



IRENE NEWS

18 April 2022

No 15 – 2022



ACHIEVEMENTS

Congratulations to the following members who won medals at the CGA Masters Champs.

5000m Walk

Maryke Gradwell	Gold (PB)
Ansie Breytenbach	Gold (PB)
Retha Knoetze	Gold
Lucia Willemse	Silver
Elsa Meyer	Gold
Annatjie Greyvenstein	Silver
Theuns Nieuwoudt	Gold
Jaap Willemse	Gold
Dirk Neethling	Silver
André Smuts	Gold

1500m Walk

Theuns Nieuwoudt	Gold
Dirk Neethling	Silver

PERSONAL ACHIEVEMENTS

Joubert Krugel	PB – 42 km & 56 km
Maryke Gradwell	PB – 5000m walk
Ansie Breytenbach	PB – 5000m walk

COACH'S CORNER

Intervals

15 min Easy warm up run

6 x 1km @ Threshold pace

2min easy recovery in between

15 min easy cooldown

1h14:40

TYPES OF TRAINING SESSIONS

Long Runs

Focus on developing your endurance and aerobic system. The pace requires more effort than an easy run and is similar to a steady run (@ RPE 5). Hypothetically, it would be moderately difficult to sustain conversations on a long run.

Steady Runs – Endurance runs

Comfortable-to-moderate effort runs. The pace is approximately equal to that of a long run (@ RPE 4-5), except shorter in duration. These will help to continue building the body's aerobic fitness and functional strength.

Tempo Runs and Threshold runs

These sessions help to build your anaerobic (lactate) threshold which is super important for long-distance running at a fast pace. Basically, this refers to the exercise intensity at which lactate blood levels begin to exponentially increase. This occurs when the pace is too fast such that the aerobic system can no longer keep up with the body's rate of energy demand. Therefore, the anaerobic system starts to kick in, leading to the exponential build of waste by-product. Tempo runs are performed at a pace which is the 'sweet spot' between the aerobic/anaerobic transition points. It is difficult to talk and is generally at RPE 7. Doing this regularly will help the body to push that threshold further so you can run at your target 5k pace more 'comfortably'.

Fartleks

The sessions involve alternating between surges (fast runs) and floats (easy runs). This will develop your ability to discern between different paces which is important during speedwork, as well as having the discipline to run exactly at your target pace on race day.

Speedwork: Intervals

Designed to expose your circulatory and aerobic systems to high levels of systemic (i.e. whole body) acidosis which is inevitably encountered in race situation. Such exposure stimulates the body to create greater chemical buffers against the acidosis, training you to tolerate and get used to the acidosis as long as possible during the real deal. These sessions are often completed at 5k goal pace @ RPE 8-9. Try to have all repetitions completed at a consistent time (i.e. within 3-4 seconds of each other). With experience, you will get better at judging the required effort or pace.

Speedwork: Glycolytic (lactic) Repetitions

The shorter, snappier and more intense cousin of intervals. This is designed to get your legs used to extreme fatigue from local (i.e. confined to the legs) acidosis. It is important not to exhaust this system on back-to-back days. Doing so will come the expense of significant aerobic capacity, as it may recruit destructive enzymes that can rupture your cell membranes resulting in protein leakage and capillary damage. These sessions are often completed at 3k goal pace @ RPE 9-10.

Recovery Runs

Very easy running! Easy running stimulates the gentle flow of blood toxins to the liver, eliminating the acidosis and restoring the body to 'neutral'. Failure to remove any mounting and prolonged acidosis will otherwise damage your body's enzymes, muscles and red blood cells. (*Rest is also critical to your recovery and injury prevention efforts, so don't ignore rest days. Here muscles are repairing microtears and building them to be stronger – i.e. stress-induced regeneration.)

TRI FIT MULTISPORT COACHING

THIS WEEK'S DIARY

Tuesday:

Walker's training session @ 17:00. Walkers of all shapes and sizes welcome.

Stretching exercises @ 17:15

Time trials @ 17:30 – Club house.

Saturday:

Road Run/Walk @ 06:00 – Club House

Sunday:

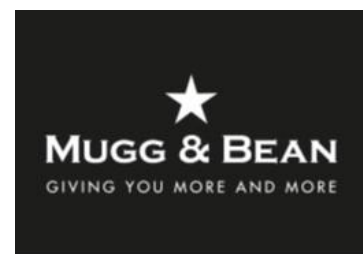
Training run @ 06:00 – Midstream Mugg & Bean

PERSONALIA

Our condolences to Michael Dekker whose father passed away.

Congratulations to the following members who celebrate their birthdays during the week:

Mark	Forbes	20 Apr
Gareth	Prinsloo	21 Apr
Tertius	Dekker	22 Apr
Lengosane	Modiba	23 Apr
Alan	Hyson	24 Apr



Midstream Tel 012 940 9229

NOTICE BOARD




ARC IRENE HYBRID RUN/WALK

23rd APRIL'22

STAGGERED STARTS BETWEEN 06H00 TILL 08H00

ROAD RUN/WALK

2KM, 5KM, 10KM, 15KM OR 21KM

ENTER ONLINE AT
WWW.REVOLUTIONTRAILS.CO.ZA

VENUE: IRENE ATHLETICS CLUBHOUSE,
 ARC IRENE, NELMAPIUS DRIVE, CENTURION

FOR MORE INFORMATION CONTACT US AT:
 083 264 3931 | REVOLUTIONTRAILS@GMAIL.COM






Bethal 2-IN-1



21.1km & 10km 4.2km Fun Run

VENUE: MARIETJIE VAN NIEKERK SCHOOL

TIME: 07:00 (FUN RUN 07:10)

DATE: 27 APRIL 2022

HOST: BETHAL MARATHON CLUB



COMPULSORY: FACE MASK | SOCIAL DISTANCE | SANITIZE
*REMEMBER TO WEAR YOUR MASK WHEN STARTING THE RACE

RUNNERS OF
BETHAL MARATHON
CLUB MAY NOT
PARTICIPATE
ON RACE DAY:
ONLY THE
FOLLOWING
SATURDAY



Fun Run - R40
10km - R80
21km - R120
Temp Lic - R40

ENTRIES START FROM 05:00 AT THE SCHOOL
ENQUIRIES: PIETER BOTES | 017 647 5315 | 082 920 7555



MiWay Wally Hayward Marathon

Hosted By: Alpha Centurion Athletics Club

Monday, 2 May 2022

Venue: Centurion Rugby Club

Distances: 10km, 21.1km, 42.2km

Entry fees:

10km—R140

21.1km—R200

42.2km—R300

Batch starts from:

10km—7h00

21.1km—6h30

42.2km—6h30

www.wally.co.za

Strict Covid Protocols will apply

Online Entries ONLY. NO race day entries

Timing by: FinishTime (no chip required)

Visit www.wally.co.za for entry information, rules, routes, parking, etc.



miWay·CO·ZA

Medals to all finishers

Our Race Sponsors



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THOUGHT FOR THE WEEK

The best index to a person's character is (a) how he treats people who can't do him any good, and (b) how he treats people who can't fight back.

PHOTO CORNER (Two Oceans action)



Rosemary Brink taking it very seriously



Joubert Krugel did a PB



Markus, Carolina & Michael van der Westhuizen. Markus gave Irene AC some good coverage when he came in as the last runner to get a medal



André Nortje



Belinda Hudson getting support from Daleen Labuschagne



Thabo Mokolong looking strong



André Fourie leading the pack



Aileen Geere, Charmaine Janse van Rensburg, Rosemary Brink & Jolande Janse van Rensburg