

Newsletter

Wednesday 21 October 2020

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This is the link to the running club webpage

<https://lingfieldrunningclub.co.uk/>



Trevor's Racing Round Up

Hello Everyone,

If all goes well this Saturday 24th October we should be participating in an East Surrey League Cross Country fixture at Lloyd Park, Croydon.

The organisers have issued special instructions which each club needs to adhere to so that everyone conforms with the strict Covid regulations. The number of competing clubs are just 9. The entry is limited to 9 ladies and 9 men from each club. All runners have had to be pre-registered. Each club has a designated area in which to assemble. They should remain in their area until they are called to the start line in small groups by an official in order to maintain social distancing. The only facilities available will be the toilets.

Our 2 new team captains who are **Fiona Champness** (Ladies) and **David Watkins** (Men) have worked hard to get full teams. A minimum of 4 ladies and 4 men are required. As far as I am aware we should have 6 ladies and 5 men taking part.

Wishing everyone good luck. Enjoy your runs and stay safe.

Another event taking place this coming Saturday is the Covid Secure Beachy Head Marathon.

I understand that the following of our members are taking part: **Lisa Compton, Sophie Mills, Sue Garner, Simon Mills, Brandon Webb, Andrew Hindmarch and Luke Davis.** I am sure there are probably more? If I have overlooked anyone could you please let me know so that I can give you a mention in next week's newsletter.

Also on Sunday **Nick Averre** is running in the rearranged South Downs 50 mile event. This is a route from Worthing to Eastbourne and is organised by Centurion Running.

Good luck to everyone who is taking part in these events.

I have details of 2 other events that have taken place recently. They are:

South London Harriers organised a track meeting at Coulsdon on Saturday 10 October. **Maggie Statham-Berry**, who has recently joined Lingfield Running Club, opted to take part in one of the six 3,000 metres races. Maggie finished in a very good time of 13 mins 47.37 seconds. All of the athletes from juniors to veterans who had taken part in the meeting were given age grading percentage. Maggie was very pleased to be given an age grading of 90.75 per cent which was the second highest of the day. Well done Maggie.

David Nottidge was also in action last Sunday. He went to Ashford in Kent to take part in the Woodchurch 5 mile race that was organised by a sports promotion company called Nice Work from Rye in East Sussex.

The race was covid secure with runners starting at intervals. It was described as an undulating course along rural lanes.

The race was won by Louis Small of Ashford AC in a very good time of 25.28. The Ladies winner was Shannon Hopkins-Parry of Hy Runners in 33.51.

David has another good run to finish in 63rd place out of the 139 finishers in a time of 41.10. Well done Dave.

If anyone is competing this weekend in other races of which I am unaware please let me know how you get on so that I can give you a mention in the next newsletter.

Have fun, stay safe and enjoy your running.

Trevor

Messages from the Committee

AGM

In a normal year, the club AGM is held in April, after our financial year ends.

Due to the unforeseen circumstances of Covid this year, the committee decided to wait until a situation arose whereby 30 people could be in the same room and we could hold the AGM safely.

During the summer, it appeared like October would be a good opportunity, but as cases have continued to rise and more stringent measures have reappeared, this now looks highly unlikely.

We have discussed holding an AGM via Zoom, but it was felt that this would be unwieldy and difficult to deliver.

Therefore, the committee have taken the decision to delay any AGM until April 2021, when hopefully conditions allow.

The club finances were published last month and the committee will continue to work in an acting capacity, until the AGM where we can be voted into our posts officially.

Award Presentations

We have a few awards that are normally handed out at the AGM to distribute. We are in the process of getting the trophies/shields back from the current holders, getting them engraved and then we'll hand them out to the new winners.

Committee Minutes

We hold committee meetings every two months or so and the minutes for the meetings can be found on the club website.

Thank you to Graeme Bennett for keeping the club website up to date.

Membership

We currently have 179 paid members of LRC. Numbers are down this year, primarily because we were unable to run a couch to 5k this spring

Virtual races

Huge thank you to Lisa Compton for organising so many virtual races to keep us competitive.

Currently the 3-team, 2 hour challenge is our latest virtual race, to be closely followed by a virtual Dennis Crowhurst race.

We are looking at ways in which we might be able to run the Christmas Handicap as an actual race, in a Covid-safe environment, taking learnings from other races that are going ahead.

More details will follow.

Committee positions:

We are asking for volunteers to cover 3 posts from next April. President, Chairman and Membership Secretary.

Each position is held for 3 years.

If you are interested or even a little curious, please feel free to chat to any committee member.

