get through the traffic. On the other Tuesdays, there is a speed and hill session around 8 – 10km, please contact Freddie 083-347-5040 for more details.
- Sat SLOW RUN – 2010 Comrades has attracted 130 entrants and still counting, of these there are 41 novices runners. Magnolia would like to help these runners to get to the starting line and to offer a long slow runs every Sat, except for league races. We will be running starting with 20km (short cuts will be offered) and will build up slowly to 30km. I personally believe there is a requirement to run long slow runs without the pressures of a race and it also helps with quicker recover, lesser injuries and higher weekly mileage. As the group gets stronger we will include hill training. There will be 3 Magnolia coaches to assist me, each with a lot of experience with 46 medals between us.
 - Start 06h00 – 20km and if you want to run an extra 4km, we start at 5h30
 - Please let me know if you are interested (NONE Magnolia runners are also welcome)

Comrades Bus

Bus departs from Magnolia Clubhouse 06h00 Friday 28th and returns Monday 31st May

Cost : R1100, deposit R250

Accommodation: Amanzi Holiday Flats, Amanzimtoti

Enquiries: Willie Hall 082 375 6174 or Stephanie 072 374 6044

Birthday wishes - enjoy your special day

Werner	Louw	10	Jan
Monica	Muller	10	Jan
Glenn	Rooseboom	10	Jan
Hettie	Booyesen	11	Jan
Martin	Coetzee	11	Jan
Genevieve	Symonds	15	Jan

Welcome to our new members to the Magnolia family

This week's Thank You's goes to:

1. Thank you to the 75 people that joined us for our traditional Lawley street Christmas Night Light walk. We had a great time
2. A big thank you to Ronald and Ina for handing out race pamphlets at the 31st Dec, 1st and 2nd Jan races

YEAR PLANNER - NEXT 3 MONTHS

- Next Social: our first social will be on 12th Jan,
- Next Club Tent: ACE 10 / 21km 9th Jan

- [Away Race: Kosmos 3 in 1 on the 13th March, Secunda \(160km from PTA\)](#)
- [Champagne Run / Walk – 11 Jan. Welcome the new year and come us for champagne after our Sun run](#)
- [Magnolia organised 10 / 21 road race – McCarthy Toyota 10 /21km 6th Feb 2010 – many helpers will be required](#)
- [Magnolia LONG RUN \(4 x 15km\)– 11th April](#)

Jan / Feb Races and Training sessions

Weekend training sessions

To lift your spirits, join a running group. The change in your routine should help revive you, and the camaraderie will add a social element to your long runs / walk.

Running: Sunday run starts @ 06h00. A vehicle travels with the group, at the pace of the slowest runner and provides cold water, coke and powerade every 3 km. No fixed route and we travel in a different direction every week. All runners are welcome, even if you belong to another club. Please contact our Club Captain **Tinus 083-304-7054**

If you are not running the Saturday's race, come and join our SLOW session aimed at beginners wanting to build up to their first ½ marathon. The pace is between 6.20 to 6.40 minutes per KM. This group is ideal for beginners. **Sat run starts at 06h00.** Please contact **Colin 082 578 3935** for more details.

Walkers: Start 06h00. The group consists of both male and female, from the average to top walkers. These sessions are ideal for runners returning from injury. All are welcome. Please contact **Suresh 082 446 6880** for more details

<u>Organised weekend training sessions starting at the clubhouse (NOTE new starting times)</u>					
Sat	09 Jan	Comrades Novice Slow Run	15 - 18	06h00	Colin 082-578-3935
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	10 Jan	Champagne Run (car support)	15	06h00	Tinus 083-304-7054
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sat	16 Jan	NO RUN			League race
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	17 Jan	Organised Run (car support)	18	06h00	Tinus 083-304-7054
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sat	23 Jan	Comrades Novice Slow Run	20-24	06h00	Colin 082-578-3935
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	24 Jan	Organised Run (car support)	20	06h00	Tinus 083-304-7054
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sat	30 Jan	Comrades Novice Slow Run	20-24	06h00	Colin 082-578-3935
		NO WALK			League race
Sun	31 Jan	Organised Run (car support)	21	06h00	Tinus 083-304-7054
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sat	6 Feb	NO RUN or WALK			Our Race
Sun	7 Feb	Workers Race LEAGUE RACE	10- 21	06h00	Tinus 083-304-7054 Rietondale park
Sat	13 Feb	Comrades Novice Slow Run	20-24	06h00	Colin 082-578-3935
		Normal Club walk	10	06h00	Suresh 082-446-6880
Sun	14 Feb	Organised Run (car support)	21	06h00	Tinus 083-304-7054
		Normal Club walk	10	06h00	Suresh 082-446-6880

Pre-entry Race closing dates and details (away races and PRE-ENTRY ONLY)

- **Johnson Crane 21 / 42** - pre entries close 30 Jan www.enteronline.co.za Race date 31 Jan.
- **Striders 15 / 32km** - pre entries close 31 Jan www.enteronline.co.za Race date 7 Feb
- **2 Oceans marathon** – on-line entries www.twooceansmarathon.org.za
- **Ottosdal Nite Race 42 / 21 / 10km** - race date 30th January 2010

Closing dates for pre-entries – local races only (can still enter on the day)

- **ACE 10 / 21** - pre entries close 15 Jan www.enteronline.co.za and Run-Away Sport & Running Inn. Race date 16 Jan
- **Deloitte PTA** pre entries close 22 Feb www.enteronline.co.za and Run-Away Sport & Running Inn. Race date 27 Feb

