

# TRAINING & RACING WITH THE GIAAC

## ENDURANCE TRAINING & COMPETITION

### FOR ALL STANDARDS

OCTOBER 2009

We are continuing our commitment to provide training & competition for all levels and, as we move into autumn, wish to ensure that athletes are fully aware of the GIAAC's racing and training programs over the next six months.

Whether you view running as your first sport, fitness training for other sports or merely keeping fit the endurance training & racing program can help you.

#### ORGANISED TRAINING GROUPS

Well its official, according to the BBC anyway, " Group Training Boosts Happiness"

<http://news.bbc.co.uk/1/hi/health/8257716.stm>.

The philosophy of the GIAAC is to make athletics inclusive and to that end we operate several training group programs. Below is a list of training groups and although an indication of pace is given, there are no set rules as to whether you 'qualify' for a particular group, it is more about how comfortable individuals feel within the training group.

#### IMPROVERS/PARTICIPATION

Also known as 'J-P's' group. For those perhaps less committed, or less able, but still wishing to have the structure and camaraderie of group running. Most levels are catered for within this group from 40-55mins+ for 10k. Consequently this group provides a great introduction to challenging structured training and offers a stepping stone for progression for those looking to improve, whilst accommodating those who just want to train with others at their level.

#### LADIES RUNNING GROUP

Training is structured for all standards. This group is run in partnership with Healthchek ([www.healthchekuk.com](http://www.healthchekuk.com)) by Lee Merrien.

#### JUNIOR ENDURANCE

For all standards. Ages 11-17 with frequent races organised in conjunction with the Colts Section.

#### SENIOR ENDURANCE

The target of this group is to provide a challenging program for serious runners who are probably training at least 3-4 times a week and are capable of competing at a level of approximately 20mins/5k 42mins/10k. Training is normally arranged around a 4 week cycle with each 4<sup>th</sup> week being at a slightly lower intensity for adaption and recovery.

#### WHAT'S ON OFFER

As with our racing program we approach training through phases – the Autumn and Winter being

directed towards more strength based training (e.g cross country & hills) allowing runners to adopt more event specific training in the spring. Whether your ultimate goal is a marathon or a mile this approach has proven results. Our UK Athletics qualified coaches have years of experience and can assist at all levels from novice fun running up to competition at national standard and beyond.

Coaching (with specialisation areas) will be under the guidance of :

- Lee Merrien (Middle Distance & Ladies Running Group),
- Alan Rowe (Endurance & Multi Sport)
- Paul Ingrouille (Senior Endurance – main contact 07781 103805),
- Geoff King
- J-P Mace (Beginners & improvers sessions).

The table overleaf outlines the sessions which will follow a similar pattern to previous seasons. One new addition for this year will be a Thursday night conditioning session starting at 7:10 – this is open to all endurance athletes and is scheduled to follow any steady run that evening.

Whilst each group may have several sessions scheduled for the week there is no commitment to make every session – session coaches will gladly offer advice how to combine these sessions with other commitments or training objectives.



## COMPETITION - KEY EVENTS.

### FUSION SYSTEMS WINTER XC LEAGUE.

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**SATURDAYS (FORTNIGHTLY) :OCTOBER 17TH & 31ST, NOVEMBER 14TH & 28TH AND DECEMBER 12TH**

This series has perhaps become our most competitive & popular in the racing year. Runners will be divided into divisions according to standard and races will range from 6 miles for the Division 1 (island level) athletes down to 2 miles for novice beginners. Junior races for under 7 to Under 17 will take place at the same venue. As a club we are proud of the direction this event has taken and can honestly claim to provide competition for the ages from 7 to 70.

Selection for January's County Championship team will be largely based on performances in this series.

### JANUARY-MARCH

Dates are to be fully decided but the program will schedule:-

- 10 mile & 10k Road events. Cross Country champs. (to include age graded results)
- Distance events for those targeting spring marathons.
- Events for selected teams (men, women, veteran & Junior):-
  - Hampshire XC Champs - Eastleigh, January 9th
  - Inter-Insular XC – Jersey, Early March

Visit the club website at [www.guernseyathletics.org.gg](http://www.guernseyathletics.org.gg) and look at the fixtures pages for details as they are announced.

