

# Dynamic Running Trail Running Squad, 19 January – 23 May 2021

The aim of the squad is to build on your established running program and support you through to your first or next A-grade race. Sessions include speed work (interval training, fartlek, tempo runs), hill training, long slow distance runs and races.

## Dynamic Running Events in April to June

Sun, 18 April	<a href="#">Dynamic in a Dress Series, Race 1 of 3</a>	10km or 21.1km
Sun, 20 June	<a href="#">Dynamic in a Dress Series, Race 2 of 3</a>	10km or 21.1km
Sun, 23 May	<a href="#">GBRMG Road Races</a>	10km, 21.1km, 42.2km

## Mandatory requirements

- [Registered for the Squad online](#)
- Attend the Kick off meeting on 17 January 2021\*
- Fit and ready to go on 19 January 2020 – you must be able to run 10km (in under 1 hour 10 minutes) at the start of the program.
- You must be running 3-4 times a week, at least 5-10km per session.

\* If you missed the Kick off meeting, you'll need to catch up with Lorraine in person or on the phone.

## What you get

- Training program – if you want one. These programs are available free of charge for anyone who would like it. You don't need to be a Squad member to access it.
- Group training on Tuesday and Thursday mornings – Exclusive to Squad members
- Long runs or races on weekends. You don't need to be a Squad member to access this.
- Access to the 'The Next 21 Days' Facebook group
- Lorraine's Squad Training Guide
- Pep talks – Exclusive to Squad members
- Teal squad training singlet (optional extra) – Exclusive to Squad members
- Weekly email updates – Exclusive to Squad members

## Cost

\$100 (+ \$3.50 rego fee) for Squad only – Dynamic Running club members receive a 35% discount, or can sign up for the Season Pass, which includes the Summer Squad

\$45.00 (+ \$1.85 rego fee) for teal singlet

*Note that the squad payment does not include entry into any of the events on the Dynamic Running calendar.*

## Kick-off Meeting: After Clifton Beach race on 17 January 2021

**Start: 8.30am**

**Venue:** L'Unico Trattoria Italiano, 75 Vasey Esplanade, Trinity Beach

1. Welcome, introductions
2. Your goal – what do you want to achieve?
3. Expectations - To participate in the squad, the expectation will be that participants support each other and attend training sessions. If you can't commit to being part of the group, then please don't sign up for the squad! We are only taking 15 participants (although that number may vary, depending on demand), so we need everyone on board and committed to reaching their end goal.
4. Training programs are available, or participants can supply their own or design their own.
5. Training options – where do you fit in? – we will do technique training, hills, tempo running, pace training, fartlek and races. Participants must decide what they want to participate in, but the Squad only works well if we can get as many people together in one spot as possible. For example for the long runs on the weekend, everyone will be expected to join in at the location set for that week. The distance you do will depend on your training program.
6. Singlet design –Exclusive squad singlets are available to squad members only and will be distributed in March.
7. Weekly training sessions – when/where?
  - a. Monday afternoons – join us for a walk/chat. Normally in Stratford, Brinsmead or Whitfield
  - b. Tuesday and Thursday mornings (5.15am – 6.45am)
  - c. Wednesday – Runners' Clinics (3 Feb – 3 March and or 21 April - 19 May)
  - d. Friday pm – casual run/walk on the Esplanade
  - e. Saturdays (6.30-8.00am) parkrun. Join us for a coffee at LaPizza after the run.
  - f. Sundays – long runs or races with Dynamic Running club members and other participants. These will be held at different locations.
8. Pep talks. Tuesday and Thursday mornings, 5.15-5.30am. This will be important for those that have not done the squad training before, and for those who want some motivation or inspiration. A Zoom session will be set up for those who can't make it in the mornings.

### Top Tips

There's lots of information in **Lorraine's Squad Training Guide**, but here are a couple of fundamental tips that will get you to the start line of your race – AND through to the finish line so you can collect your medal:

- Enjoy yourself. Don't overthink things and don't get too obsessed about your training.
- Make sure you pick and follow a training program that is right for YOU. Consider your age, fitness, health, family and work circumstances.
- Life will happen, but the date for Race Day will not change! You may get sick, have to travel (ha, ha, ha) or deal with a family emergency. Don't stress, things will work out if you've put in the work.
- Follow your training program. Run for distance or run for time – whichever comes first. For example, if the program says to do 21 (180), you either run 21 kilometres or you run for 3 hours.
- **Recovery is essential**, and more so if you are an older runner.
- Run with proper form. Do the technique training if you want to learn how to run efficiently.
- Concentrate on getting **time on your legs**.
- Use your long runs to imitate what you will do on race day. Join in with others to do this, it's fun and you'll achieve more than you could imagine.
- Enlist your family or friends to support you – get them to volunteer at the race or be your support crew.

