

Heathfield Road Runners



Running Report

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Editor's Notes

Nice to see a bit of enthusiasm returning, plenty going on in the coming weeks and quite a lot packed into this edition, thanks for the contributions.

GRAHAM

Voice from the Chair

We are beginning to approach the busiest time of the year for the club with the South Downs Relay and our own 10k race both of which are next month. For me each of these events brings out the best in the club.

Three teams have been entered for the relay (two mens, one ladies), which involves us fielding 18 runners. Legs have been allocated and the majority of runners have been out learning the route. The importance of this was underlined two years ago when neither Brighton and Hove AC or Phoenix AC managed to win the event despite being able to field teams packed with runners in a different league to the rest of the field. Running fast doesn't win the event if you're running fast off course!

To my knowledge only once have we had a team that has finished in less than 11 hours (1997, I think). This year I believe the 'A' team have a serious chance in getting close again and indeed I think we might need to in order to overcome the 1 hour handicap that we have on the 'B' team.

Arrangements are beginning to come together for our Midsummer 10K on 23rd June. Amongst other things the permit has been issued, entry forms produced, clubhouse booked, Red Cross notified, road closure applied for and medals/prizes ordered. Preparations will though need to move up a gear in the coming weeks to ensure the success of the event. The production of the results was an area that could have been a concern this year, however, this is now no longer a problem as Tom has kindly volunteered to take charge of them once again. We will though need as much support as possible on the day from club members (and their families) to undertake a range of tasks from assisting with the site set up, helping with the results, taking entries, manning drinks stations, organising car parking and marshalling. The day is usually great fun and the income generated for the club is essential to sustain our activities throughout the year.

IVAN

Tuesday Schedules

Slight change for June, the Time Trial moves back a couple of weeks due to Bank Holiday and Worthing 10k, details below:

June

- 4 Ragged Dogs (no TT as holiday)
- 11 Brittenden Lane
- 18 Time Trial
- 25 Very Ragged Dogs

We have decided to swap the 3rd and 4th Tuesday sessions as published in the last newsletter so the Brittenden Lane circuit will normally be run on the 3rd Tuesday.

As promised one Tuesday — amongst all the moaning and groaning — I have included an article about why these sessions are so beneficial, see page 3.

Monday Social Run

Next one will be on Monday 8th June. Cross in Hand.

Birling Gap

Back by popular demand. A run over the Seven Sisters will take place on Thursday 20 June, followed by beer, fish, chips, etc. Meet at Cross in Hand 6pm prompt or Birling Gap car park at 6.30pm.

Midsummer 10k

23 June

A big day for the club and a reminder that we do need to try very hard to ensure we have enough help on the day, particularly for marshalling. The usual rule about members running in the race applies: if you can bring someone to marshal in your place then feel free to enter, but the priority has to be given to the successful staging of the event.

Cakes

Cakes are always needed on the food stall and I have been asked to pass on a request to help supply it. Buy them, make them, however you come by them I am assured that they will sell on the day. Have a word with Sue Scott or Tessa if you can help out.

Trophies

As in recent years, we shall be staging some junior races during the main event and would like to be able to offer trophies to the winners. If you have any gathering dust that you'd like to donate, please let me know.

No Excuses

The gym near Blackboys, is staging a low key, informal 10 mile run on Sunday 28 July. Mainly for members of No Excuses gym, but we have been invited to join in the fun. Many of the entrants from the gym are not regular runners and, in fact, there is a walkers start time an hour before the off. The route uses part of our own 10k course, starting and finishing at the gym at Possingworth Craft Workshops, near Blackboys. Entry is £15 (all proceeds to charity) and includes a t-shirt, drinks and a barbecue (probably after, not before). The organisers would like an idea of numbers as soon as possible so that t-shirts can be ordered. If you'd like to book a place then let me or Tessa know right away.

Who's for a bit of Adventure?

