



# IRENE NEWS

**13 December 2021**

**No 51 – 2021**



## **EDITORIAL**

This will be the last Irene News of 2021. The last official time trials will be held on Tuesday. The next official time trials will take place on 11 January when everything will be back to normal. Please take note that the office will be closed from 10 December until 4 January. Info about the January social will be in the first newsletter on 10 January.

The management team want to make use of this opportunity to wish all our members a fantastic festive season. May you enjoy peace and happiness on Christmas day that will last a lifetime. If you are fortunate to go away, please drive carefully and come back safely.

Get vaccinated and stay safe.

## **REGISTRATIONS 2022**

The 2022 registrations started with a bang on Friday! If this trend continues we can look forward to a big membership next year. Be part of an exciting year and register now at: <https://forms.gle/asNDuHmE2uKBHCKeA>

## **ACHIEVEMENTS**

Congratulations to the following members who have been selected for the AGN team to participate at the South African 35 km Race Walking Championships and Inter-Provincial Race Walking Challenge taking place in Cape Town on 15 January 2022:

|                         |       |
|-------------------------|-------|
| Sandra Steenkamp        | 35 km |
| Keith Reynolds          | 20 km |
| Jaap Willemse           | 20 km |
| Maryke Gradwell         | 20 km |
| Ansie Breytenbach       | 20 km |
| Annatjie Greyvenstein   | 20 km |
| Danie Labuschagne       | 10 km |
| Isabelle van der Schyff | 10 km |
| Estien van Wyngaard     | 10 km |
| Retha Knoetze           | 10 km |
| Elsa Meyer              | 10 km |

We are proud that 11 of the 28 member team are Irene members. Well done to our walkers captain Danie Labuschagne who has done a tremendous job through the year by training our walkers and keeping them active and motivated.

## **10/20 YEAR MEMBERSHIP**

The 10/20 year membership list has been updated for the first time in 3 years. The names of the new qualifiers will now be added on the boards in the club house and they will also receive their respective badges in the new year.

With the new additions the total number of 20 year membership now stands on 31 while the total number of 10 year membership has increased to 292.

Congratulations to the following new qualifiers:

### **20 years:**

|          |          |
|----------|----------|
| Heinrich | Beukman  |
| Joy-Ann  | Dekker   |
| Henry    | Enslin   |
| Greg     | Ferreira |
| Michael  | Freeman  |
| Mariet   | Louw     |
| Joseph   | Moagi    |
| Maureen  | Mossop   |

|         |               |
|---------|---------------|
| Pieter  | Olivier       |
| Graeme  | Rennie        |
| Johan   | Saayman       |
| Aletha  | van den Bergh |
| Blanche | van Vuuren    |
| Ashley  | Williams      |
| Werner  | Zandberg      |

### **10 Years:**

|          |              |
|----------|--------------|
| Mark     | Adams        |
| Henk     | Basson       |
| Theo     | Bohnen       |
| Elna     | Botes        |
| Rinaldi  | Botes        |
| ROGER    | BROWN        |
| Danny    | Calaca       |
| Geoffrey | Carter       |
| GIEL     | CILLIE       |
| Daniel   | Cornelissen  |
| Dominic  | Cullinan     |
| Heleen   | de Bruin     |
| Johan    | Dekker       |
| Mike     | Du Bruto     |
| Pierre   | du Bruyn     |
| Jaco     | du Toit      |
| Leon     | Els          |
| Lynette  | Gough        |
| Annatjie | Greyvenstein |
| Mfundo   | Hadebe       |
| Carla    | Hartmann     |
| Holger   | Hedelt       |
| Jonathan | Hoffman      |

