

DESFORD STRIDERS  
Running Club

NEWSLETTER No 3  
April 1991

CLUB NEWS

Hello again and welcome to the third edition of our illustrious newsletter. Yes it really is a month since the last one.

This month we have something for everyone. Features on fitness and training, cookery with Delia Carbo-Load, a retrospect of Desford by our new contributor Moggers the Jogger and of course a section on Ladies bras. What more could you ask for?

The big news to report, is of course, the theft of the first £100.00 of the club funds. After being locked in the College safe while waiting for us to open our bank account, thieves broke in and actually stole the entire safe, which contained our first 10 subscriptions. The good news is that we are covered by the College insurance and should be able to claim our monies back soon.

On the running front, I'm glad to report that 'Iron' Greg Jones successfully and safely completed the Howarth Hobble, a fell race over a 33 mile course, in 5 hours and 51 minutes. A superb effort. All I can say is Greg, I think You're completely bonkers. I understand from Greg, that during the summer, He will be attempting a fell race of approximately 70 miles (including 27,000 feet of climbing) in under 24 hours. More in the next newsletter along with a competition to win an iron lung!!!

On a slightly more manageable scale (for who? - Ed) our own Chairperson Steve Morris completed the Rutland Water mini marathon over 16.2 miles in 2 hours and 13 minutes despite still being dogged

by a cough from the previous week. The race was used by Steve as a training run leading up to the London marathon on April 21st. We all wish you the best of luck and hopefully will see you on the television on the day (preferably leading ~~the~~ all the other runners.)

But the Desford Striders is definitely not just about these mad men who literally want to 'run the world.' It is a club that has been formed to help anyone who has an interest in fitness and running on their way. It has been a great pleasure for me personally, to see the improvement that everyone has made in the first four weeks of the formation of the club. From the first week where some struggled to do 1 or 2 laps of the 'College triangle', we now have a lot of fitter people on our books.

Helen, Hillary and Helen have now all taken to the longer village route, Denise can comfortably run 3½ miles and Derek and Sue have improved their own level of fitness by including running in their already hectic fitness schedule which also involves playing squash, swimming, mountaineering, canoeing, abseiling, parachuting etc (Are you sure about this? -Ed)

Our own marathon lady, Gwyneth, now runs so many laps of the triangle, that she comes back feeling dizzy and Russell, who's catch phrase was 'I'll never be able to run more than 3 or 4 miles' last week successfully completed a 5½ mile run out to Kirkby Mallory and Peckleton. All of this has been achieved in the first full month since forming the club.

So to all of you, have another good months running.

JOHN SILVERWOOD  
CLUB SECRETARY

## FITNESS AND TRAINING

### Interval and Fartlek Running

Okay, okay, you can all stop sniggering now. The slightest mention of the word 'fartlek' seems to be enough to send most people away thinking 'just what do these runners get up to.'

But take it from someone who has experience in such matters, if you truly want to improve both your stamina and your speed, then interval and fartlek training is the best way you can go about it.

#### WHAT IS INTERVAL AND FARTLEK RUNNING ?

You can usually run a fartlek during the course of a normal training run. The idea of fartlek is to inject 'bursts' of speed every now and then, before returning to your normal pace. Because of the more strenuous nature of this type of run, it is perhaps advisable to jog slightly slower than normal, say 90% of your normal training pace, and try to increase to about 110 to 120% during the course of the fartlek. (The best advice is to listen to what your body is saying to you, this way you will know if you are going too fast.) There is no hard and fast rule to say how far you should go during a fartlek run. Try it on one of your shorter routes first and see how it goes.

Interval running is another type of 'speed play' run but differs from fartlek in as much that the routes are usually shorter but the bursts of speed more strenuous. For an interval run, it is perhaps best to pick a short route (between  $\frac{1}{2}$  and 1 mile) and run circuits around it. During a segment of route (aprox  $\frac{1}{4}$  to a  $\frac{1}{2}$  of the course) you can introduce the burst of speed and repeat it with each lap. The difference between interval and fartlek is that you should try to run the quicker part of the course at a faster

pace, say 120 to 140% of your normal pace, but the recovery should be jogged much slower at perhaps 50 to 70%.

If all this seem a little confusing then don't worry. The figures quoted here, are the speeds usually recommended by the experts but as mentioned before, only you know how your body feels.