<u>Race Calendar and key dates</u>		
09 Jan 06h00	Pretoria Bobbies 10 and 21km Cost R40 – 21 and R30 -10km	Police Rondavel, Pretoria North enquiries Bullie 082-3371561 entries # and \$
10 Jan	Varisty Kudus 15km	JHB Wits Campus enquiries Dave 083-6662983
16 Jan 06h00	ACE 10 /21km RUNNING LEAGUE RACE Cost: R40 – 21 and R30 – 10km	Derdepoort Recreation Resort, East Lynn, enquires Kevin 083 291 6834 Pre-entries #, \$ and &
17 Jan 06h00	Dis-Chem 21km PRE-ENTRY ONLY Cost - R55 for 21km (limit to 500 entries)	Bedfordview Virgin Active Club enquiries 083-2876792 www.championship.co.za or www.dischem.co.za
24 Jan	Bobbies 25km	JHB Arthur Bloch Park Enquiries Ria 082-7074495
31 Jan	Johnson Crane 12 / 42 marathon	JHB Old Benonians Sport Club enquires Ashvin 082-9240234
6 Feb 06h00	McCarthy Toyota 10 / 21 LEAGUE RACE	Rietondale Park, Soutspansberg RD, enquires 012 993 1356 (15h00 17h00 only)
7 Feb 06h00	Striders 15 / 32km Cost R35 -15 and R55 – 32km	Springs Rugby Club, Olympia park, Springs enquires 011 811 7767 www.enteronline.co.za

27 Feb 06h00	Dekoitte Pretoria Marathon 10 / 21 / 42 Cost R60 – 42, R 40 – 21, R 30 - 10	PHSOB Club, Hoymeyer Park, enquiries Gerald 084-582-7242 entries #, \$ and & online ^^
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Legend for Hand delivery addresses: # - Run-Away-Sport 361 3733, @ - Varsity Sports, \$ - Running Inn 362 7322 (new number), % - Sportsman's Warehouse, & - The Sweat Shop (Southdown) 665 0048, = - Base Runners or ON-LINE entries - ^^ - www.enteronline.co.za ++ - www.saactive.com

2010 Running (RR) / Walking League Races (RW)

Please enter the below league races to maximise the amount of league points scored for the club (RR – Road Running & RW – Road Walking)

DATE	EVENT	LEAGUE			CHAMPIONSHIPS	
		Club	RR	RW	RR	RW
16-Jan	ACE	ACE	10 & 21 KM			
23-Jan	Nedbank Matha Series				21 KM	
30-Jan	George Claasen	PMC		10 & 21 KM		21 KM
6-Feb	McCarthy Toyota	Magnolia	10 & 21 KM			
27-Feb	Deloitte	Phobians		10; 21 & 42 KM		42 KM
6-Mar	Akasia 3 in 1	Akasia			42 KM	
20-Mar	Right to Run	Arcadia	10 & 21 KM			
27-Mar	Denel	Kentron		10 & 21 KM		
10-Apr	Solomon Mahlangu	AGN		10 KM		
10-Apr	Solomon Mahlangu	AGN	10km			
8-May	Jackie Meckler	PMMC	10 & 25 KM			
22-May	Muller Potgieter	VTM		15 KM		

Achievements

Please e-mail all your race achievements to **Paul Laubscher** at pauill@netcb.com or 012-844-0744 Work or forward to me. All runners participating in walking events, please contact me for your walking results to be recorded. **Our database already includes over 34 000 recorded race times. Contact Paul if you want all your own personal race results.**

Time Trial

1 st and 3 rd Tuesday of month	Opposite Magnolia Club house (Runners & Walkers) Official start time:17h45	3, 5, 6, 8, 9 km	Select your distance. Time is taken and recorded. Walkers 3km. Some walkers start at 17h00 and do 6 km, last 3 recorded
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Thanks to Freddie for recording the time and to those few who participated in last week's Time Trail.

News Corner / Race Reports

Have you recently run / walked a fun, unique, local, inspiring race or your first 10, 21, marathon and would like to share your experiences with us? If so, please tell us about it by e-mailing a short race report (English or Afrikaans).

E-mails received

- Old Mutual Two Oceans Ultra Marathon 56km**

Entries for 2010 open 1 November 2009.

Closing Date for Entries - Wednesday, 3 March 2010

Date of Race - Easter Saturday, 3 April 2010

Website : <http://www.twooceansmarathon.org.za/>

Note that entries will close as soon as 10 000 entries have been received, even if this is before closing date. **NO LATE ENTRIES WILL BE ACCEPTED.**

- Comrades OPEN for another 2000 entries – 30th Jan 2010**

Dear Club Chairman, Secretaries & Comrades Runners

Due to the overwhelming response from previous Comrades Marathon Runners and Novices alike, the CMA Board, after consultation with key stakeholders, decided to **reopen entries for a limited number of 2,000 additional entries only. Entries will open on Saturday morning 30 January 2010 at 09h00 and will ONLY be accepted at Mr Price Clothing, Sport and Home Stores countrywide. Entries will close as soon as 2,000 entries have been received. This means that if the 2,000 available spots are taken up within the first hour, entries will then close as and when the 2000 mark is reached. This is the FINAL ENTRY INTAKE and no further opportunities will be created after this period.**

In order to work on a fair "first come first serve" basis, NO FAX, POSTAL OR ON-LINE ENTRIES WILL BE ACCEPTED. Entries will also not be taken at Comrades House in Pietermaritzburg. The CMA therefore appeals to those runners who still wish to enter for the 2010 Comrades Marathon, to make sure that they are at a Mr Price Store early on Saturday 30 January 2010. No correspondence will be entered into if runners miss this opportunity.