|            |            |
|------------|------------|
| Brian      | Marais     |
| Thabiso    | Mashaba    |
| Mathabo    | Mathebula  |
| Elsa       | Meyer      |
| Sheren     | Naidoo     |
| Deon       | Nel        |
| Paul       | Nel        |
| Fanna      | Njomo      |
| Musa       | Nkosi      |
| Wessel     | Oosthuizen |
| Anna       | Pieterse   |
| Pottie     | Potgieter  |
| Antoinette | Reynolds   |
| Johan      | Roodt      |
| Nadia      | Saayman    |
| David      | Seaton     |
| Cari       | Snyman     |
| Travers    | Snyman     |
| Johann     | Stadler    |
| Sandra     | Steenkamp  |
| Martin     | Struwig    |
| Isaiha     | Tolo       |
| Kerry      | Trentham   |

|          |                    |
|----------|--------------------|
| Deon     | Hoffmann           |
| Steve    | Holtshousen        |
| Jolandé  | Janse van Rensburg |
| Rose     | Kavallineas        |
| Marchand | Kilian             |
| Danie    | Klue               |
| Andre    | Knoop              |
| Marisia  | Koch               |
| Pierre   | Koch               |
| Juan     | Koekemoer          |
| Gerhard  | Koekemoer          |
| Philip   | Koornhof           |
| Grazyna  | Koornhof           |
| Letha    | Kotzé              |
| Lizelle  | Le Roux            |
| Darryl   | Liebenberg         |

|          |                    |
|----------|--------------------|
| Marinus  | van der Merwe      |
| Candice  | van der Spuy       |
| Hennie   | van der Walt       |
| Carolina | van der Westhuizen |
| Marie    | van Dyk            |
| Charlene | van Niekerk        |
| Cindy    | van Zyl            |
| Marie    | Van Zyl            |
| Christa  | Visagie            |
| Nadene   | Visser             |
| Vanessa  | White              |
| Jaap     | Willemse           |
| Lucia    | Willemse           |
| Theuns   | Willemse           |
| Garth    | Wrigley            |

Queries must be directed to the General Manager at [info@irenerunner.co.za](mailto:info@irenerunner.co.za)

## **TRAINING TIPS FOR ALL**

### **Starting up or starting over**

That time of the year is almost upon us again. The time of new year's resolutions (those promises we make at the start of the year that keep coming around).

Many people resolve to start running or walking to improve fitness, lead a healthier lifestyle or for whatever other reason. The fact is that they want to start but may not get very far into the year as they have no guidance to work from. Most reading this will already have some running experience but may have a family member that wants to start.

Most important is to remember when helping somebody starting out for the first time is what it was like when you or the person giving the advice went through when they started out.

Very often people have had a long break from running and are now decide it is time to get going. Problem here is that many want to pick up from where they left off and could become despondent or end up injured because they cannot do what they used to do previously.

Let's look first at the person setting out for the first time.

At the start you will want to get your body used to exercise and as keen as you may be, you need to follow a structured build up.

Basic guidelines to starting out include:

#### **1. Establish a base**

- **Keep a record** of the time spent, distance covered (if you have a method of measuring -e.g. Strava on your phone) and **most important, how you felt** at the end of each session. Do not over-commit. Plan to only exercise **every other day** in the beginning so that your body can rest between sessions that it is not used to.

- Do not underestimate the impact of the exercise, even though it may seem very little in the beginning. Start out with a **realistic time allocated to the session**. Depending on factors such as age, current health, other activities you may have been doing etc. Start with a short time commitment. It can be as little as 15 minutes of easy walking on the first day but not exceeding 30 minutes.

The initial session can be done by setting out for half the time at an easy walk with a bit of effort (not race-walking or power walking). Once you reach half your planned time, turn back and head home. At this stage the distance covered is not something to consider. The phase is simply getting your body used to an exercise routine.

At this stage you do not know what distance you will be able to cover so **do not over-commit** by aiming at covering a set distance instead of focusing on time.

To keep it interesting (not a must), you can change your route so that you do not have to repeat the same section each day. This will also help you resist the temptation to try go faster or further the next time you go out as you won't be "aiming" at any target, other than the half-way time at which you will head back to the starting point.