**WARNING:** Novice runners need to be careful in interpreting how advice from veterans applies to them. A veteran may sincerely say ‘this works for me’, and since the vet has the physiological adaptation, it does work and seems pretty easy. The novice, without much adaptation, may find that the practice doesn't work for them. Growing and learning what works for you is part of the journey.

Once you get out there and do your race, you will soon realise that, despite everything you’ve read and been told, you still need to ‘figure things out for yourself’. Enjoy the challenge and grow.

You can count yourself lucky and tick off having completed your race when you:

1. finish the race
2. don't get injured
3. had some fun and made new friends along the way

## 2021 Dynamic Running Squad Training dates and topics

Talks/Training		When and Where
<b>Kick-off meeting</b>		L’Unico, Trinity Beach after the Clifton Beach race, 17 January 2021 at 8.30am
<b>Group training</b>		Monday arvo walk, Tuesday and Thursday morning 5.15-6.45am, Friday arvo run/walk; parkrun on Saturday mornings, long runs/races on Sundays
<b>Proposed Pep talks Tuesday morning 5.15-5.30am</b>		
1	Breath	
2	Training principles	
3	Tempo running	
4	The long run	
5	Pacing and Effort	
6	Speed work	
7		
8	Hills	
9		
10		
11	‘Race pace’	
12		
13	Strength	
14		
15	Endurance	
16	Race knowledge/tactics	
17	Tapering	
18	Race day	
<b>Proposed Pep talks Thursday morning 5.15-5.30am</b>		
Developing good habits / Mindfulness / Mental toughness / Grit / Recovery / Sleep / Enlisting the help of others / etc.		

Workshops		Date/Location/Guest speaker
	Training phases & how to design your own training program	Saturday after parkrun, 30 January 2021, Eat Street café
	Yoga session	February Saturday 12.00-1.00pm. Date TBC
	Rest and Recovery	7 March 2021, Sunday after long run, La Pizza
	How to look after your feet / shoes	Saturday, 3 April 2021, Group session – bring your own chair and a bucket for your feet! 17 Hudson Street
	Nutrition	The Source Bulk Foods – April, TBC
	Injury prevention	Any suggestions? e.g. physio or local sport's doctor
	Heart Rate; Training guides: Heart rate monitors, GPS watches	Guest speaker: Grant Moulang - TBC
	Foam roller session	Any suggestions?
	Podcasts	Zoom session – bring something to share
	Women running	Secret women's business session
	Debrief / Celebratory Dinner	End of May

## Important Dates

	Group training	<a href="#">Dynamic Running Group Training, Fri 31 Dec 2021 at 17:30   Race Space</a>
Sun, 17/01/2021	Clifton Beach, Series 1, Race 1	<a href="https://www.racespace.com/au/dynamic-running-ltd/clifton-beach-series-1-race-1-of-2">https://www.racespace.com/au/dynamic-running-ltd/clifton-beach-series-1-race-1-of-2</a>
Sun, 17/0/2021	Summer Squad Kick off meeting	
19 Jan – 23 May	Summer Squad	<a href="#">summersquad, Sun 23 May 2021 at 05:30   Race Space</a>
Sun, 14/02/2021	Clifton Beach Race/Run, Series 1, Race 2	<a href="#">Clifton Beach Series 1, Race 2 of 2, Sun 14 Feb 2021 at 06:00   Race Space</a>
3 Feb - 3 March	Runners' Clinics ( 5 sessions)	<a href="#">Runners' Clinics #1, Wed 3 Feb 2021 at 06:00   Race Space</a>
Sun, 28/02/2021	Rare diseases fun run/walk	<a href="https://www.facebook.com/events/1496184167203650/">https://www.facebook.com/events/1496184167203650/</a>
Sun, 28/03/2021	Paws on the Path	<a href="https://www.racespace.com/au/dynamic-running-ltd/paws-on-the-path">https://www.racespace.com/au/dynamic-running-ltd/paws-on-the-path</a>
Sun, 18/04/2021	Dynamic in a Dress Series, Race 1 of 3	<a href="https://www.racespace.com/au/dynamic-running-ltd/dynamic-in-a-dress-series">https://www.racespace.com/au/dynamic-running-ltd/dynamic-in-a-dress-series</a>
21 April - 19 May	Runners' Clinics (5 sessions)	<a href="#">Runners' Clinics #2, Wed 21 Apr 2021 at 06:00   Race Space</a>
Sun, 9/05/2021	3M3D training run #1	<a href="https://www.facebook.com/events/111826247335911">https://www.facebook.com/events/111826247335911</a>
Fri, 21/05/2021	GBRMG Trail Races	<a href="https://gbrmg.com.au/sports/running">https://gbrmg.com.au/sports/running</a>
Sat, 22/05/2021	Douglas Dash	<a href="https://www.racespace.com/au/dynamic-running-ltd/douglas-dash">https://www.racespace.com/au/dynamic-running-ltd/douglas-dash</a>
Sun, 23/05/2021	GBRMG Road Races	<a href="https://gbrmg.com.au/sports/running">https://gbrmg.com.au/sports/running</a>