Hi Colin,

Ek dreig al lankal om vir jou te skryf , maar kom nooit sover nie. Indien jy wonder hoekom ek nie meer deelneem nie, hiers die storie!

April vanjaar het ek vir n roetine mediese ondersoek gegaan, alles was normal. Die Uruloog het egter net vir die veiligheid aanbeveel dat ek vir n prostaat biopsie gaan weens kanker geskiedenis in my familie. Drie dae later het die uitslag getoon dat ek prostaat kanker in n vroeë stadium het Ek is ses weke later (5 Junie) geopereer (Radical Prostate Removal). Dit lyk of die operasie suksesvol was die herstelpad is maar lank en moeisaam

Ek weet nie wanneer ek weer sal kan begin hardloop nie, en of dit ooit weer moontlik sal wees nie. Die laaste wedloop waar ek die Meesters vir Magnolia gewen het was op 21 Maart vanjaar (2009) toe ek die Elands Valleï 10 km. in 39' 53" voltooi het min het ek toe geweet dit sou my laaste 'goeie' wedloop wees!

Dankie vir jou nuusbriewe wat jy so gereeld uitstuur, Ek waardeer dit baie!

Groete aan almal

Machiel van Niekerk

Hi Colin

I just think I owe you the courtesy with what I have decided yesterday – it was not an easy decision. Firstly I want to say that it is NOT because of any issues or problems. My decision to join Irene Road Runners from 2010 is purely based on my needs at this stage and the day to day support to achieving my goals. My sister and I are joining hands for 2010. I will not be on the running scene that much and I want to make the most of the next 6 months and hopefully achieve success in Comrades 2010. If I don't, well then it was not meant to be.

Magnolia will always stay close to my heart and I am not losing any friends.

Please don't remove me from the mailing list. I have diarized the Magnolia long run too. If I am not injured or ill again, you will most definitely see me there.

Monique Stoffberg

**Machiel, Kenneth and Monique, your contribution and articles, as always is much appreciated.
Thanks guys**

[Internet Articles](#)

[New Year, New You](#)

Still reeling from days of socialising, shopping and sozzling? Then take a deep breath, pull up a chair and have a well-deserved sit-down – now's a great time to reflect on your running goals for the months ahead and whatever your 2008 resolutions - from lacing up your trainers for the first time to shifting a few pounds, chasing a specific time goal to rediscovering your love for the sport – Magnolia Road Runners is here to help you every step of the way. Throughout the year I will include articles to provide more in depth reading and hope you will find them as beneficial as I do.

Setting challenging yet attainable goals is key to maintaining a long-term running / walking career. After all, you're more likely to stay motivated when you have something to work towards and can measure your progress at regular intervals. But picking the right goals can be tricky. Set your sights too high and you're likely to find yourself disappointed (and demotivated) from the word go. Aim too low, and you'll miss out on achieving your full potential.

It might sound clichéd, but only you will know what goals suit you best. Maybe you want to increase the time you're able to run non-stop, shed excess weight or knock minutes off your race times. Perhaps you're looking to add to your medal collection or bid a final farewell to a nagging injury. You alone know where you are, where you're going and where you want to be in the weeks and months ahead.

Thankfully, whatever your aims and objectives, you can count on Magnolia to help, from sowing the seeds of big ideas to furnishing you with expert advice to accomplish them. The only limit is your own imagination...

[Getting Started](#)

If you're a complete beginner, then first things first, wave goodbye to the idea that you need to have any racing ambitions before you get started. Lots of people take up running, not for the competitive element, but for health reasons - either to improve their overall fitness, lose weight or reduce cholesterol.

It's important to start out slowly, so your initial aim might be as simple as going for a run. Your first few steps can often seem the most daunting, so take a minute to browse through the [In The Beginning](#) (see article # 1below) before you bound out the door - it's packed with get-started tips, motivational advice and an essential kit checklist too. Don't be tempted to run as far as you can, as fast as you can to start with - few people can run a full kilometer first time round, and you'll easily get disheartened if you find yourself starting to struggle. Instead look at [run / walk programmes](#). They're perfect for easing you in gradually, and you'll also see week-on-week improvements, perfect for keeping you motivated in the long-term.

Those returning to running after illness, injury or childbirth also need to take things slowly at first - though you might not consider yourself a novice your body will take a while to re-adjust after a period of imposed rest. Here are some tips on making the [perfect comeback](#), however long you've been sidelined.

Running often leads to layoffs. It places high demands on your body and, unlike lower-impact exercise, it's not something you can do after a serious accident, illness or straight after having a child. As a result many running lives are characterised by layoffs and comebacks, which is fine as long as you handle the comeback correctly. If you've had a break, Runners World list 9 rules for a successful return and I have listed the first 3.