#### WHAT ARE THE BENEFITS ?

Quite simply, increased speed and stamina. The bursts of pace that you inject into your run will allow the body to get used to idea of running faster and so allow you to be able to run faster during normal outings. The slower, recovery periods of this type of training allow the body to regain its strength and as the body becomes better at regaining its strength more effectively, then so the stamina increases.

#### WHAT ARE THE DRAWBACKS ?

There are no drawbacks as far as training is concerned, though continuously running the same circuit during an interval run can be very boring. This could be overcome by running with a partner, though the 'experts' usually disencourage this because the two people may be of differing standards.

Have a go at this type of training and let me know how you get on.

Good luck.

## VIEW FROM THE ROAD

### A Retrospect Of Running In Desford

By Moggers The Jogger

The sun is shining, the birds are singing and the air is fresh. The only other sounds to invade the otherwise peaceful morning, are the rhythmic footfalls of carbon-rubber on tarmac and the slightly breathless noises brought on by physical exertion! (you can, if you like, include cows mooing and sheep going baaa!, but that's another story....)

### "SPRING"

This is the time when runners and joggers throw caution to the wind, along with their 'Ron Hill' tracksters and sweatshirts, and there is a sudden epidemic of shorts and T-shirts throughout the land.

I myself, love the feel of the warm sun on bare legs and arms (and in my case bare head as well) whilst striding through the countryside. What sometimes felt like a chore, forcing yourself through the dark, frosty, icy, wet days of winter, now becomes a joyous time for everyone.

I hope through this magazine (editor permitting) (absolutely - Ed) to take you along some of my favourite runs around Desford, which having read about them, you will also want to try. The runs range in distance from about 5 miles to approx 13 miles, so there should be something for everyone.

Well I must finish now. My running shoes are getting impatient by the back door and I've got to think what to scribble down for you next time!!!

See you about -

MOGGERS THE JOGGER.



Preparation time - 15 minutes plus time to cool  
the pasta

Cooking time - 10 - 12 minutes

Serves 4 people at 495 calories per portion.

#### METHOD

Cook the pasta bows in a large saucepan of boiling salted water for 10 to 12 minutes until just tender. Drain and leave to cool. In a large mixing bowl, combine all the salad ingredients. Add the pasta. Mix together the yogurt, mayonnaise, honey and nutmeg. Transfer the salad to a serving bowl and pour over the dressing. Serve with crisp lettuce leaves.

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#### LADIES PAGE

##### This Week - Bras

Now I have to admit that ladies bras just isn't one of my strong subjects. It is an important subject though and with the aid of an article from a running magazine, I hope to be able to answer some of the questions you may have.

For all women, the main concern, with regard to the breasts, is comfort. As each woman is an individual, it is impossible to recommend a specific product but it is possible to point you in the right direction.

The things to look for when buying a bra for running include -

Seamless cups. This prevents chafing and discomfort.

A fabric that won't become uncomfortably clammy with sweat.

A good fit on the shoulders. Some have adjustable shoulder straps, while some feature a one-piece, step-in design. Ensure the bra offers freedom of movement and that the shoulder straps do not rub.

Sufficient support. In a sports bra, this usually comes in the form of a wider under-cup band

A few names to look out for include -  
Minimal Bounce by Dans-Ez  
Triumph  
Danskin

Minimal Bounce bras have been chosen by some 200,000 women in Britain alone, including members of the Olympic, Commonwealth and European athletic teams. They have no hooks, clips, buckles, wires or seams and the strap design is such that the bra stays in place while running. Minimal Bounce bras are fairly tight fitting but they are very supportive and do eliminate bounce.

Triumph have four sports bras on the market. The Triaction 1001, 2001, 3001 and 5001. The 1001 is a step-in bra with a racer back and is made of Cottleene, a cotton/lycra mix which allows the skin to breath, and seamfree cups. The 2001 offers more support and has a three position back fastening feature and seamless cups. The 3001 is a front fastening sports bra with a soft, stretch net panel racer back. Finally, the 5001 is similar to the 1001 but is made of Sensitex, a material that 'wicks' perspiration away from the body and disperses it.

Danskin usually produces dancewear but is now producing a range for triathletes and runners. All it's sports bras and tops are double lined and are cut higher at the backs and sides.