Readers of Runner's World will have recently been introduced to one of the fastest growing team sports in the UK: Adventure Racing. For those who have not come across it, a typical event will incorporate a fair

amount of running, some mountain biking, a bit of navigation and some 'special team challenges' sometimes involving getting wet. Events range from the simply ridiculous 'Adrenaline Rush', involving: fell running, mountain biking, navigation, rope climbing, caving, swimming, horse riding, and kayaking (lake and sea!) — you do get 7 days to do it all — to easier one-day events suitable for beginners such as the Ford Ranger Adventure Series. These sound much more like it with a duration of up to 5 hours and incorporating trail running (about 3 miles), mountain biking, and a bit of navigation. Although some events cater for the individual, the emphasis is on teams, usually of 3 or 4.

There are 2 races left in the Ford series, one on July 6 at Ashdown Forest and the next near Bracknell on August 17. They sound like a bit of fun and well within the capabilities of us runners. Fancy a go? Visit www.aceraces.com then have a word with Nigel, he's looking for a team to assemble.

Dutch Trip

Nigel now has confirmation that the event will take place on Saturday 14 September. To recap: we need, ideally, 10 runners to run one leg each of a 10x10k relay. Mr Darling has kindly arranged transport in his new acquisition.

Alternative travel arrangements will be available. If you are interested in participating then Contact Nigel on 07802 257318 or e-mail him at: nigel@fourthelodge.fsnet.co.uk.



Marattack

I've mentioned this before. It's a marathon run on the track in relay. A team of between 10-15 runners have to complete the marathon distance (105 laps) as quickly as possible. How close could we get to the new world best time set by Khalid Khannouchi at London: 2.05.38? That's little more than 71 secs per lap. We could do this on a weekend or on a training night, preferably at the Lewes all-weather track; we could even challenge Lewes AC.

With the summer nearly here it would make a nice alternative training session. Want to take part? Put your name on the board.

Sussex Grand Prix

Big news was the cancellation of Hailsham Town Ten due to a number of reasons depending on who one talks to.

We had a disappointing attendance of four at the new event on the Grand Prix calendar, **Horsham 10k** on 5 May. It was a shame we couldn't muster more as it is quite a nice race. Not flat, but nothing too demanding, two laps with a good off-road section.

1 James Baker, Chichester Runners, 33.34

HRR

| | | | |
|-----|----------------|---------|-----|
| 11 | Ivan H-Turner | 0.35.26 | 669 |
| 46 | Graham Chapman | 0.39.26 | 562 |
| 93 | Nigel Parkes | 0.42.27 | 515 |
| 119 | Mike Darling | 0.43.47 | 649 |

Worthing 20, 24 March

| | | | |
|-----|---------------|---------|-----|
| 28 | Ivan H-Turner | 2.08.20 | 617 |
| 211 | Mike Darling | 2.36.51 | 610 |
| 678 | Dena Moss | 3.27.08 | 243 |

We really do need to be getting more runners out supporting the SGP. It doesn't seem so long ago that fielding 15-20 runners was the norm.

The next race is the Worthing 10k on 12 June, a flat, fast, midweek event, starting and finishing on the all-weather track at the leisure centre. If you are looking to improve your 10k time then this is place to do it.

Paddock Wood Half

Same day as Worthing, 3 HRRS went over to Kent for the easy option.

Well done to Pete, running a PB and achieving the highest rating so far this year, topping 700; shame he does it in a Crowborough vest!

| | | | |
|-----|----------------|---------|-----|
| 42 | Peter Morley | 1.19.15 | 715 |
| 150 | Graham Chapman | 1.29.46 | 523 |
| 213 | Nigel Parkes | 1.33.09 | 525 |

Seven Sisters Marathon

Or, rather, Beachy Head Marathon, as Eastbourne Council have renamed it. We thought it unlikely that this race would die, it is scheduled to take place on Saturday 26 October. After some discussion, we thought it would be better to apply for a club entry as before, and I would expect that we could fill 20 places. If you fancy it, put your name on the board.

10k Training

I came across an article on the Peak Performance website that I thought might be interesting for those of us who run ourselves into the ground on Tuesdays.