- **Patience is a virtue** : If you've had false dawns in your running before, think about what didn't work out. The chances are it had something to do with doing too much, too soon. Take a tip from new runners, and wait until each run feels comfortable before stepping up to the next level - no matter how hard or far you could run before. Trying to take up where you left off, especially if that was a month or two ago, will lead to trouble.
- **Question your motives** : The answer to this question will help you determine whether you're ready to draw up a schedule again. After a layoff, the only valid reason for pulling on your trainers is that you're physically and mentally ready to commit to a slow, steady return to running, but many of us re-start prematurely for other reasons. Perhaps your favourite race is coming up; an old partner is running faster than ever; or you can't get into your jeans any more. Just knowing your friends are hitting the track without you is enough to push you back early. If you're thinking of reasons why you should run again - your big marathon is weeks away, you miss your friends, you're gaining weight - then draw up a list of all the reasons why you shouldn't: your leg still hurts, you're tired, and you're not up to joining in a hard session
- **Know yourself** : Finding a marker of how much fitness you've lost during your layoff can be a helpful starting point. "To a degree, it's true that an experienced runner can return to training quicker than if they were starting from scratch," says Dr Jonathan Folland, a lecturer in exercise physiology at the University of Loughborough, "but it depends on the duration of the layoff and the extent of activity in the meantime. There's a big spectrum." Conventional fitness tests (such as a "bleep" test or VO2 max test) won't be much use unless you have pre-layoff results to compare them with. Instead, try to run a regular "easy" route from your repertoire, ideally with a regular training partner. If it takes you much longer than usual, or you have to stop, then you should act as though you're starting from scratch. It's better to be over-cautious until you can manage that easy run again without any trouble

Ready To Race

Maybe you've been running for a while and working towards a set distance or time is top of your to-do list. Now's a good time to (re-)discover the [three primary training components](#) (see article # 2 below) involved in becoming a stronger, faster runner - speed, strength and endurance. Why not consider entering a race, not only is a race a great way to measure your progress, the pressure of an approaching fixture means you'll be more likely to put in the required training

Next, it's time to think about your weekly routine. The benefits of a pre-prepared schedule are several. Firstly, it will be designed to provide exactly the correct balance of hard and recovery workouts, so will help your body adapt gradually to the increased training demands that a step-up in distance or speed requires. What's more, it's also more likely to force you outside of your comfort zone - a sure-fire way to see real results - than if you try and stick to your own devices.

- **5K** - Ideal for first-time racers, or an equally difficult distance to master for an experienced athlete.
- **10K** - The SA's most popular racing distance - a logical step-up from the shorter 5K, or a testing time trial for the more fleet-footed.
- **15K** - Often described as the perfect blend of speed and endurance - short enough to run hard, long enough to brag about.
- **21K Half marathon** - Suitable for those with a few short distance races under their belts already, or those looking ahead to a longer challenge later in the year..
- **42.2K Marathon** - Not one for the faint-hearted can be a notoriously hard beast to tame.
- **Ultra Marathon (50 – 90K)** – must not be taken lightly and requires an extensive training program and build up.

Quick-fix solution, or long-term venture?

Sometimes all it takes is a few simple tweaks to your training to see results. Look back over previous races or training runs for an idea of your individual strengths and weaknesses. Does your stamina always fail over longer distances? Do you wish you could improve your finishing kick in races? Do you always make a conscious effort to run around hills rather than over them? Focussing on areas you know you need to work on is a great way to keep your training from reaching a plateau.

Here are some of the more common running goals to get you started, along with links to some of our most popular (and practical) reads. Target them in isolation for a real fitness boost, or use the recommendations to inform your existing routine - either way we guarantee you'll be running stronger and faster within a matter of weeks.

I want to... improve my speed

Short, sharp bursts of high-intensity exercise might seem daunting, but your body will thank you for it. Not only will you notice significant improvements in your speed over shorter distances, you'll be able to sustain a quicker pace for longer distances too - a sure-fire ticket to better race performances across all distances.

I want to... improve my strength

Running hills will not only make you physically stronger, it'll also improve your running economy, boost your cardiovascular fitness and requires less impact than running fast on the flat. Make time to cross-train too - working opposing muscles will help strengthen your body and add power to your running action.

I want to... improve my endurance

You don't have to be training for a marathon to reap the benefits of a weekly long run. Not only will this session condition your muscles to delay the onset of fatigue, it's also great for learning the importance of pacing yourself right, and is an all-round fat-burner too. Notch up some comfortably hard, tempo runs too, and you'll soon be hitting faster times over longer distances.

I want to... train to my heart-rate

Monitoring your heart rate is the best way to gauge exactly how hard (or how easy) you're working. Just as your weekly routine should include a variety of paces - from the long, steady run to flat-out threshold sessions - so too should your heart rate differ with each workout. Otherwise you run the risk of running all your steady mileage too fast - a one-way ticket to overtraining.

I want to... stay injury-free

Trying to progress too fast, too far, too soon is the most common cause of injury among of runners. This might be hard news to swallow (especially if you're the impatient type) but the sooner you realise most grievances are self-inflicted, the sooner you'll be ready to learn how to manage and avoid them.

Take A Break

Don't lose sight of the most important aspect of running: fun! Sometimes it's all too easy to feel deflated and demotivated, especially immediately after a big race or training setback.

Running isn't meant to be a [stress-producer](#) so consider leaving your watch at home, exploring new training routes or even taking a few consecutive rest days (or weeks) every once in a while. Chances are your body will thank you for it, both mentally and physically. What's more, you're likely to come back stronger, bursting with inspiration and more determined than ever to take on your next challenge.

Good luck!

Article 1 : In The Beginning (Runners World UK)

Whether you're a beginner or a 20-year veteran of the sport, you'll benefit from this collection of newcomers' tips and lifelong principles

To succeed in any sport, you've got to follow the basic principles. Golf: keep your head down. Tennis: remember to follow through. Running: train, don't strain.

Wander too far from the basics and your performance suffers. It's as inevitable as a stock-market fall when interest rates rise. And no athlete is immune – not even the most experienced and successful. That's why reviewing the basics can always give you a boost.

