



# February 2019 Newsletter

## New Club Volunteer joins the Team

Welcome to Jacqui Traynor.

Jacqui will be returning gently over the next few months as she certainly has her hands full with gawjus twin girls Niamh & Orla

Jacqui will support qualified leaders

Support individual athletes as needed

And at club events. Jacqui has a wealth

Of knowledge as she is the Anti-Doping

& integrity Officer for British Rowing.



### Sunday 17<sup>th</sup> February

£5 per person – All proceeds to mind

### Reinden Woods

### Prompt 10am start

### Prizes for all hairy competitors



# FUNDAMENTAL

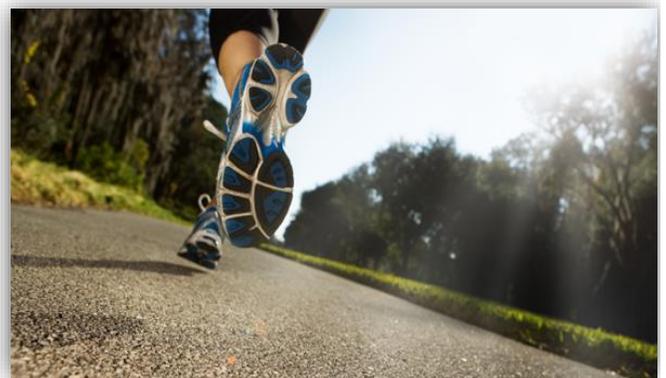
**Aylesham FUNdamental** Athletes are off to a great start and we have welcomed Teresa, Lisa, Beverley, Eleanor, Donna, Lisa R, Laura, Sam, Kira, Claire, Daniel, Yasmin and Joanne to the team 😊

**Hawkinge's next FUNdamental course** will launch on **Monday 22<sup>nd</sup> April 2019 @1830** from Hawkinge Community Centre.

**Kate** will be leading this 10-week program, supported by the team.

Please pass this on to family and friends

More info: [Sam@hawkingehurricanes.com](mailto:Sam@hawkingehurricanes.com)



Our **Club Mental Health Champions** will be offering a **1-mile Run N Talk session on**

**Monday 4<sup>th</sup> February @ 0900** from HCC

All welcome, please feel free to refer anyone you think may benefit

Don't forget as a Hawkinge Hurricanes Member you are more than welcome at any session at any site!  
All sessions are £3.00.

Aylesham Branch Schedule			
FEBRUARY 2019			
Date and time	Location	Session	Notes
Monday 4 <sup>th</sup> 1830	AWLC	Club + FUNdamental week 5	
Wed 6 <sup>th</sup> 1830	AWLC	Club Session	
Monday 11 <sup>th</sup> 1830	AWLC	Club + FUNdamental week 6	
Wed 13 <sup>th</sup> 1830	AWLC	Club Session	
Monday 18 <sup>th</sup> 1830	AWLC	Club + FUNdamental week 7	
Sun 17 <sup>th</sup> 1000	Reinden Woods	Dog Jog (dog not compulsory)	£5pp to MIND
Wed 20 <sup>th</sup> 1830	AWLC	Club Night TRAIL run, torches	a must! 5k distance
Monday 25 <sup>th</sup> 1830	AWLC	Club + FUNdamental week 8	
Wed 27 <sup>th</sup> 1820	DOYRMS	Club TRACK session for ALL	
Hawkinge Branch Schedule			
Date and time	Location	Session	Notes
Monday 4 <sup>th</sup> - 0900	HCC	Club Session + Mental Health Mile (all welcome)	1m, 4m & 6m options
Monday 4 <sup>th</sup> - 1830	White Horse PH	Club Session - followed by 3rd	Burfdaydrinks & cake
Monday 11 <sup>th</sup> -0900	Meet on Leas, near	The Grand Hotel	4m & 6m options
Monday 11 <sup>th</sup> -1830	HCC	Club Session	
Sunday 17 <sup>th</sup> -1000	Reinden Woods	Dog Jog (dog not compulsory)	£5pp to MIND
Monday 18 <sup>th</sup> -0800	HCC	Club Session	4m & 6m options
Tuesday 19 <sup>th</sup> -1830	HCC	Club session	
Monday 25 <sup>th</sup> -0900	HCC	Club Session	4m & 6m options
Wednesday 27 <sup>th</sup> -1820	DOYRMS	Club TRACK session for ALL	

Session cancellations due to weather conditions (ice) will be posted on FACEBOOK

# Why Runners Should Taper in The Weeks Before A Race

The most difficult part of any running training programme is to be in the best possible shape when you reach your event. Not only do you need to ensure that your running peaks at the right time, but you also need to taper to arrive fully recovered, fresh and without any feelings of fatigue.

Too many runners tend to work too hard in training during the two to three weeks prior to competition; doing too many miles or kilometres, or too many repetitions, or training at too high an intensity, either in their training runs or during their repetition's sessions, without the correct recovery.

