

# Ex-Hausted

Volume 8

January 2004

Exmouth Harriers AAC



Yes, its that time of year again, New Year's Resolutions made and broken, plans for races in 2004 being made and less than 70 days to the Grizzly, which means about 100 days to London.

But it should also be a time for reflection on 2003, what was good, what was bad, and what you just don't want to think about. Try and remember what you did just before you got injured for the umpteenth time, and what you did just before that PB.

The Harriers have had a strange year, Starting on a high at Bicton for the South of England Cross Country, which will no doubt be talked about this year when the event returns to its "normal" venue of Parliament Hill.

Summer saw the Sykes 10k and its usual place as a premier event In the South West, followed by the demise of the Palmers Half Marathon, I was unfortunate enough to be at the Club House on the morning of the event, and had to break the news to one poor gent who had travelled from Wales on the Train just for the event, an experience I hope I never have to repeat.

November saw the most monumental change I have experienced since joining the Harriers 10 years ago, Our beloved Chairman Roland stepped down, when I heard the news, I just could not believe it, for me Roland was the Club, and everything it stood for.

Roger Rowe was duly elected as New Chairman, and we all wish him well.

The year was drawing to a close, and once again we were back at Bicton, this time for the Bicton Blister, if we are not careful we could end up being the "Bicton Harriers". A great event with an ever increasing following, that bodes well for the future of the event.

The final activity of the year was the Christmas bash, smaller numbers than usual did not dampen the event, that again proved we can let our hair down sometimes. The highlight for me was the presentation of the Chairman's award, which was the last official act by Roland, and the look on Jon Bamsey's face said it all.

Well that about rounds up my whistle stop tour of 2003. I hope you all receive everything you wish for in 2004.

Bob.



Dave Stone and Dave Bedford (oops) before the start of the 2003 Bicton Blister.

# Pertemps Devon Grand Prix 2003

Cathy Newman	Exmouth H	V40	499		500		500	500	500	500	500		3499
Caroline Hewitt	Tiverton H	V35	500	500			499	499	499		498	500	3495
Nicola Hill	Newton A	V35	496	496		499	496	495		499	495		3476
Kay Fowler	SDAC	V40	488	491	497	493	489	491	495	493	491	492	3452
Sue Hewings	Newton A	V35	490	486	490	488	483	494	496	490	490	495	3445
Hilary Collins	Exeter H	V45	487	484	496	494	485	486	493	486	488	483	3430
Lynda Sloman	SDAC	V50	484		489		481	485	491	482	485	489	3405
Dawn Teed	Exmouth H	V40			491	487		490	490	485	484	478	3405
Tina Caunter	Teign-bridge T	V45	480			490	486	489		488	483	486	3402
Eileen Severn	SDAC	V50	471			476	478	480	487	471	476	479	3347
Susan Levene	Axe Valley H	V50	461	449	486	469	470	472	486	469	463	461	3315
Pat Edmonds	Axe Valley H	V50	443	438	484	449	462	466	482	462	464	459	3279
Dave Severn	SDAC	SM	492		500	498	495	486	496		495	499	3475
Hugh Marsden	Exmouth H	V40		#	496	489		488	493	493	492	498	3457
Martin Shapland	Tiverton H	SM	484	487	483	496	491	487	497	491	494	497	3453
Peter Monaghan	SDAC	SM	495		491	497	490	490	495	490		494	3452
Andy Jones	SWRR	SM	494	494	490	490	487	485	492	489	490	496	3446
Ian Langler	Dawlish C	SM	489	486		469	479	483	490	485	493	495	3421
Richard Selby	Exmouth H	V50	490	#	484		473		491	495	479		3402
Paul Thomas	SWRR	SM	437		493	491	485	492			490	490	3378
Kerry Roberts	Tiverton H	V40		462	481		459	481	489	482	480	488	3363
Roger Rowe	Exmouth H	V55	485		482	470		479	487	479	462		3344
Andrew Johnson	Exmouth H	V40		#	476	467			488	480	470	481	3321
Peter Bunyan	Dawlish C	V50	439	417	458	444	452	467	482	457	465	465	3246
Clive Gillman	SDAC	V50	442	421	453	435	438	444	472	445	434	444	3138
John Drennan	SDAC	V45	411	366		402		428	471		426	420	2924
John Donovan	Torbay	V45	388		440	386	413			405	412	424	2868

As you can see Exmouth Harriers were very prominent with 5 prize winners, all of whom were very happy with their prizes, so lets see if we can make it even more in 2004!!