Of course, beginners have an even greater need to follow these rules. They haven't learned the ropes yet and need guidance every step of the way, with answers to dozens of everyday questions: What should I eat? What should I wear? How fast should I go?

Well, here are the answers all in one place. Whether you're a beginner or an expert, we think you'll benefit from this review of six key running topics: training; shoes; apparel; running surfaces; nutrition; and injury prevention.

Training: not rocket science, but trickier than you think

1. **Mix running and walking** Few people can run a full mile the first time out the door, so don't even try. You'll get discouraged and quit. Instead, mix running and walking. Run for 30 seconds, walk for 90 seconds, and repeat this nine more times for a total of 20 minutes. When you can comfortably run/walk for 20 minutes four times a week with this 30/90-second pattern, change your run/walk ratio to 45/75 and repeat the four-times-a-week pattern. Next comes 60/60, then 75/45, then 90/30. Eventually you'll be running for several minutes at a time between walking breaks, and then – hallelujah! – you'll be able to run for 20 minutes without stopping. [More about the run-walk technique.](#)
2. **Take the 'talk test'** Always run at a relaxed and comfortable pace. This isn't the Olympics – it's a lifelong fitness quest. To check your effort level, start a conversation with your training partner. You should be able to speak without gasping or feeling out of breath. If you can't, then slow down.
3. **Go farther, not harder** Once you reach the magic 20-minute mark, build up to 30 minutes (then 40, 50 and 60). Don't make the mistake of trying to get faster – don't try to run your 20-minute course in 19 minutes. Increasing endurance is your first priority.
4. **Be a tortoise, not a hare** We don't have to retell the old children's story here. Running works just like the tortoise-and-hare race. It rewards the patient (with weight loss, steady progress, less stress, more energy and a host of health benefits) and penalizes the overeager (with injuries, burnout and the like). This isn't a sport for sprinters. Be slow, not sorry.
5. **Don't compare yourself with anyone else** Check out the apostrophe in RUNNER'S WORLD. There must be a billion runners out there, so we could certainly call this magazine RUNNERS' WORLD. But we don't, and this is because we realise that there's only one runner who really counts – you. So don't feel bad if you see someone who's faster, thinner or smoother-striding. Running is your activity – make it work for you, and don't worry about anyone else.

Shoes: the most important purchase you'll make

6. **Buy the real thing** Get a quality pair of running shoes; not tennis, aerobics or cross-training shoes, but shoes made specifically for running. Expect to spend between £50-£70 for a good model from a serious manufacturer.
7. **Go to a specialist running shop** When you're looking to buy, don't head for the major sports chain on the high street. Go instead to a shop that specializes in running footwear. At a specialist running shop, you'll find a wide selection of shoe models and sizes, as well as trained salespeople who are themselves runners and who understand the particular needs of beginners.
8. **When you shop for shoes, do these three things:** (1) go late in the day, when your feet are their largest (feet swell during the day and during running); (2) bring along the socks you'll wear while running; and (3) have both feet measured by a salesperson, even if you think you know your shoe size (one foot is often larger than the other, and you'll need to be fitted for the larger foot).
9. **Be fastidious about fit** The running shoes you buy must fit properly to work properly. A good-fitting running shoe will feel snug but not tight. There should be room at the front of the shoe to allow your feet to spread during running. Press your thumb into the shoe beyond the big toe; it should fit between the end of your toe and the end of the shoe. In the rearfoot, your heel should also fit snugly so the shoe will hold your foot securely.
10. **Take the shoes for a test run** Most running shops will allow you to jog around in the shoes you're considering. Do so. As you run, pay attention to how your toes feel: are they sliding forward? Do they feel pinched together? Also, notice your heels: are they sliding out of your shoe slightly? In general, are the shoes comfortable? If not, try another pair.

Apparel: not just a fashion statement

11. **Use thin layers** Sweat moves more easily through two thin layers than it does through one thick layer. A well-designed layering system keeps you warm and dry during the colder months, yet still allows freedom of movement.
12. **Make it breathable** Cotton is great at soaking up sweat, but it's also great at holding on to it. A soaked T-shirt will stick to your body, and cotton's coarse, rough fibres may chafe your skin. Breathable, synthetic fabrics, such as CoolMax, wick perspiration away from your skin and out to the next layer of clothing or to the outer surface, where that moisture can evaporate quickly, with the desirable result of keeping you cooler in hot weather and warmer in cold weather.
13. **Consider the weather conditions you'll be running in** If you rarely run in rain, sleet or snow, you don't need a waterproof jacket. If winter temperatures in your area rarely drop below zero, you may only need one layer, so buy a good one. And unless you live in the Scottish Highlands, you probably won't need more than two or three layers on your upper body and one or two layers on your legs.
14. **Don't overdo it** Many runners make the mistake of overdressing when it's cold outside. A good rule of thumb is that you should feel slightly cold during the first mile or so of your run. If you feel toasty right after heading out the door, you're probably going to get too hot later on.
15. **When the sun shines, protect your skin with a dark shirt** Dark-coloured clothing absorbs UV light, protecting your skin better than light-coloured clothing, which lets light through. You may feel a little warmer in a darker shirt when the temperature soars, but sun protection is more important.