In fact, all that you should be doing is easing back so that you are ready for the chosen competition. You need to reduce your training volume (taper) to achieve full recovery. Here's a closer look at the key factors for full recovery in the taper:

## Muscle Damage

If you're not sure if you as a runner should taper in the weeks before a race, then read on. By reducing training and in particular long or intense speed training sessions, you will arrive at your event with fresh legs.

Quite often marathoners and half marathoners find that it is their legs that give out in the latter part of a race. Starting with muscle soreness or muscle fatigue will increase the risk.

## Fatigue

By fatigue we mean general fatigue from lots of hard training over a prolonged period (ten weeks plus). A proper taper will give you some mental drive, a very necessary component to ensure that you can focus on your event and push hard in the closing stages.

Your central nervous system needs several days of light training as a minimum and the longer your build up the longer the taper needs to be to remove this. One way to do this without getting lethargic is to do wind sprints in the final few days. These are short efforts at or faster than your projected race intensity (PRI).

## Carbohydrate stores

Need convincing that runners should taper in the weeks before a race? Well, your body can only store a limited amount of carbohydrate in muscle (600g or so) and your final week should focus on maximising this. You therefore need to ensure that you do keep eating well. But you can overdo it.

If you have been training hard you will be eating more food than usual, so when you reduce your training in the taper, most athletes would be advised to keep their energy stores up by keeping the same eating patterns. This also follows the age-old rule of not changing anything close to your event. By also timing

your meals immediately (no more than 30 minutes) after your training, you will also ensure that you store less of your food as body fat and more as muscle glycogen.

### **Cardiovascular (aerobic) endurance**

Many of the adaptations to endurance training are rather permanent things like red blood cell numbers, the oxygen carrying molecule haemoglobin, blood capillary density in muscles and muscles cell mitochondria and oxygen carrying myoglobin don't change rapidly. That's good news if you want to cut back your training and freshen up.

This explains why you can do your last long run as much as a month before a marathon. Your body still maintains the benefit for up to 30 days. The key point here is that you should never be afraid to back off your long run. By reducing your training volume to a third of your highest level you can maintain your cardiovascular fitness for around eight weeks.

### **Cardiovascular speed**

Your taper must include speed work, but reduce this to limit muscle damage. If you have run a time trial of about 50 per cent of race distance two weeks before your event, you will need to do something hard eight days before, of around 25 per cent of race distance.

Six days prior to the event, remind your body with some shorter intervals, for example; 4 x 400m. You want to do just enough to maintain. Listening to your body and knowing when to quit a session is also important. Ask "is another repetition going to make me faster on race day." If not, warm down and go home.

### **Muscular endurance**

If you are properly rested and have maximised your energy stores and energy usage, the next potential slow down in a marathon is muscle endurance. Put simply, your legs die. Your taper needs to carefully ensure that you maintain these adaptations. You do need to do something of about a third your maximal muscle endurance around ten days out but also another smaller amount six days or so out.

For the ten days out from a marathon, a workout of 60 minutes including 50 per cent hills and several hill repetitions (say 8 x 400m) at PRI is key. Do this on grass to reduce muscle damage. This workout should feel mildly taxing on the legs but relatively easy in terms of available energy and cardiovascular effort.

### **Therapy and stretching**

Many athletes get a massage in the week before their goal event. Alternatively, contrast water therapy is where you take a hot shower or use a spa or hot bath and follow this with a cold shower, or plunge pool. There is little evidence on this subject, its whatever works for you. Finally stretching; the rule is, before exercise use active stretching and after exercise use passive stretching.

## QUIZ NIGHT

1st February



Virgin Mother of Good  
Counsel, CT21 5LS

- 7:30pm
- £5 per person
- Teams of 6-8
- BYO food and drink
- Kevin Daly quiz master

## DOG JOG

17th February



Reinden Woods,  
Hawkinge

- £5 per person & dog
- 1 lap = 2.2 miles  
2 laps = 4.4 miles  
3 laps = 6.6 miles
- Pay on the day

## HOEDOWN

9th March



Saltwood Village Hall,  
CT21 4PZ

- 7:30pm
- £12 per person
- BYO food and drink
- Entertainment,  
auction, raffle,  
optional fancy dress

# JULIE'S MARATHON FUNDRAISER

M  
52@60

## RAISING MONEY FOR MIND

*Text JUGI90 £3, £5 OR £10 to 70070*

*Visit [www.justgiving.com/fundraising/Julie-gibbs60](http://www.justgiving.com/fundraising/Julie-gibbs60)*

*Email [j.gibbs365@btinternet.com](mailto:j.gibbs365@btinternet.com)*

I am taking on the tough challenge of running two marathons in the same month as my 60th birthday, Manchester and London in April. It usually takes me a year to recover from running one marathon! MIND is an excellent charity which supports over 513,000 people by providing support to people with a wide range of mental health issues. I'm pledging to raise £2,000 for National MIND as well as Folkestone & District MIND for the tremendous work that they do locally.