- **Do not try to cover more distance** in the second half of the allocated time. This may happen naturally as your muscles will warm up and loosen up a bit as you progress. If you see you get back "early", then considering turning 30 seconds later in your next session.
- **Keep to the routine** for the first two weeks. Whatever time you chose to start with on the first day should remain constant as you have no idea how you will feel after training for subsequent days. No need to change anything at this stage just simply get going and if you feel you can do more, just be patient, that phase will follow on and it is only two weeks initially.

## 2. Build from the established base

- From the first two weeks you will have some idea of how you feel and how your body reacted to the initial sessions. Based on how you felt, you can make decisions on how to progress. Either add more time (5 minutes) or increase effort by attempting to walk slightly faster or introduce runs into your chosen time.
- When **introducing runs**, start out with a 5-minute walk to get a bit of a warmup going. Your body takes around 15 minutes to get warmed up so do not assume you are "ready" for greatness at this stage. Introduce the runs gently. On the first day try complete 1-minute easy running (jogging) and then walk for 2 minutes. Repeat the run/walk combination and allow the final 5 minutes for cool down. Remember to turn at half of the time. **Do not try to "sprint"** – the run must be at a very easy pace at this stage. If you cannot get to 1 minute of running, use the time you achieved as your base running goal for the rest of the session, but only as a guide. If you feel you need to walk, then walk but try run again after 2 minutes of walking. If you could not run for a minute, then run slower than your initial attempt.
- If you are focused on **walking only** then increase the effort slightly. Do not try emulating a race-walker's speed. Nothing wrong with looking at techniques of race-walking but keep in mind you are still in early stages of development. If you have a Heart Rate Monitor, look at increasing the effort by 5 beats per minute. Without a monitor, ensure you can still hold a conversation if with others (note out of breath) or sing something (softly is ok) as a test to see that you are not working too hard.

Remember to start at your initial pace for 5 minutes and allow 5 minutes at easy pace to cool down at the end of the session.

- In the subsequent sessions over the next month (4 weeks), keep to the same planned time for the session. The distance will typically increase as you get used to the routine but is still not a goal to achieve as it will just come naturally.  
After the initial 5 minutes, add up to 30 seconds to your run time (e.g. 1 min 30 sec) when you feel it is manageable. Increase until you are able to complete 5 minutes continuous run at a time.
- Once you can run 5 minutes, then change your routine to start running at the beginning. Follow with a 2-minute walk and then another 5-minute run. Repeat till the end of the initially chosen time.
- Once you can complete a **full 15 minutes without stopping** you can move on to the next phase.
- Nothing wrong with **spending more time in this phase** until you can complete a 15-minute run before moving on.

### 3. Gradually increase distance

- Once you can run or comfortably walk briskly for the time you initially set out for yourself, then you can start thinking about going further.
- There is a basic guide to follow when increasing distance or effort. Do **not increase by more than 10% per week**. This applies to effort or distance, not in the same week.
- Considering **adding an extra day** to the weekly routine once the alternate day pattern is manageable. Once the additional day becomes comfortable, add another (at least 2 weeks at each level). Do a maximum of 6 days but do not do the same distance every day. Mix it up a bit with “shorter” times on the alternate days.
- Ensure you have **at least 1 rest day per week**.
- Many people want to jump ahead into longer distances at this stage. I believe it does not help to enter a 5km event, such as a park run if you are not able to complete a single kilometer without stopping.

If you aim to participate in a park run, ensure you first have a good base to work from and preferably get close to a 5km run before officially entering an event. Nothing wrong with aiming at a distance but to make sure you do not get injured by overreaching too soon, rather ensure you can manage the distance before committing to it.

If you really want to get out on the park runs or fun runs when your family go to a race, keep to the same principles as in the initial phase. Run what you know you can complete (15 mins etc.), talk a short walk and continue a walk/run routine until you finish.