Running surfaces: they make a huge difference

16. **Sidestep the pavement** Concrete pavements are made of crushed rock, and over time they'll crush your legs. A little running on pavements – say five minutes – is okay, but never do the bulk of your daily run on pavements. Aside from the pounding your legs will take, urban pavements are crowded, uneven and cracked, so you can easily trip on them. Avoid them as much as possible.
17. **Beware the one-track mind** Tracks are definitely easier on your legs than pavements, but they're tougher on your psyche. Many beginner runners go to a track for their initial runs and, not surprisingly, find circling a 400m loop to be mind-numbing. Tracks are for speed sessions or races, not endurance runs.
18. **Look for the open road** Asphalt is the surface on which most runners log the most miles. Asphalt isn't the softest surface, but it's a lot softer than concrete. Don't run on the side of steeply cambered roads, because it can lead to injuries. If possible, run on the most level part of the road.
19. **Go for the green** Parks are excellent places to run. Usually there are plenty of grass fields to run around. You can do loops around the entire park or laps around the football pitches. Most parks have amenities such as toilets, and are generally safe for solo running. Grass is the softest surface to run on, but it can be uneven, so be alert for hard-to-see bumps, holes and sprinklers, which can trip you up.
20. **Run on the dirt** Smooth dirt trails are easy on the legs and great for the mind. And there's less chance of running into hazards on dirt than on grass. Nothing's better than running on a great trail through a forest or along a scenic river or lakefront: the pounding's minimal, the mind wanders and the miles flow by.

Nutrition: fuelling the fire

21. **Never run on an empty stomach** Many novice runners skip breakfast and eat a salad for lunch in an attempt to lose weight. This is a mistake – your body needs fuel to run. If you don't take in steady calories during the day (known as 'grazing'), you'll be sluggish and your legs won't want to move – and you'll hate running. Also, make sure you eat 200-300 calories about an hour before your run, so you'll have fuel in the tank.
22. **But don't pig out** Some new runners take the opposite approach by eating too much before their work-outs; this is particularly true with sugar. If you feel as if you're running with a brick in your stomach, and you often end up doubled over with a stitch, rethink your fuelling scheme. A banana or a bagel is a great snack before a training session; a doughnut is not.
23. **Avoid pit stops** Many beginners (and even some experienced runners) worry that drinking fluids before a race or work-out will translate into annoying pit stops. Not necessarily. Drink steadily beforehand and your body will balance itself out. If you tank up on fluids an hour and a half before you train, you'll have time to get rid of the excess before you start running.
24. **Drink and fuel up on the run** Keeping adequately hydrated is critical to your running (not to mention your health). This means drinking the equivalent of eight large glasses of water every day, and probably twice that in warm weather. It also means taking in about half a pint of fluid every 15-20 minutes of running. For runs of an hour or more, you also need to replenish spent energy stores with carbohydrates. Your optimal intake should be 50-100 calories of carbohydrate per 30 minutes of running.
25. **Eat a balanced diet** Don't be fooled by all the fad diets out there; the healthiest way to eat is also the best fuelling plan for your running. Most of the food you eat should be whole grains, fruits and vegetables. Strive for 6-11 servings of grains (one serving equals a slice of bread, 25g of cereal or a cup of pasta), five to nine servings of fruits and vegetables, and two to three servings of meat and dairy products a day. Keep sugary, fatty foods to a minimum.

Injury prevention: five dos and five don'ts

26. **Do your warm-up by walking** Even if you're fit and not overweight, start each run with two to three minutes of brisk walking. It's the ideal warm-up for any runner, regardless of ability.
27. **Do take it easy** Either do a run/walk programme (see tip 1) or run at a pace at which you can chat with a friend without being out of breath. Running harder increases your risk of injury, not to mention early burnout.
28. **Do run by time, not distance** Measure your run by time spent running, not by miles covered. That is, try to run for 30 minutes rather than for three miles. Doing this will help to prevent you from trying to go faster and faster over the same route.
29. **Do progress slowly** You should only increase the actual time spent running by five minutes a day or less. Another good rule is to never increase your mileage by more than 10 per cent a week. Instead of running longer, you may want to add an additional shorter run during the week. The leading cause of injuries to beginners is running too far before they're ready.

30. **Do stretch and strengthen** Learn how to stretch properly – and devote 10 minutes to it after each run. Pay particular attention to the hamstrings, calves and quadriceps. Also, consider light strength-training exercises for the same muscle groups.
31. **Don't try to keep up with the Joneses** Running with a spouse, significant other or anyone else who is faster and fitter than you can be very frustrating for a beginner – and it can cause tension between you. Instead, seek out someone who is at your level.
32. **Don't run with pain** If something hurts, stop. Don't try to 'run through it' (infamous runners' term), even if you've heard that's what good runners do. It isn't. It's what stupid runners do – runners who get hurt again and again.
33. **Don't leave the flatlands** Once you gain experience, hills are a great way to boost fitness and strength. But not yet. Running up and down steep hills can increase the risk of pain and injury from jarring.
34. **Don't race** And don't even think about running a marathon. Not yet. You're learning how to train, and you're conditioning your body. Racing is for runners who already know how to train and are ready to test their bodies. If you must run a race, look for a low-key 5K (3.1 miles) and consider walking part of it.

Don't apply ice or take painkillers before you run If you're sore, take a day off, which isn't a bad thing to do now and again anyway, whether you're feeling pain or not. Building planned rest days into your programme can both motivate you and help to keep you injury-free

Article # 2 - Simplify Your Training With These Key 3 Sessions By Sean Fishpool (Runners World UK)

The only three quality sessions you'll ever need, whether you're training for 5K, 10 miles or a marathon

Sure, variety is the spice of life. But what if you want to keep life simple? What if there were just three rock-solid sessions that could underpin any running routine? Three universal, can't-fail work-outs that could take you close to your potential, whatever your training or racing goals?

