



## July 2019 Newsletter



Let's start with what we're trying to do. The aim of Active Root is to enhance your performance through **BALANCING**, **FUELLING** and **HYDRATING**. We believe that having a **BALANCED** stomach enables you to take on **FUEL** and **HYDRATE** more effectively. That means you perform better. We believe that if you want to have a calmer, more settled stomach, you need to use clean ingredients. That's why Active Root contains no chemicals or sweeteners – everything is natural

Available at Club Session for £1 per sachet 😊

A **HUGE thank you** to everyone who supported Hawkinge Hurricanes Running Club by using #easyfundraising last month. Together, we have raised £8 - and we can keep this going! Help us to raise **EVEN MORE** in July by using easyfundraising **EVERY** time you shop online. Over 3,600 different retailers will give us **FREE** donations at **NO COST** to yourself! To find out more, visit:

[Easyfundraising.org.uk/cause/hawkingehurricanes](https://www.easyfundraising.org.uk/cause/hawkingehurricanes)

**Well Done!**



Penalty Box® is a **complete body workout program** with over 119 Exercises based around a patented fitness product that is an **agility grid and hurdle all in one**. The Penalty Box® uses four squares to take the place of an agility ladder and easily folds into a hurdle

Every person gets their own Penalty Box® and goes at their own pace instead of a regular agility ladder where you would stand in a line and each person would go one at a time.

With Penalty Box® **everyone is working at their own skill level**. Intensity is up to you!!



Hawkinge Hurricanes RC now have a set of 6 PBF grids and they will be sneaking into club sessions and our monthly circuit training sessions. **Next Session Saturday 6<sup>th</sup> July 0900 @Hawkinge Village Hall**

## Club Schedules

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

**2019**

Date and time	Location	Session	Notes
Mon 1 <sup>st</sup> - 1830	AWLC	Club Session	
Wed 3 <sup>rd</sup> - 1830	AWLC	Club Session	
Sat 6 <sup>th</sup> - 0900	Hawkinge Village Hall	Penalty Box Fitness	All Welcome (£3)
Mon 8 <sup>th</sup> - 1830	Duke of Cumberland	Club Session	Barham, st parking
Wed 10 <sup>th</sup> - 1830	Duke of Cumberland	Club Session	Barham
Mon 15 <sup>th</sup> - 1830	AWLC	Club Session	
Wed 17 <sup>th</sup> - 1830	AWLC	Club Session	
Mon 22 <sup>nd</sup> - 1830	AWLC	Club Session	
Wed 24 <sup>th</sup> - 1830	AWLC	Club Session	
Mon 29 <sup>th</sup> - 1830	Bekesbourne Train Stn	Club Session	Train stn has parking fees so please use
Wed 31 <sup>st</sup> - 1830	Bekesbourne Train Stn	Club Session	Side streets

### Hawkinge Branch Schedule

Date and time	Location	Session	Notes
Mon 1 <sup>st</sup> July-0900	HCC	Club Session	EM to Lead
Tues 2 <sup>nd</sup> - 1830	HCC	Club Session	
Sat 6 <sup>th</sup> - 0900	Hawkinge Village Hall	Penalty Box Fitness	All Welcome (£3)
Mon 8 <sup>th</sup> - 0900	HCC	Club Session	
Tues 9 <sup>th</sup> - 1830	HCC	Club Session	
Mon 15 <sup>th</sup> - 0900	HCC	Club Session	
Tues 16 <sup>th</sup> - 1830	HCC	Club Session	
Mon 22 <sup>nd</sup> - 0800	HCC	Club Session	Trail Run
Tues 23 <sup>rd</sup> - 1830	Wear Bay Road	Parking near Old Pavilion	Not hills ☹️
Mon 29 <sup>th</sup> - 0800	HCC	Club Session	
Tues 30 <sup>th</sup> - 1830	HCC	Club Session	Trail Run

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

# How To Turn A 5k Into A Fast 5K

Most runners of all distances will tell you that they've had 'those' races, where you stagger across the finish line, silently furious with your time and yourself. A poor performance can occur for so many reasons - poor health, poor planning, poor execution, lack of training, too much training, the list is virtually endless. That said when you have run badly, it's important to analyse what went wrong and learn from any mistakes, especially when it comes to 5k races.