## EXMOUTH HARRIERS

### THE ALTERNATIVE TUESDAY TRAINING ROUTES – January to March 2004

**INTRODUCTION :** The basic concept driving this alternative training programme is to accommodate members varying abilities & training needs. The group will leave the Clubhouse at 7pm prompt. The training route selected for the evening should be run at a steady group pace. The programme will operate on a 3 weekly cycle of a steady run, a hill session and a speed session. Those who choose not to do either the speed or hill session, on any given date, can run the specified route at their own preferred pace

**ROUTE A:** approx 4 miles  
The Colony – Exeter Road – Rivermead Ave – Pound Lane  
Withycombe – The Colony – Clubhouse.

Hill training session – Pound Lane – 2 sets of 3 x 250 metres with walk back/jog recovery. 4 minutes rest between sets. Start opposite MPS showroom & finish opposite Exmouth Lawn Mowers.

**ROUTE B:** approx 4¾ miles  
Victoria Road – Seafront – Maer Road – Douglas Ave – Cranford Ave – Elwyn Road – Salterton Road – Rolle Street – Clubhouse.

**ROUTE C:** approx 4½ miles  
The Colony – Withycombe – Brixington Lane – Pines Road – Jubilee Drive – Marley Road – Hulham Road – Exeter Road – The Colony – Clubhouse.

**ROUTE D:** approx 3 miles  
Victoria Road – Seafront – Maer Road – Douglas Ave – Rolle Street – Clubhouse.

Hill training session – Maer Lane – 3 sets of 4 x 125 metres with walk back/jog recovery. 4 minute rest between sets. Start at 1st lamp post & finish at 4th lamp post.

**ROUTE E:** approx 4½ miles  
Victoria Road – Seafront – Carlton Hill – Rolle Road – Douglas Ave – Bradham Lane – Withycombe – The Colony – Clubhouse.

Hill training session – Bradham Lane – 3 sets of 4 x 75 metres with walk back/jog recovery. 4 minute rest between sets. Start at street light on wooden pole just up from Lovelace Crescent & finish at 3rd lamp post.

**ROUTE F:** approx 4¾ miles  
The Colony – Exeter Road – Rivermead Ave – Pound Lane – Bradham lane – Salterton Road – Rolle Street – Clubhouse.

**ROUTE G:** approx 3¼ miles – Rolle Street – Rolle Road – Douglas Ave – Elwyn Road – Salterton Road – Claremont Grove – Withycombe Road – The Colony – Clubhouse.

Hill training session: Marlpool Hill – 3 sets of 4 x 100 metres with walk back/jog recovery. 4 minute rest between sets. Start at bottom of the old Marlpool Hill (which is now a service road) & finish just before the entrance from the main Marlpool Hill.

**ROUTE H:** approx 6 miles – The Colony – Exeter Road – Hulham Road – Marley Road – Jubilee Drive – Dinan Way – Valley Way – Dinan Way – Salterton Road – Rolle Street – Clubhouse.

**NOTE ON SPEED TRAINING ROUTES:** approx 3 miles

The speed training sessions will utilise Royal Avenue for the 5 x 400 mtrs, 6 x 300 mtrs, and 8 x 200 mtrs. The Victoria Road and Langerwehe Way circuit will be used for the 6 x 250 mtrs. The sessions should be preceded by a set of leg speed drills (strides, skipping, high knees, heel flicks) and upper body drills (to mobilise arm, shoulder and chest muscles) all done in the Shelley Drive area. Warm up jog (before the drills) and warm down jog (at the end of session) is part of the total training. A map showing the distance marker points is in the club room folder. One should take care not to get cold during the recovery period between sets.

#### NOTE ON HILL SESSIONS

One can tackle these in various ways:

1. Take the whole route at a steady pace and just do 1 set of hills at around 10K race pace.
2. Take the whole route at an easy pace and do 2 or 3 sets of hills at some where around 85% – 95% effort.
3. The recovery time between each hill can be adjusted by using walk back or jog back according to effort put into each hill.
4. One should take care not to get cold during the recovery period between reps and sets.

Maurice Ault 17<sup>th</sup> December 2003.

### Tales from Down Under

Left Auckland last Monday where incidentally I went up the Sky Tower for a posh meal where the restaurant revolves with my cousins which was pretty cool. A last bit of luxury before continuing on the backpacker budget. I have worked my way down the East coast from Brisbar through Surfers Paradise and Byron Bay. I am currently a place called Newcastle. It is really hot here with lots of Surfing.