The biggest challenge at this stage (entering events) is the feeling of intimidation when you line up between all the “athletes”. Key is to note that you are not there to race against them. You are simply there for yourself and what you can achieve. **The first goal** will be to complete the event comfortably. Do not try keep up with anybody. Do not worry about how others around you are performing. Keep to what you have learned up to this point and use that as your personal base going forward.

Most important is to start slowly and allow yourself some time to get warmed up. Much later in the program you could even do a warmup before the event.

- The primary aim of any run/walk is to improve health. That means you **should not be racing or putting yourself under any pressure at this stage** – you are there to have an

enjoyable experience (fun). Going easy in your first outing means you do not have to work that much harder if you want to improve in the next event.

- If you want to improve speed, do it gradually. **1 second improvement over a park run is still a best time.** If you try chase time you may find that you start pushing yourself too hard to soon and end up on the sidelines injured or performing poorly on the day due to pushing early on without a warmup or simple fatigue from “running ahead of yourself”. Many people make the mistake of looking at their current time and setting goals minutes ahead of where they current are then going out to take off the minutes. **Aim for the seconds**, the minutes will take care of themselves.

#### 4. Beyond the Fun Run/Park Run

- You may be tempted out of your own or by well meaning “friends” to take on longer distances. Most important here is that you must know **you are ready** for it and not fall to peer pressure (difficult). Before venturing on a longer distance, ensure you are comfortable with your current ability. No point in heading out on a 10km if you must stop for walks every kilometer during a park run. That would be an indication that you are not yet ready for more. First master the level you are at before moving on to “greater things”. You do not want to pick up early injuries because you body has not yet gotten used to the exercise routine. Patience is key.
- Continue increasing your overall distance in line with the 10% weekly rule until you can do at least 80% of the target distance comfortably (e.g. an 8km club Time Trial) before taking on a new distance at an event.

#### Starting over.

So, you have had a break for some time. Possible since the start of COVID lockdown or longer.

You know how to run; you have run whatever distances before and can’t wait to get back out there and join in the fun.

Welcome back but let’s look at the correct approach to returning.

#### 1. Re-building a base

- The first factor is that you must consider that you have had a break. Unfortunately, your brain can be engaged to **pick up exactly what it knows** about the speed you used to run at, but your body is not in the same condition it was at the last point of reference.
- Keep a record of your times, distance and how you feel after each session. This will help you understand your journey and, if you do look for further coaching, provide the coach with realistic information on which to base any program you may choose to undertake.
- You will need to **think like a beginner**. Consider even taking on the approach outlined above for the people starting out for the first time.
- **Do not be in a hurry** to get back to the levels you used to be at. It took you a long time to get to where you are, so it is not going to take just a few sessions to return to form.

- The key factors to consider at this point will be **how long you have been inactive**. The longer you have been off or inactive, the more cautious you will need to be at the start. Building distance will also need to take the same factor into consideration.
- As a start, head out for a time of a **maximum of 30 minutes** (not distance based) and see how your body reacts. Do not try any pace at this stage and even consider starting out with a walk for the first session. The purpose is to see how you manage the planned session.
- Do **not try to keep to the old routine** with all the elements of hills, speed, long runs, etc. Focus on establishing a base over the first few months before bringing specific “improvement” sessions into your routine (assuming you did these before).
- Use the first 2 weeks to establish where you currently are. Do not be disappointed if you are way off from where you were. Trust the process and remember you are here to get back to running/walking, not necessarily to achieve PBs etc.

