

Heathfield Road Runners



Running Report

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Editor's Notes

An unplanned edition, the main purpose of which is to rally the troops for our Midsummer 10k this coming Sunday 23 June. Marshal shortage is always a concern for our small club because our race route has many junctions. Please try and cajole as many helpers as possible, and don't forget to bring some running kit just in case. If you've brought someone along to help and we have enough people on the day, it would be nice to get a few members running the race. Arrive by 9am please.

It's always a shame that after the race, after all the hard work, people drift away when there is really something to celebrate. It's not very often that virtually the club come together. So, this year, we thought it would be nice — once the last bin liner has been picked up — to wander next door to the pub for a drink and maybe a bite to eat, try and find the time.

Hope to see many of you on Sunday.

GRAHAM

PS A quick note of thanks to the minibus drivers at the recent South Downs Relay, in particular to Anne Horsfall-Turner for obtaining (and no doubt cleaning) a couple of the vehicles.

No Excuses 10 Mile, July 28

As detailed in last month's newsletter, this is a local, low key event and it looks like being quite well supported by the Club. Entry forms aren't necessary, but I do need to know if you'll be there as t-shirts have to be ordered. At the time of writing we have the following entrants:

Belinda	Chris Holdway	Debbie
Faye	Graham	Keith
Kim	Louise Schweitzer	Mike Harlow
Nigel	Patricia	Paul Goad
Renee	Tessa	

Let me know right away if you want to be added to the list. Also, I need an entry fee of £15 before the day, this covers the t-shirt and barbecue. All proceeds will be going to a charity.

Sussex Grand Prix

Only one race since the last newsletter and it was the fast and furious midweek blast down at Worthing. A rather breezy evening made the first half much easier than the second. Well done to Tessa who placed 3rd in her category.

Huseyin Ibrahim 33.02 B&H AC

HRR

17	Peter Morely	35.28	720
18	Ivan H-T	35.31	655
93	James Cox	40.00	499
112	Graham Chapman	40.44	511
178	Keith Harrison	43.28	517
42(f)	Tessa Schooling	46.27	618

Beachy Head Marathon

The surprise arrival of some club-entry forms prompted some frantic phoning around at the weekend so that the forms could be completed and sent off on Monday. I'm pretty sure somebody will have been missed out, but I'm just as sure (assuming all 25 of us get in) that there will be some number swapping before the day, as last year. As soon as I get confirmation I'll be coming round, cap in hand; it's £15.

Time Trial 18 June

Interesting to note the ratings for this one and how close most of the field were once adjustments for age were made. Tessa and Ivan put the rest of us in the shade.

1	Ivan Horsfall-Turner	0.27.36	622
2	James Cox	0.30.51	480
3	Graham Chapman	0.31.36	484
4	Mike Heathwood	0.31.52	487
5	Keith Harrison	0.33.38	494
6	Mike Harlow	0.35.03	468
7	Philip Skilton	0.35.18	484
8	Tessa Schooling	0.36.18	580
9	Martin McIlvenny	0.38.28	409

Next Time Trial is on Tuesday 2 July

South Downs Relay

Unfortunately space and time does not allow a full round-up of a day that produced very mixed fortunes. I should receive official results in time for the next newsletter, with hopefully a story or two from participants to add.

I guess most will have heard about Jim's untimely exit from the race approaching Ditchling Beacon resulting in the B Team's retirement. Sue asked me, through these pages, to express her and Jim's great appreciation to those who helped during what was a very difficult time. Not only to Chris Shepherd, Ian and Phil who went beyond the call, but also those who, whilst experiencing disappointment and concern, acted to make the situation that little bit easier. As Sue said to me 'they know who they are'.

Coaching Corner

by Paul Goad

Last issue I talked about how to safely extend your mileage and explained how the owner of the concept, Frank Horwill, stated that within your weekly mileage you should include a session at 5k pace.

The basic concepts relating to 5k speed training are as follows. Your weekly speed session should be made up of a series of short, hard repetitions which total 5k in distance, all run at your current 5k pace. How you achieve this depends on the facilities you have available.

- If you can get to a track then do say,
 - Δ 6 x 800m plus 200m, or
 - Δ 12 x 400m plus 200m, or
 - Δ 5 x 1,000m, or
 - Δ 3 x 1,000m 2 x 800m 3 x 400m 1 x 200m.
- Or do an Off-Road or Park run based purely on time and effort with the accumulated time spent in hard running totalling your 5k race time i.e. 18 to 25 minutes. Examples would be 5 x 4 mins, or 2 x 4', 3', 2', 1' (total 20 mins) or 1'2'3'4'4'3'2'1' hard. A session I like to use as a progression is to start with say 12' of hard running made up perhaps of 4 x 3' with equal recovery. Then each week I add another 2 minutes of hard running until I get to 20 minutes made up of 2 x 4', 3', 2' 1' all with equal recovery. Once this can be achieved it's time to start reducing some of the recovery times by 1' until all recoveries are 1' less than the times run (those of you paying attention will realise that this means that the last 2 x 1' sessions have to be run back to back).
- Alternatively over a 5 mile bit of road run a 10' warm up and then do between 18' to 25' (depending upon your current 5k time) of hard repetition runs with walk/jog recoveries and then warm down to the finish.

Recovery — How long should you recover? Remember that there is a big difference between training at 5k pace and training for a 5k race. Assuming that you are not training for a race over 5k but training to improve your general running then the recovery that you use should be between 50%

Future Events

JUNE

- 20 Birling Gap Run (Thursday)
- 23 Heathfield Midsummer 10k SGP

JULY

- 6 Trailwalker 100k
- 6 Adventure Race Ashdown Forest
- 7 Friston Forest 5
- 21 Bewl Water 15
- 21 Downland Challenge 30
- 28 No Excuse 10 Mile

AUGUST

- 17 Race the Train, Tywyn.
Will Page 10k Newick date to be advised SGP

SEPTEMBER

- 8 Hellingly 10k SGP
- 15 Hove 5 SGP
- 22 New Forest Marathon & Half

OCTOBER

- 6 Lewes Downland 10 SGP
- 27 Barns Green Half SGP to be confirmed
- 28 Dublin Marathon

NOVEMBER

- 10 Phoenix Races 3.8k & 7.3k, Brighton SGP
- 17 Brighton 10k SGP

DECEMBER

- 1 Crowborough 10k SGP

to 90% of the repetition that you have just run. (I also use 100%, i.e. equal recoveries because it's easier to manage). If 100% recovery is not enough rest for you to maintain the session then you're definitely running the reps too hard.

One way of progressively increasing the training effect (and therefore get fitter) is to maintain the distance and speed run each week but to slowly reduce the recovery time.

If you are actually training for a 5k race then as the race approaches you should be running sessions at race pace with very short recoveries, i.e. 5 x 1,000m with 100m jog recovery. If you can't run the session then you almost certainly can't run the race at this pace.

Next issue I plan to talk about some more exotic 5k sessions including one which is carried out at World Record Pace.

p.s I'd like to write a future article on how to train for the South Downs Way Relay – would any of you seasoned SDW Relayers like to share with a few of us virgins how you prep up for it, just send your training secrets to paulgoad@aol.com.