



# Runners Shorts

### Special points of interest:

- Christina’s favorite run—our own DV10k
- Rachael beats the Beast!
- Why does Mike Baron ask grown adults to skip in a field?! See Page 2

## Athlete Profile—Christina Arnold

When did you first start running? When I joined the Territorial Army in 1993.

When did you join the club? April 2009

What is your favourite race and why? Darent Valley 10k, for the views, and I get to run with many people I know as it passes through the village I live in.

What is your top training tip/s? Always have sufficient fluids available, dehydration will affect your performance.

What is your favourite running shoe? Asics Kanyo

What is your favourite music track to run to? I don't run with music as I like to enjoy the views

What is your finest

achievement in running? Darent Valley 10k in 54min

Do you have an ultimate running goal and what is it? To run the London Marathon (no specific time just to get round)

Which athlete inspires you the most? - Kelly Holmes

Can you tell us a little something about yourself that no-one else may know - I was a holiday rep in my younger years, and appeared in the holiday brochure with my clip board

When I joined I did not know any of the members, I found the club to be very friendly and extremely supportive.

When I first went out on

Sunday run's I wondered how on earth I would keep up, the members encouraged and supported me.

I now have the confidence to run further and faster and running has become a real passion.



INSIDE THIS ISSUE:	Page
Athlete Profile	1
Achievements	1
Sally's Top Tips	2
Panther News	3
Committee News	3
Future Events	3
Funny Quote!	3
Weird Facts!	3

## Achievements

Success at Joydens Wood 5k!

Mike Baron was the first home in the over 50's age group in June

Nick Varley was the first over 40's home in May's race.

Our Girls won the team prize for the May race—Rachel, Michelle and Sharon.

Beast in the East—Grim II!

Canada Heights was the venue for a tough 10k which saw Rachael McGuinness as first lady home in a time of 52:48



## Sally's Top Tips

There are now a quite bewildering array of training techniques that runners of all abilities can incorporate into their training to improve performance. One technique that has gained in popularity over the past 10 years, and which has both its advocates and critiques, is called '**plyometric training**'. Plyometric training can improve speed, strength, acceleration and explosive power when performed correctly. The key message from the current research evidence seems to be that drills must be practised correctly (especially the landing) and at an appropriate level and intensity.

### **So what is plyometric training and how does it work? (or why does Mike Baron ask grown adults to skip in a field?!!)**

It simply refers to an exercise that enables a muscle to reach maximum force in the shortest possible time. The muscle is loaded with an eccentric (lengthening) action, followed immediately by a concentric (shortening) action.

A muscle that is stretched (lengthened) before a concentric contraction, will contract more forcefully and more rapidly. All plyometric movements involve **three** phases. The first phase is the **pre-stretch** or eccentric muscle action. Here, elastic energy is generated and stored.

The second phase is the time between the end of the pre-stretch and the start of the concentric muscle action. This brief transition period from stretching to contracting is known as the **amortization** phase. The shorter this phase is, the more powerful the subsequent muscle contraction will be.

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The third and final phase is the actual muscle contraction. In practice, this is the movement the athlete desires. This sequence of three phases is called the **stretch-shortening cycle**. By making use of the stretch-shortening cycle, movements can be made more powerful and explosive. Plyometrics is simply a set of drills designed to stimulate the cycle over and over during movements that mimic those in the athletes sport. So for running exercises consist of hopping, jumping and bounding type moves.

It appears also that a relatively small amount of plyometric training is required to improve performance. Just 1 or 2 types of plyometric exercise completed 1-3 times a week for 6-12 weeks can significantly improve performance. Additionally, only a small amount of volume is required to bring about these positive changes i.e. 2-4 sets of 10 repetitions per session.

The intensity of plyometric exercises varies greatly. Skipping exercises are classed as low intensity, while reactive drop jumps from 32in (80cm) and above are the highest intensity. Plyometric training should progress gradually from lower intensity to higher intensity drills.



As with any training an adequate warm up is required before completing a plyometric training session.

An example of a low intensity plyometric exercise that is good for runners to add to their training is a **vertical jump**: Stand with both feet hip-width apart and place your hands on your hips. Tilt your hips back and bend your knees, and without pause, leap straight up as high as you can, driving your arms up. Land with both feet flat in the same spot. Make sure you bend your knees to absorb the impact. Make sure your knees do not collapse inwards. Begin with one set of 10 jumps in rapid succession. As you get stronger, build up to three sets, with each set separated by a one-minute rest.

Both the Monday and Wednesday evening training sessions now feature a few plyometric exercises after the warm up, they only take a few minutes but will hopefully deliver significant benefits to our running.

## Panther News

Swanley Relays just days away—14th July. Start time for juniors is 18:30.



Olivia Willard completed the 5k Maidstone Race for Life in 28:35 on May 14th—Well Done Olivia

Three of our Panthers took part in the Orpington Road Runners Schools 2k events on 4th July

Sean White—09:37  
Olivia Willard—10:43  
Sophie Dunmall—12:00

**The last Panther session before the Summer break is 21st July. The first training session after Summer is 8th Sept.**

## Committee News

Chips at DV 10k—not the chips that you have for tea with salt and vinegar but chip timing! The committee are planning to have chip timing in place for next years event.

Work has started to gain Club-mark accreditation

Clubmark is the only national cross sports quality accreditation scheme for clubs with junior sections. It is built around a set of core criteria which ensure that accredited clubs operate to a set of consistent, accepted and adopted minimum operating standards.

Marshals needed for the Swanley park Relay on 14th July. Please let Michelle know if you are available.

Ben has worked hard to put together a survey with a view to moving the club on. Please support his hard work and complete the survey asap if you've not already done so.

Email to [binman75@hotmail.com](mailto:binman75@hotmail.com) or leave your completed survey at the club.

Deadline for returns is 15th July please—why not drop your completed form in at the Relays on the 14th..



## Future Events

### July

11th—Dartford Half  
14th—Swanley Relay  
18th—Club Run @ Camber Sands  
21st—Handicap  
28th Joydens Wood 5k

### August

11th Handicap  
22nd Club Run at Knole Park  
29th Pilgrims Way

### September

5th—Weald St George 10k  
8th—Handicap  
12th—Eridge 10m  
19th—Chislehurst Chase 10k

Don't forget your bucket a spade for Camber—if you have enough energy left after a tough session on the dunes!



### Great Quotes

*“Moses Kiptanui - the 19 year old Kenyan, who turned 20 a few weeks ago”.* David Coleman

## Weird Facts

**A Giraffe's neck contains the same number of vertebrae as a human!**

### Swanley & District AC

Any ideas for future editions of this Newsletter, please contact either Anna or Andy

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