

Fabulous Double Parkrun Win for Victory AC Members



Massive congratulations to two of our younger members who achieved a fantastic double last weekend, with First Place finishes at the Havant and Lakeside Park runs.

Tom Hoskinson won at Havant with an official time of 18:32

Owen Jones won at Lakeside with an official time of 19:13.



Popham XC Saturday 8th February

Well done to Paul Mitchinson, Graham Foden and Peter Beachill for representing the men at Popham Cross Country, it was an amazing day for running.

Also to Marilyn Crocker who smashes it every time.

Marie Mitchinson



Winter Handicap Results Race 5

Congratulations to Dave Morris again for winning the February Winter Handicap with a time only 3 seconds adrift from his estimate! 13 people gained the race bonus for being within 30 seconds of their estimate - well done to them.

There's only 1 race left in this winter's series; it's tight at the top so several people are in with a chance of winning. Thanks to Malcolm and Graham for their help at the start and finish.

Jan MacDonald

Full results here: http://victoryac.clubbuzz.co.uk/news/winter_handicap_race_5_results

Paul's Coaching Tips Track Training Overview

I thought I would start with an overview of track training to highlight what we have been doing on a Monday night at the Mountbatten centre. The aim of the Monday session is to provide an anaerobic workout which will increase strength, speed and power. Each of my sessions will always equate to a total distance of 5k which can be broken down into different intervals such as 400 or 800m or a combination to make up a pyramid.

The idea is to run each interval at a pace that is slightly faster than goal or current 5k PB pace. This will get the body used to running at this speed and provide the building blocks whereby the goal pace can be sustained for the entire 5k distance. It is important to have a



good warm up prior to starting any type of speed session and I also like to either do some strides or dynamic stretches to make sure the legs are able to turn over at a good speed ready for the session ahead.

It is also important to know what speed to run the interval otherwise if run too fast the pace won't be sustained and the reps will get slower and slower, or run too slow and the session will be too easy and within the comfort zone. Either

way, the benefits of the session will not be maximized, and the goals will not be achieved.

There is always a sufficient period of recovery between reps which usually lasts 2 minutes. After a period of regular training, the intervals will become easier to run and this is when the target times can be adjusted. This is how progress can be measured and tracked. The other way to progress is to increase the number of intervals but maintaining the same pace. Unfortunately, due to time constraints we are unable to follow this method.

Examples of Monday interval sessions:

12 x 400m 6 x 800m 5 x 1000m 2 x (400m, 800m, 1200m) 4 x (400, 800m)

Pyramid: 200,400,600,800,1000,800,600,400,200

Hopefully you now know a little more of what we do. If you haven't been before, come and give it a try!

Paul Mitchinson

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Go Faster Shoes Launched Please form an orderly queue!!



Last week Nike launched the commercial incarnation of the shoe that Eliud Kipchoge wore to break the Marathon 2-hour barrier, the Air Zoom Alphafly Next%.

The shoe has one carbon plate

and a sole thickness of 39.5mm, plus newly added air pockets, and although not quite signed off by World Athletics, looks likely to be conforming to the rules. Expect to see versions of the shoe at this year's Tokyo Olympics!

Vegetarianism and Running - Paul Spooner

It all started with a discussion about what we were going to have for Christmas dinner..... In Tesco's we saw a mushroom lattice bake and decided to go with that. Faye and I had been talking about moving to a more vegetarian oriented diet. Not planning to rule out meat, but significantly reducing how much we ate to see how we got on. We didn't just want to replace meat with Quorn, so got half a dozen vegetarian cookery books and started to experiment.



Since then we've hardly looked back, we've had one meal with beef, and are still having occasional sea food, but otherwise have only had vegetarian meals and we're loving it. We are both feeling really good on it and are enjoying the variety of meals.

Since we started, I have completed one 50k and a two day (66 mile) ultra and ran both events really well, including a 26-minute PB over 33 miles, my running seams easier and it's already producing results. While I don't see myself going vegan in the near future, I am definitely going to continue with the vegetarian journey.

I'm not going to go all out and say everyone should do it, but I will say that if you are thinking about trying it, give it a go.

For information on a Vegetarian Marathon Meal Plan, follow this link:

<https://www.bbcgoodfood.com/howto/guide/vegetarian-marathon-meal-plan>



Victory AC takeover of Havant Parkrun, 16th April 2020



Volunteers are required for the Victory AC takeover of Havant parkrun on Saturday 18th April 2020.

This is also a pacing event, so it's a great opportunity to advertise the club with so many club members taking part.

If you would like to be involved, please either comment below which role you would like to do (if you have a preference), or email me at bethpirie40@aol.com

Run Director - Beth Pirie
Pre-event Setup x4,
First Timers Briefing, Timekeeper x2, Finish Tokens x2,
Funnel Manager, Barcode Scanning x3, Marshal x5
Tail Walker x2, Photographer, Run Report Writer

Pacer 21 mins Pacer 23 mins Pacer 25 mins Pacer 27 mins Pacer 29 mins Pacer 31 mins
Pacer 33 mins Pacer 35 mins Pacer 37 mins Pacer 39 mins

Beth Pirie



'Ask the Coach'

We've had our first question in for the Coaches,

'My Parkrun times have plateaued; how can I go about improving them please.'

Can one of the coaching team send a reply to me and I'll publish the answer next week

If you have a running related question, perhaps about training, injury prevention, hydration or diet for example, please send them to flyer.victoryac@gmail.com for the coaching team to answer.

'Your Victory Five'

Any of you feel like answering the following 'Victory Five' questions, we'd all like to know your answers....

- 1: What got you into Running
- 2: And you still Run because...
- 3: Tell us about your Favourite Run
- 4: Best running advice you've had
- 5: Favourite race distance..

Please email your answers to flyer.victoryac@gmail.com which will be published in a future issue.