LRC Club Coaching Sessions

The booking system works on a first come, first served basis and will also create a "wait list" should someone drop out. The sessions are free despite the system saying

tickets will be on sale 

We're back at Imberhorne School 6:45pm-8pm.

Link to next weeks (28th) coaching session - Dave Worsell in charge and he plans a hill session so make sure you have Hi-Viz gear

<https://www.eventbrite.co.uk/e/126041378155>

Coach Roche's 8 Favourite Hill Workouts

Hill workouts can lead to adaptations for muscular endurance and the aerobic system.

DAVID ROCHE OCTOBER 19TH, 2020

[\(Link to full article is below\)](#)

Hill intervals are mirrors. They reflect back what you see in yourself.

Mix in just enough flat running for neuromuscular and biomechanical adaptations to fast paces (which varies on the athlete and their goals), and it's a chain reaction of awesomeness. It's like when one person starts dancing at a wedding, then another starts dancing, and another, just in your cells.

The Shark Teeth

8 x 1 minute steeper hills moderately hard with 2 minutes easy/moderate recovery

This is a good workout when you're early in a training cycle, or have some residual fatigue built up later in training. The steeper hills call on every muscle fiber, while the [easy/moderate float recovery](#) works lactate clearance. In 24 minutes, you can get a major stimulus with less fatigue the next day.

The T. Rex

6 x 2 minute hills moderately hard with run down recovery after each, followed by steady running on tired legs

Two-minute hills allow you to push without having to worry about hitting the wall too much. Many athletes say that the [steady running](#) after the hills can counter-intuitively feel easier, which may be related to cool processes like the central governor. Or it could be more simple, your brain deciding that anything is better than hill intervals. This workout is great for any part of the training cycle, since the steady running provides an endurance stimulus on tired legs. It's called The T. Rex because it's vicious and has a long tail.

Corrine's Hills

5 x 3 minute hills moderately hard with run down recovery after each

If I could only give one shorter workout for the rest of my coaching life, it would be this one. Almost every athlete we coach has seen it many times over, a perfect balance of difficulty, power demand and aerobic stress. Your ticket to an existential crisis in 30 minutes or less! Get through it, and you come out resilient and faster.

The Fast And The Spurious

1/2/3/2/1 minute hills moderately hard to hard with run down recovery, followed by 4 x 1 minute faster on flatter ground

A classic [combo workout](#) combining the normal muscular demands of a hill workout followed by the speed demand of flatter running. It's great to do as a bridge to flatter workouts, or you can add combo elements like 1 minute intervals at the end of any hill workout.

The Quad Blaster

5/4/3/2/1 minute hills moderately hard with run down easy/moderate recovery, followed by 4 x 30 second steep hills hard

Nice Legs Finish Blasted

4 x 2 minute hills moderately hard with run down recovery, 4 x 1 minute hills hard with run down recovery, 4 x 30 second steep hills all out

These two workouts are purely designed to ask everything of your muscles, making them perfect mid-cycle stimuli to kick up fitness. At the end of the 30-second intervals, you'll likely feel like you are running in radioactive sludge. That's a good thing. Right?

Lizzo's Tempo

15-30 minute hill moderate to mod/hard, 5 minutes easy, 6 x 1 min hill hard with run down recovery

Longer hill [tempo](#)s are a staple of our athletes' training plans, particular in the context of long runs. Twenty minutes is a sweet spot where you can push lactate threshold without deciding to quit running (or [going too hard for optimal adaptations](#)). Tag on some hard hills to get the higher output that is difficult on tempos, plus a lactate clearance stress. Do hill tempos mid-training cycle and later, after you have developed your running economy enough to be efficient. Adaptations are optimized if you listen to "Tempo" by Lizzo.

THE HILL BEAST

10/8/6/4/2 minute hills moderately hard with run down recovery after each

The Hill Beast is reserved for the most hardy souls, like multiple-time Golden Trail Finalist [Meg Mackenzie](#), who is the original hill beast the workout is named for. It's saved for 10 to 20 days before steep trail and sky racing. The goal? Survive. Do that, and you'll find the big hill workout secret.

After you finish, you aren't just a bit of a different athlete. You're a bit of a different person.

David Roche partners with runners of all abilities through his coaching service, [Some Work, All Play](#). With Megan Roche, M.D., he hosts the [Some Work, All Play podcast](#) on running (and other things), and they wrote a book called [The Happy Runner](#).

Link to the full article

<https://trailrunnermag.com/training/coach-roches-8-favorite-hill-workouts.html>