You guessed it: there are. Use the following three sessions as the bedrock of your weekly routine and you'll be firing yourself up with speed, strength and endurance – the three key ingredients of strong, easy running.

Then add as many easy, conversation-paced recovery days as you want to, and bingo: you have a foolproof, powerfully effective training week. All you have to avoid then is doing any of the key sessions on consecutive days, as you will need time to recover. The beauty of the sessions is that they can form the basis of everything from 5K training to (with a little tweaking of the long run) a full marathon build-up. They'll also keep you ticking over without getting stale in the times when you have no race goals. The five-minute repetitions are lengthy enough to sharpen your speed over long distances, but sufficiently pacy to give you powerful acceleration in the final mile of a 5K. The 90-minute run will provide a quality endurance session without leaving non-marathoners exhausted. And the flexible hard-and-easy session that we call hilly fartlek can tailor your week towards whatever your race goal is – and crank up your leg strength and cardiovascular power into the bargain.

Best of all, the sessions embody what running is all about. Letting your mind wander on gentle Sunday outings. The glow of exhausted achievement on running your final repetition as fast as your first. The spontaneous pleasure of a fartlek session with a friend. We're not saying that you should do these sessions week-in, week-out, month after month. It'd be dull, for a start. But take time to learn how to get the most from them, and you'll keep coming back to them like old reliable friends.

5-minute repetitions

Why? You'll get fitter and faster by breaking up fast running with rest intervals, because it enables you to do more high-quality running than only running flat out. After just a few weeks of speedwork, your maximal oxygen uptake will rise, and your running economy will improve. Run speedwork at the right pace (see below) and your lactate threshold will rise, too, which will delay the point at which your legs start to feel heavy during brisk running. All of this not only guarantees you faster race times; it will make ordinary training feel much easier, too.

How? Find a clear circuit – ideally on smooth grass or a track – that takes about five minutes at your realistic goal 5K race pace. (A constant distance is more important than an exact time, so if you work out on a track, for example, use three laps.)

After jogging easily for 10 minutes to warm up, and then stretching lightly, run one circuit at 5K pace, followed by four minutes of very light jogging to recover. If you're new to speedwork, repeat this twice more, then jog easily for 10 more minutes to help minimise soreness the next day. If you're experienced, aim for four to six repetitions in total.

In all cases, aim to run evenly, so that you finish the last repetition as strongly as the first, without feeling that you could do more repetitions after the last one. (If you don't know what your 5K pace is, this is a particularly good rule of thumb to follow.)

For variety...

1. Over a number of weeks, gradually reduce the length of your recoveries, while keeping the speed of your efforts consistent. This will better adapt you to race conditions. If you're aiming for a 5K, you'll be ready to tackle a new PB at your goal pace when you can complete sessions evenly with just two-minute recoveries.
2. Work slightly slower than 10K pace (or about 20 seconds per repetition slower than before), with just two- to three-minute recoveries. This will raise your lactate threshold and delay fatigue.
3. Do sets – for example, two repetitions with a two-minute recovery between them; then a five-minute recovery, then two more repetitions with a two-minute recovery. This gives you some of the race-specific benefit of short recoveries, even if you're not at peak fitness.

90-minute long run

Why? Long runs are excellent fat-burners (the average 10-stone runner burns 100 calories per mile, so 10 miles eats through a whopping 1000 calories). They also help to teach you the valuable art of conserving your energy through sensible pacing, and serve as a great confidence-builder when it comes to racing. Physiologically, long runs increase the

number of mitochondria and capillaries in your muscles, which boosts their oxygen-carrying capacity – in other words, they'll turn you into someone who can run faster for longer. They also teach your central nervous system to delay feelings of fatigue, and teach your body to conserve carbohydrate reserves in favour of fat, both factors that will keep you strong at the end of a long race. Need any more reasons?

There's no magic length for a long run – it depends on your goals. But 90 minutes is long enough to kick in the increased fat-burning response that occurs after about eight or nine miles, and fire up some of your other physiological responses to fatigue.

How? Go slowly – that means conversation-pace, about 65 per cent of your working heart rate, or a minute per mile slower than your target marathon pace. Your legs should feel pleasantly used, not absolutely wasted, after your run, which means that you should be concentrating on comfortable time on your feet. That's particularly true if you're a beginner, in which case you should build up your long runs by no more than 10 minutes a week, and not be afraid to take one-minute walk breaks every mile or so. Ideally, run on trails, grass and woodland – soft surfaces which will keep your legs freshest and least at risk of injury.

For variety...

1. Once you become more experienced and durable as a runner, you can add some faster segments. These not only make you better at running on tired legs; they break up your run and make it more enjoyable.
2. Ninety minutes is great for all-round fitness. But if you're training purely to be the best 5K runner you can, 60-75 minutes is ample for a long run. For marathon training, you need to build up to around three hours or more, and, ideally, two hours or more for a half.
3. From time to time, forget your targets, pull your trail shoes on and head out with a map to explore new footpaths and tracks. When you're clambering over stiles and discovering places you didn't know existed, you'll forget that you're even running.

Hilly fartlek

Why? Even though it means 'speed play' in its original Swedish, this session of fast and slow bursts in a normal-length run can be the most effective work-out of your week. Like structured speedwork, it's a super way of improving your strength, power, economy and VO2max, but in a more rounded – and fun – way. If you add some good, strengthening hill-climbs, it's a total all-in-one session.