## Dates and locations for long runs

Check our Dynamic Running Facebook page on a Friday/Saturday for updates on long runs

Date	Long Run location
24/01/2021	Brumby's 5-ways, Edge Hill - Circuit/out and back
31/01/2021	Goomboora Park - Out and back
7/02/2021	Café Matteo – Canal Run Out and back
21/02/2021	Limberlost to Lake Placid - Out and back/circuit
7/03/2021	La Pizza, Esplanade
14/03/2021	Freshie Loop start/finish The Palms, Aeroglen
21/03/2021	Training run #1 Redlynch
4/04/2021	Barron Gorge from Lake Placid
11/04/2021	Training run #2
25/04/2021	Training run #3 Botanical Gardens to Glenoma Park
2/05/2021	Trinity Beach to Palm Cove -Out and back
9/05/2021	Training run #4
16/05/2021	Muddies, Esplanade

## List of Squaddies signed up or interested

	Name		Kick off meeting	Registered online?	Target event/s
	Lorraine	Lawson	YES		GBRMG Marathon, Comrades, 3M3D, K2PD
1	Louise	Bernstein	YES	Yes	70.3 half marathon, June
2	Tara	Diversi	No	Yes	??
3	Morag	Goodinson	YES	Yes	Brisbane marathon, June
4	Annie	Hayes	No	Yes	n/a
5	Leigh	Howser	YES	Yes	GBRMG Half marathon, 3M3D CM
6	Clifford	Jones	YES	Yes	S.R.U 105km, August
7	Nadia	Mead	YES	Yes	3M3D, K2PD
8	Kate	Montgomery	YES	Yes	Dynamic in a Dress Half
9	Elizabeth	Rogerson	YES	Yes	3M3D CM
10	Kalyra	Thompson	No	Yes	??
11	Leith	Wallace	YES	Yes	70.3 half marathon, June
12	Irene	Williams	YES	Yes	GBRMG Marathon
13	Margie	Shearer	YES	Yes	??
14	Joanna	Fack	YES	Yes	K2PD
15	Liz	O'Connor	YES		3M3D
16	Tamara	Buhagiar	YES		Half marathon, June
17	Nigel	Cook	YES		Half marathon
18	Carola	Tickell	YES		Spartan, Sunshine Coast
19	Faith	Atkins	No		??
20	Lyn	Haltiner	No		??
21	Anette	Becker	No		??
22	Rhonda	Zeylmans	No		??
23	Di	Batty	No		??

## Which training guide do I use?

### Half Marathoners

Novice 1 / Beginner	Novice 2	Intermediate / Experienced runner
<ul style="list-style-type: none"> <li>• If you are a beginner runner</li> <li>• If you run 6-7km 3-4 times a week</li> <li>• If this is your half first marathon</li> <li>• If you have been running for the past 1-2 months</li> <li>• If you have 12-15 weeks to train</li> </ul>	<ul style="list-style-type: none"> <li>• If you have done a ½ marathon before</li> <li>• If you have been running consistently over the past 2-3 months</li> <li>• If you are able to comfortably run distances between 5-10km, 3-5 times a week</li> <li>• If you are an experienced runner, but you are looking for a (relatively) gentle way to prepare for the 21.1km</li> </ul>	<ul style="list-style-type: none"> <li>• If you have done a ½ marathon before or</li> <li>• If you have previously completed a Novice program</li> <li>• If you have been running consistently over the past 3-4 months</li> <li>• If you are ready to increase your mileage</li> <li>• If you are running 5-12 km 3-5 times a week</li> <li>• If you want to do speed work.</li> <li>• If you do tempo runs</li> </ul>

### Marathoners

Just want to finish	Novice	Advanced
<ul style="list-style-type: none"> <li>• If you are a new or first-time marathoner or</li> <li>• If you have done a ½ marathon or even a full marathon.</li> <li>• If you have been running consistently for the past 1-3 months</li> <li>• If you are able to comfortably run distances between 5-10km</li> <li>• If you are running 20-25km per week</li> <li>• If you are training 4-6 days per week</li> </ul>	<ul style="list-style-type: none"> <li>• If you have run a marathon or half-marathon or</li> <li>• If you have been running consistently for the past six months</li> <li>• If you are ready to increase your mileage</li> <li>• If you are running 25 – 32km per week</li> <li>• If you train 5-6 days a week and you do tempo runs.</li> </ul>	<ul style="list-style-type: none"> <li>• If you have run a marathon under 4 hours</li> <li>• If you train consistently throughout the year.</li> <li>• If you are ready to increase your mileage</li> <li>• If you are running 32 – 40km+ per week.</li> <li>• If you train 5-7 days a week and do intervals, hills and tempo runs.</li> </ul>