## 2. Getting back to where you were

- Based on the initial few weeks you should have a realistic idea of where you currently are physically. Plan the way forward based on the base you have established.
- Consider only working out every other day. Add 1 day to the weekly routine but not more frequently than a 2-week cycle.
- Ensure you maintain at least one rest day per week.
- Apply the rule of not increasing by more than **10 % per week in distance or effort** until you get back to the level you used to be at or what you are comfortable with in terms of your goals.
- Once you have been training for 3 months, start looking at **bringing in a routine** to your program that includes elements you have previously done such as Time Trials, speed sessions and hill routines. If you have not done these before, you can consider starting to introduce them at this stage (in line with your goals).
- If you are attempting to return to the level you previously achieved (or better), then **stay patient through the process**. Many athletes push themselves beyond their current physical capabilities and end up injured as a result. Rather take the extra time than take the risks that could lead to a set-back.

## Maintaining a logbook

Before we entered the age of being able to upload our run/walk information automatically to an application some people used to maintain a written logbook of their runs.

Very few people take the time to add comments to their runs and simply let the data collect for occasional reference such as distance covered over the month or year to date.

What is often missed is the comments of how you felt on the session. Where you could not do a session due to illness or injury or any other session is not captured.

If you are starting out as a new runner/walker the log will enable you to track your performance but is also a great thing to have when you look back in the future and compare where you are now to where you were at the start.

This information can be invaluable when you are analysing performance, want to repeat a specific routine in preparation of an event, etc. It is also very useful if you approach a coach to assist you in planning towards a goal.

Many generic programs are available on the internet, and most will give you a result. The problem often comes in choosing which one to follow. Using the information you have gathered will help you identify a program close to what you are comfortable with.

When setting out on a journey towards a goal, it is important to know where you are starting from. If you are looking for a specific distance or event, you will want a plan that will enable you to achieve your target. While many people do not think it necessary to keep track of how they performed against a plan, it can provide great insight into how to prepare (or not) for the next event.

The logbook is an invaluable tool for a coach as they do not always get the face-to-face time with all their athletes. The comments and feedback provided in the logbook give the coach an indication of how you handled each session or what the effect of that session on your training is on subsequent sessions and can adjust the plan accordingly.

A basic electronic logbook has been set up that you can utilize for keeping track of your progress and goals.

All the best for the year ahead.

Keith Reynolds

### **BAR NEWS**

There will be fires available for the last time this year to those who want to braai.

Enjoy!!



### **PERSONALIA**

Congratulations to the following members who celebrate their birthdays during the holiday period:

|          |             |        |
|----------|-------------|--------|
| Lucille  | Pretorius   | 13 Dec |
| Ernest   | Kenoshi     | 15 Dec |
| Rosemary | Brink       | 16 Dec |
| Maryke   | Viljoen     | 16 Dec |
| Kobus    | Faber       | 17 Dec |
| Brett    | Muir        | 18 Dec |
| Ansie    | Breytenbach | 19 Dec |
| Charles  | Jaquire     | 20 Dec |



|          |              |        |
|----------|--------------|--------|
| Caesar   | Tonkin       | 20 Dec |
| Alma     | Fourie       | 21 Dec |
| Johan    | Snyman       | 23 Dec |
| Dirk     | Cloete       | 24 Dec |
| Henk     | Basson       | 26 Dec |
| Anton    | de Klerk     | 26 Dec |
| Lullu    | Krugel       | 28 Dec |
| Philip   | Koornhof     | 29 Dec |
| Annetjie | Greyvenstein | 31 Dec |
| Louis    | Visser       | 31 Dec |
| John     | Ellmore      | 02 Jan |
| Petrus   | Badenhorst   | 02 Jan |
| Jackie   | Schlebusch   | 05 Jan |
| Michael  | Tyler        | 05 Jan |
| Gerrit   | Meerkotter   | 07 Jan |
| Lenin    | Sithole      | 08 Jan |
| Giel     | Cillie       | 08 Jan |
| Nelius   | van Rooyen   | 09 Jan |

### ***THOUGHT FOR THE WEEK***

**Perfection is not attainable, but if we chase perfection, we can catch excellence.**

### ***PHOTO CORNER***



The light run was a huge success once again. Thank you to all who contributed



Suzanne van Vuuren enjoying the Christmas lights



Smiling faces all over