Peter Snell (gold medallist at the 1960 Olympic Games and double-gold medallist at the 1964 Olympics) and his colleagues at the University of Texas Southwestern Human Performance Center used 10 runners over a 16-week period to research 10k training. For the first six weeks of the study, the runners, who were pretty well trained to begin with, logged about 50 miles of steady running per week

Tempo v Intervals

During the final 10 weeks of the investigation, the runners (whose average 10k times ranged from about 34 to 42 minutes) were divided into two groups. Members of one group carried out two 'tempo' workouts per week, which involved running for 29 continuous minutes at roughly lactate-threshold pace. For most runners, this pace is about 12 to 15 seconds per mile slower than 10k race pace

Members of the other group avoided lactate-threshold training and instead completed two interval workouts per week. These workouts consisted of either 200 or 400 metre

South Downs Relay

Teams are now confirmed as follows:

A Team, start 8am

James, Adrian, Graham, Dave, Ivan and Alan.

B Team, start 7am

Cedric, Ian, Paul, Chris H, Jim, and Mike D.

Ladies, start 5am

Belinda, Zoe, Tessa Renee, Faye or Debbie, Alison.

If you are in the A or B team you should have received your maps and instructions, let me know if not. Pick-up times will be advised a few days before the day.

intervals, which were conducted at about 10k to 5k race pace or faster. About three total miles of interval running (24 200s or 12 400s) were covered per workout. Aside from this difference (intervals vs. tempo runs), the training schedules of the two groups were identical and consisted of medium to long, moderately paced runs.

At the end of the study, the runners were tested during 800 metre and 10k competitions. Interval-trained runners improved their 800 metre times by an average of 11.2 seconds, while threshold-trained athletes inched upward by just 6.6 seconds. Hardly surprising as the interval runners' training paces had been much closer to 800 metre speed. They had simply become faster than the threshold people and therefore could sustain higher velocities during an 800 metre effort.

What about the 10k?

The thresholders boosted their 10-K clockings by 1.1 minute, but interval runners improved their times by a full 2.1 minutes! That spelled about a 10 second per mile advantage for the interval runners.

Why was interval training superior? Well, setting a new PB in the 10k is in one sense not that much different from reaching a new record in the 800: to do either, you have to be able to run more quickly. The interval trainees trained faster than the threshold people and thereby developed better economy, coordination, and comfort while

Time Trial

Very good turnout for the second test this year and it looks like the times are going in the right direction.

| | | | |
|----|------------------|---------|-----|
| 1 | Alan Streeter | 0.29.42 | 635 |
| 2 | Graham Chapman | 0.30.02 | 547 |
| 3 | James Cox | 0.30.49 | 481 |
| 4 | Jim Scott | 0.32.07 | 465 |
| 5 | Paul Daniels | 0.32.25 | 422 |
| 6 | Nigel Parkes | 0.32.39 | 490 |
| 7 | Ian Killian | 0.32.59 | 408 |
| 8 | Mike Darling | 0.34.24 | 592 |
| 9 | Philip Skilton | 0.35.29 | 476 |
| 10 | Martin McIlvenny | 0.37.18 | 443 |
| 11 | Frank Smith | 0.40.20 | 501 |

running fast. All of that translated into higher-speed 10k running

In addition, remember that the interval trainers' intervals were 'cooked' at 10k speed, 5k speed, and faster, while the threshold runs were slower than 10k speed. Since they actually ran at 10k speed and faster during training, the interval-runners' training was more specific to the demands of 10k racing — and also specific to the demands of faster-than-usual 10k efforts. The interval trainers' use of 5k and faster speeds also made their usual 10k paces feel relatively easy. In contrast, threshold running at less than 10k velocity offered little practice at real race-pace running. During competitive situations, it's always more difficult to move up to a faster-than-usual pace than it is to back down to a speed which is slower than the one used often during training

Specific Cases

When Yobes Ondieki was training to set a world 10k record, he set up his interval workouts so that each interval was run at slightly faster than world-record pace. He would cover a full 10 kilometres during an interval workout, with short recoveries. The idea was to mimic the overall effort required for a world-record performance, while at the same time making record-shattering pace feel more comfortable, since it would actually be a bit slower than interval-training pace. It worked. 'My world-record race actually felt easier than my tough interval workouts,' reported Ondieki. The lesson is that a way to get comfortable running at your goal race speed is to practice running faster than your goal speed during training.

The success of Snell's interval trainees also reminds us that intensity is the most potent and most time-efficient producer of fitness. The interval runners spent just 31 minutes per week carrying out their actual interval running, while the tempo runners spent 58 weekly minutes with threshold running. This means that compared to the tempo trainees, the interval individuals achieved double the 10k performance gains while carrying

out half as much quality training! The lesson is that the most productive way to improve your training and performances is to upgrade your average workout intensity (running speed).