I am off to Sydney tomorrow where I will spend the next days. I plan on doing the Sydney Harbour Bridge Climb whilst there.

It is getting very busy and couldn't get any accommodation for New Year so will be spending it in Melbourne instead. I might get a job there to sit out the hottest couple of months before heading to the other parts of Australia. It has been unseasonably wet over here until yesterday and rained for the last week all the way down from Brisbane

It doesn't feel like Christmas over here. There are some decorations but you can't take them seriously unless it is dark and raining and cold. I think I will just be missing it this year.

All the best.  
Enjoy your Christmas Parties.

Anthony Hatchard

**The Run/Walk Plan**  
**Training schedule for walking or running your first fun**  
**run/race.**  
**(Or to return from serious injury)**

**Week One:**

Not currently running? Walk briskly for two to three miles, four to five days a week.

When you can walk three miles in an hour, without getting severely short of breath, it will be time for interval training.

**Week Two:**

Previously sedentary? If you've made it to three miles of walking in under an hour, four times a week without aches and pains, start your interval training. After your first mile of walking, alternate 50-100 yards or 100 meters of gentle running. No gasping for breath. You are not sprinting for the bus. The cardiac unit staff is not following you in an ambulance! Run slowly; land gently; then walk 100 yards. Run too fast and your exercise will be finished for this year: you will be back on the sofa. Run walk your middle mile on three walks a week. Your fourth and additional sessions can remain walks.

**Week Three:**

Retired sloths can move to the next level. Walk half a mile warmup, then do two miles of alternating walk runs of 100 to 200 yards or meters. Do at least one of your walk runs on grass or dirt trails.

Add an additional mile to one of your sessions. If you are one of the millions overweight, write down your food and fluid intake for a few days, then find your wasted calories.

**Week Four:**

Begin hill training.

On one of your walk runs, try several runs or brisk walks up a gentle slope; run down a few also while practising landing softly.

Grass or dirt trails work well for this session. Change one session to half mile runs alternating with 220 yard or 200 meter walks. This will force you to run at a sensible pace. Incorporate a small amount of running into that fourth walk. Add another mile to your long session of walk run; add it as brisk walking if you need to.

**Week Five:**

Add mileage this week. Aim for three sessions of 4 miles and one of 6 miles.

**Week Six:**

Repeat last week, but consolidate by doing a little less walking and a little more running.

**Week Seven:**

You're seeing the health and fitness benefits of regular exercise, so you have two goals this week.

Add a mile to two walk runs to give yourself 20 per week. 4, 4, 5 and 7 is ideal. Practice running

for two miles at a time on two occasions this week. Pace judgement is vital.

Adjust your running speed to the temperature, humidity and terrain.

**Week Eight:**

Take a leap of faith. After about 8 times 100 yards of gentle running in the early part of your 7 mile session,

run four miles non stop at easy pace. 30 second water stops are OK. Run walk the last section.

Stride a bit faster up the hills in one of your other sessions.

**Week Nine:**

Fully consolidated at 20 miles per week, you may be doing more running than walking by now.

You have at least a 4 mile run, a series of half mile runs, and numerous strides of 100-200 yards or meters.

Keep everything relaxed while developing efficient running form.

**Week Ten:**

Half way to the 10K, therefore it's time to run a 5K. Cut your mileage to 12-15 miles. Reduce that 7 to a 5.

Two miles of continuous running would be ideal.

Many of you will be doing minimal walking by now, but ease back by walking the first and last half mile of each session.

On race day, arrive early to register. Start your warm up with a half mile walk and some stretching.

Done mostly running? Warm up with a mile of running, then stretch.

Line up close to the back of the other entrants, and run the first half mile slowly.

Then it's time for some of you to walk 200 yards before running again.

Pace it right, and most of you will run the whole way. Each mile should take you the same time.

Run 11 minute miles for those 2-4 mile training runs, and 10 minute mile pace for those half mile efforts? Ten to 10.5 minute miles will be about right for 5K or 3.1 miles. Don't sprint at the finish.

If you are feeling fresh at 2 miles, pick up the pace slightly, and enjoy the thrill of a long sustained drive to the line.

Walk a half mile or so after the race, stretch, then rehydrate and enjoy the day.

An extract from [www.runnersworld.com](http://www.runnersworld.com)

Roger Rowe is using the schedule above, for his rehabilitation after his knee operation, so if you have any questions about it, or how it's going, I'm sure he would be glad to share his experience with you.