## Upcoming Fixtures

Date	Race	Distance	Start Time	Series	Organiser
Sun 4 Oct	Town - Petit Bot - Pleinmont	8.15 miles	9:00	Cliffs	Roger Naftel
Sat 17 Oct	Delancy Park	3 miles	14:00	XC League	Dan Smith
Sat 31 Oct	Stone Crusher (carpark @ L'Anresse end of bay)	4 miles	14:00	XC League	Ian Merrien
Sat 14 Nov	Fauxquets Valley	Various depending on league	14:00	XC League	Chris O'Neill
Sat 28 Nov	Millennium Stone (Lucksall)	Various depending on league	14:00	XC League	Frank Kehoe
Sat 12 Dec	Footes Lane	Various depending on league	14:00	XC League	Rohan Shelly
Sat 26 Dec	Traditional Full Course - L'Anresse Lodge Car Park -Not suitable for spikes	4.75 miles	11:00		Ann Setters
Fri 01 Jan	Handicapped Full Course - L'Anresse Lodge Car Park Not suitable for spikes	4.75 miles	11:00		Carol-Anne Stapley

## GIAAC ENDURANCE TRAINING GROUPS

The following table outlines the training groups that the club offer, what the focus is, what the standard is and when they meet.

Group	Coaches	Ages	Distance Training for	Standard
Junior Endurance	Charlie Cottam & Gordon Mercier	11 to 17	800 - 5000m & Cross Country	No standard necessary
Middle Distance	Lee Merrien, Geoff King & Chris O'Neill	15 to Seniors	800 to 5000m	
Long Distance	Alan Rowe, Paul Ingrouille & Geoff King	17 to Seniors	5000m to Marathon, Road, Cross Country, Multi-sport	Under 20mins for 5000m or 42mins for 10k or Under 95mins for 1/2 Marathon
Improvers / Beginners	JP Mace Mobile no. 07781 435515	18+ & Seniors	5000m to Marathon, Road & Cross Country	10k :40 to 55mins +

Ladies Running	Lee Merrien Healthchek  www.healthchekuk.com	18+ & Seniors (Women Only)	Any distance : Social running & fitness	Any Standard
<b>Junior Endurance</b>				
Training Times	Tuesday 6 til 7.30pm at the Athletics Track at Footes Lane Thursday 6 til 7.15/7.45pm at the Athletics Track at Footes Lane Saturday: Competitions (see fixtures for dates & times) Sunday: 10.30am at the Athletics Track at Footes Lane (occasionally from different venues)			
<b>Middle Distance / Long Distance Groups</b>				
Whilst these groups generally do different training sessions they are nearly always at the same venue & start warm up at the same time... Once you are a member of the club you are then entitled to join the email group, this is a yahoo group where each coach will email the training for each week at the beginning of each week.				
Training Times	Tuesday 6 til 8pm from the Athletics Track at Footes Lane Thursday 6 til 8pm from the Athletics Track at Footes Lane Saturday 10am - 12 from the back car park at Saumarez Park Sunday: Long run (Venue & time differs from week to week.			
<b>Improvers / Beginners Group</b> Contact JP Mace. Mobile: 07781 435515				
Summer Training Times	April to beginning of October from varying venues.			
Winter Training Times	Tuesday at 6pm from North Beach Car Park (usually an interval or hill session) Thursday from 6pm from North Beach Car Park (option of a run of between 5 to 8 miles)			
This is not an official club training session, hence not covered under the club insurance.				
<b>Ladies Running Group</b>				
This group has transferred to Footes Lane every Wednesday evening. The Ladies Group caters for all levels of ability from complete beginners to experienced athletes, sessions are tailored so that all can participate and get the most from the sessions. The session is run association with Healthchek. Registration at 6.00pm, session starts at 6.15pm for 7.00 finish. Venue: Footes Lane - session on track under floodlights, women only. As this is run by Healthchek a fee is charged – see Healthchek website for more details: www.healthchekuk.com				