How? Choose what, for you, is a normal-length route – say one that's 35-50 minutes long. After 10 minutes of easy running, simply start to throw in some fast bursts – anything from 20 seconds to two minutes. You decide exactly how fast they should be, and how fast and long the recoveries should be. There are no rules – just try to discover how to push your body successfully in response to different pressures. Be specific about the length of each effort, so that you don't tail off halfway through it. Say, for example, 'I'm going to run to that tree or that lamppost, or for 30 breaths, or 50 strides.'

For variety...

1. The great thing about fartlek is that every session can be a variation. That's what keeps it so fresh. But do try to include hills in your route as often as possible – they're a tremendous fitness booster, and yet they don't batter your legs like hard sessions on the flat can.
2. Take a friend! You'll be far less inclined to be lazy when there are two (or more) of you. Take it in turns to call out the length and speed of the next effort, and you'll find that the session will fly by.
3. Lope... That is, take the run fairly easily and use the efforts simply as a way of stretching your legs out. Don't raise your heart rate too high or build up lactic acid in your legs. This is an ideal session to do on the day before a race.

10 Guaranteed Ways To Burst With Motivation (Runners World UK)

Ever wondered how some people have a perpetually bright and enthusiastic running career? Here are their secrets...

1. Get into a routine

Resolve to run at the same time each day. In summer it might be the cool early mornings. In the colder, darker seasons it may be at lunchtime or after work or school. Pick a time that is free from interruptions, when you can relax and enjoy your running.

Once you've carved out slot to run, stick to it. You'll feel better running on a regular basis rather than sporadically. In time, your mind will prepare you to run, and missing out on a run will begin to feel strange - a powerful incentive to get out there when your body is willing but your mind isn't.

2. Keep a log

A well-kept logbook can be your greatest ally for reaching peak fitness, recording the highs and lows in your running career and being a great aid to motivation. The information you record is up to you, but normally includes training route, speed, distance, the weather and how you felt during and after the run. Some people also note what shoes they wore, their maximum heart-rate and how they compared with other runners. Women might record whether their running is influenced by their menstrual cycle.

3. Plan ahead

Get a calendar out and take some time to identify the most important part of your running and where you want to be with it in a year's time. Consult the ASA fixture List and mark a few target events on your calendar. Then plan a training programme accordingly.

If you find scenic runs more appealing, buy an Ordnance Survey map for your area and highlight a few trails you've yet to explore. Even consider driving a fair way, perhaps to an area of outstanding beauty where the surroundings can inspire you to run further or faster than you'd hoped.

4. Create variety

It's easy to get into a rut with your training, especially if you're spending too many days running the same route at the same pace. The solution is to plan a variety of training sessions a month in advance. Plan speed work days. Plan long-run days. Plan to run a race. Plan days for rest, cross-training or quality time with your family. With greater variety and a

plan, each run will have a purpose and won't simply be a means of satisfying your training log. You'll soon feel fresher, stronger and faster.

5. Stay flexible

It's great to set and achieve goals, but staying mentally flexible is just as important. If you stay flexible you'll be less likely to set yourself up for frustration or failure. Reassessing your goals is an important part of this. Clever and pragmatic is often better than tough. For example, if there is a gale-force wind on the day you'd planned for your track work, reschedule it.

If you progress quickly to achieving a long-term goal, consider setting yourself a tougher objective. Likewise, if another proves to be beyond you, scale it down to one that is more obtainable. Use your goals and programme as a guide; don't become a slave to them.

6. Make running sociable

Running solo has its place, but if you want to be running this time next year, make sure your training brings you into contact with other people as well. Join a club, find a coach, explain to your non-running partner how important running is to you. Better still, persuade them to jog the warm-up and cool-down with you. Perhaps even your dog could become a training partner.

We are social animals and like to do things together. Our hunter-gatherer ancestors didn't run alone and neither should we.

7. Make time to run

If you use lack of time as an excuse for not running, sit down and ask yourself a few questions. Am I really working all the time I say I'm working? Can I really not get up any earlier? Do I have to potter around the shops during my lunch hour? Between one o'clock and two the RUNNER'S WORLD office is deserted, as most days we use our lunch hour to run. Once we're back and showered we grab lunch at our desks. Remember, there always are people more busy than yourself who still manage to run every day.

8. Be proud

One barrier that keeps many would-be runners indoors is self-consciousness. If you do feel embarrassed, pick an environment where others are exercising, such as a park, bike path or fitness centre. Remember, half of all runners are over the age of 40, and a third are women. And most of them were slow and overweight when they started.

So don't let society's notion of what an athlete is intimidate you. Remember the words of George Sheehan: "Everyone is an athlete: the only difference is that some of us are training, and some of us are not."

9. Expect plateaus

Your initial gains in fitness come quickly. After all, everything you do is an improvement over what you were doing when you were sedentary. But after a while - it can be as little as two or three months - you'll hit patches in which your improvements become increasingly hard to recognise. At times, you might feel as if you're going backwards.

Plateaus are easy to explain; don't let them get you down. The best weapon against them is patience. But also look at things that might be impairing your progression. Are you getting enough sleep? What food are you eating? Does your running lack variety?

10. Look forward to the golden years

Running is a marvelous way to diminish the effects of ageing. But over time the body eventually begins to slow, and as you get older, certain cautions are necessary. Instead of one day's rest after a hard speed session or long run, you may need two days or more. You should be doubly careful to warm up and cool down.

One coach asked three runners in their 60s what they considered the key to their long running careers. Their answer: consistency. They had cut out speed work and hill sessions, instead running the same distance each day, although varying the pace. Dull? No - clever. They knew that ultimately the secret of endurance is not getting injured