So, next time your eyeballs are popping out after running four Brittenden Lane circuits, remember that as a consequence, your race-pace is going to be much easier to maintain.

Coaching Corner

by Paul Goad

I intend to make this section a regular feature in the newsletter. I subscribe to a few publications 'Peak Performance', '220', 'The Coach' etc and with these and a few books and articles downloaded off the internet means I've got a fair collection of coaching data/ideas.

My plan is to include one item/topic per newsletter with maybe some comments. Areas I plan to cover in future issues are alternative marathon training programs, tapering theories and effective eating/feeding plans for long distance races.

Feedback on the articles would be appreciated plus if there are any topics you'd like me to cover then email me and I'll try and find some articles on the particular subject.

This month here's a safe and effective way to increase mileage recommended by one of my favourite running gurus Frank Horwill. Every 4 weeks increase your mileage by 25%, splitting your 4 week cycles into severe, active rest, moderate and light weeks as follows;

| Week | | Mileage | | | | Mins | |
|------|-------------|---------|----|----|-----|------|----------|
| -3 | Active Rest | 6 | 9 | 12 | 18 | 60 | PG Added |
| -2 | Moderate | 18 | 27 | 36 | 53 | 180 | |
| -1 | Light | 12 | 18 | 24 | 35 | 120 | |
| 1 | Severe | 24 | 36 | 48 | 70 | 240 | |
| 2 | Active Rest | 6 | 9 | 12 | 18 | 60 | |
| 3 | Moderate | 18 | 27 | 36 | 53 | 180 | |
| 4 | Light | 12 | 18 | 24 | 35 | 120 | |
| 5 | Severe | 30 | 45 | 60 | 88 | 300 | |
| 6 | Active Rest | 8 | 11 | 15 | 22 | 75 | |
| 7 | Moderate | 23 | 34 | 45 | 66 | 225 | |
| 8 | Light | 15 | 23 | 30 | 44 | 150 | |
| 9 | Severe | 38 | 56 | 75 | 109 | 375 | |
| 10 | Active Rest | 9 | 14 | 19 | 27 | 94 | |
| 11 | Moderate | 28 | 42 | 56 | 82 | 281 | |
| 12 | Light | 19 | 28 | 38 | 55 | 188 | |

Franks says divide the weekly mileage by 6, double it for your long run one day a week and divide the remaining by 5 for your mileage on the other days. E.g. 24 miles divided by 6 = 4, therefore your long run is 8 miles, divide the other 16 miles by the 5 remaining days leaves a daily mileage of 3 miles per day. Frank says hold the mileage after week 12. (I'm toying with the idea of using this system starting from a very low base from August to January which is a lot longer that the author recommends. If I do manage to keep it going that long and it does cause

any problems I'll report it in a future issue).

Frank also says that within your weekly mileage you should include a hill run and a 5k or 3k speed session to boost your VO2 max. I'll include some 5k and 3k session ideas in next months article.

PG comments;

- Build Up – I'd be inclined to turn this into a 15 week program and do the mileage in weeks 2,3,4 as a build up to my first severe week, hence the weeks -3,-2 and -1.

Future Events

MAY

26 Fun Runners Mile, Worthing

JUNE

1 SDW Relay

8 Monday Social Run

12 Worthing 10k SGP (date to be confirmed)

20 Birling Gap Run (Thursday)

23 Heathfield Midsummer 10k SGP

JULY

6 Trailwalker 100k date to be confirmed

6 Adventure Race Ashdown Forest

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

- Low mileage – for those of us on the lower mileage in weeks 2,6, and 10 then there's the opportunity for three rest days that week, make the most of it.

- Double Training Days – as the mileage increases think about having one day when you train twice in one of the high mileage weeks.

- Rest, Quality & Strength work – make sure you include some of these elements particularly on the lower intensity weeks to ensure gains in all areas. See strength tips in last months news letter.

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Did you know.....

The sports shop in Heathfield High Street has a treadmill out the back that you can use when buying/testing shoes.

There's a very good sports massage specialist in Uckfield – Julian Tier, 01825-761517.