

Hawkinge Hurricanes RC

June 2017 News

SUMMER SUN AND RACE SEASON

Nothing beats the inspiration for getting fit for a race, be it your first 5K or aiming for a PB in a summer 10K – the draw of adding a medal to the collection and that feeling of satisfaction is too good to miss. However busy lives, work, family commitments and a bank holidays can throw you off your training plan. Have no fear because with a good base level of fitness you can have that race in the bag and supported by these easy rules that new bling will be yours 😊

1. **Aim for at least three runs per week** - Quality over quantity, running too much can lead to fatigue and injury so one longer run per week and two shorter but more demanding sessions such as intervals or hills are great and being time efficient it's easier to fit around a busy work day.
2. **Stretch, stretch, stretch** – no stretching before you run as stretching cold muscles can cause injury but it's worth spending time (at least 5 minutes) stretching those quads, hamstrings, glutes and calves at the end of each run (HH stretch sheets are available if you need).
3. **Add some low impact CV sessions** – variety is the best way to trick the body that it needs to adapt. By adding some low impact training such as biking, rowing, swimming or cross training gets the heart pumping but is easier on those weary muscle groups
4. **Rumble those routes** – changing your long run routes can boost fitness plus it keeps the mind stimulated. Make sure there is an incline in every route as hills improve fitness.
5. **Strength, core and conditioning** – you don't need that expensive gym membership using your own body weight is perfect, squats, planks, lunges, crunches, press-ups, and dips. Start off with low sets and low reps then build on intensity weekly.
6. **R&R**- if you're unwell especially with chesty symptoms or raised temperature then it's time to rest up, one or two skipped sessions really won't hurt.
7. **Last minute cramming** – might be good for an interview or exam but not in training. Throwing in extra runs close to your event can result in injury or fatigue so you end up on the start line over trained and weary.



Hawkinge Hurricanes Cardiomyopathy Race Day

Tuesday 20th June 2017

Registration: from 1800

Race fee: £5 (donations from FUNdamental athletes)

Prompt 1830 start

Race Headquarters – Princes Parade, Sandgate (CT21 5RZ)

Route: Flat, Promenade route

Distances: 5K ☺ (sub 30 pacers available) + 60-minute distance challenge

Prizes for: Challenge First Male, Challenge First Female, + Best Improver

Medals for: All finishers

Your safety is paramount but also your own responsibility. Advised NO headphones as route on public walkway. Marshalls will be on course for your support. Make sure you have a mobile phone in case of emergency

June Schedule 2017

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Venue</u>	<u>Notes</u>
Monday	5th	0900	HCC	
Monday	5th	1830	HCC	
Monday	12th	0900	Hythe swimming pool	South Road, Hythe
Tuesday	13th	1830	HCC	
Monday	19th	0900	HCC	
Tuesday	20th	1800	Hythe	RACE NIGHT
Saturday	24th	1000	HCC (£5)	Bootcamp
Monday	26th	0900	HCC	
Wednesday	28th	1830	HCC	

HCC = Hawkinge Community Centre