One of the first things to recognise if you are trying to break a particular time barrier for the 5k is that it is a uniquely challenging race distance because of the demands it requires. It certainly couldn't be categorised as a sprint but definitely falls within the category of endurance race, yet people expect to be able to run it quickly, no matter what distance they normally specialise in.

*To run a fast 5k you have to train specifically for the distance and improve your speed and anaerobic capacity.*

To run a fast 5k you have to train specifically for the distance and improve your speed and anaerobic capacity. To achieve that requires a training plan which should always include endurance, tempo and speed workouts.

The next step will involve an analysis of your race performance and what went wrong. There are always reasons for any kind of underperformance and sometimes it stems from an unrealistic expectation and inappropriate training. Be honest with yourself in an appraisal of what training you did and all the things you did in preparation for the race. Write it all down and then evaluate each aspect of your preparation and ask whether it can be improved. The answer is invariably yes!

## **Speed work and tempo runs**

Sometimes the simple unavoidable answer is that you just have to get used to running fast, a lot. Speed sessions and intervals are the only way to improve your overall speed and they will work, as long as they are combined with long runs to improve endurance and tempo runs to improve your lactate threshold and increase your VO2Max (oxygen consumption). Expert advice differs in terms of what kind of speed you need to be running in your interval sessions. The intervals themselves can be anything from 400m, 800m, 1km or even a mile (1.6km) with recovery periods built in. The length of the interval depends on what kind of time you're aiming for and how much running you've previously done, so choose a training plan that is appropriate for your aims and training requirements.

In terms of the speed, you definitely need to be running intervals at your 5k race pace, or even some experts suggest, faster than race pace. The theory behind running faster than your usual pace is simple. If you want a PB/PR you need to get used to running at a pace that you just aren't used to. The 5k is an event that is hard and will hurt, but if you train properly, you will run it so quickly, you won't notice the pain...

## **Hill running**

A lot of experts talk about the need for stride efficiency and that is something that will need work if you are to record a new PB/PR. This is where [hill running](#) comes in. Hills are fantastic intervals in themselves and the benefits they bring in terms of strengthening and stride efficiency are huge. You don't need to sprinting up them, but you do need to maintain a steady pace throughout. This will bring strength to your glutes, thighs, ankles, calves and hamstrings and remember, additional strength will also help prevent injury. Luckily we have plenty of hills on our training ground.

With stronger major muscle groups and increased leg power, your ability to run explosively and quickly for a sustained period is enhanced. You should also see an improvement in your running form and stride length, because to run up a hill successfully you have to lengthen your stride. The theory is that all of these factors should combine beautifully to make you a faster runner on the flat.

## **Long runs**

The long run is still an important part of training because endurance is vital. Running longer distances also helps with concentration and physiological improvements which all feed into successful 5k running. A body that is more effective in pumping blood and oxygen to the muscles is more likely to produce faster times.

## **Pace yourself**

The right pace at the start of the race is essential. No-one is advocating a sprint straight off the start line, but a lot of runners break their best times by setting off at a quicker pace than normal. If you are bold with your approach it can pay dividends. A study at the University of New Hampshire found that runners who ran a faster first mile (1.6km) than their usual pace, were much more likely to record a PB/PR than those who ran at their usual consistent pace throughout. It is something that is worth experimenting with in training to see how it affects you. Unlike longer distances like the half and full marathon which is all about aerobic ability and a consistent pace, the 5k is a test of anaerobic capacity and speed, which is why it hurts so much and is so difficult to get right.

**Practice makes perfect so hit that local Parkrun and aim for a storming finish 😊**  
**Our amazing Hawkinge Hurricanes Leaders are happy to pace you at Parkrun if you think that would help 😊**

