

Lakers,

Sunday running and walking is back !!!!!!!

For those of you heading to the Melbourne Marathon these sessions are designed for you in particular.

Also note below also the **change to Thursday night sessions**

A huge note from coach Nigel Pietsch follows:

### **Lakers Sunday runs 2010**

With winter fast approaching nothing beats a long Sunday morning run in the hills.

Commence: **Sunday May 9<sup>th</sup>**

Where: North Adelaide

O'Connell Street Bakery

Meet at: 8 am for an 8.15 am start

Three levels of run on offer as well a walk group

I am sure this will all sort itself out after a few weeks as it did last year. The plan is for AB and C run groups (and potentially a D group) and a walk group for partners. Each group is further subdivided into a long and a short course group. The short course group will aim to run a maximum of 75-90 minutes when the distances increase.

The AB&C groups all start off together. Please note times listed below are guides only. The walk groups will be approximately 45-60 minutes.

The plan is for an AB and C leader to marshal each of groups. The run is basically "follow the leader," with the leaders turning back every 10 or so minutes, or when they come to a fork

in the road, to catch up with the back markers. It is important you nominate which group you will be in before the start and that the leader is aware of the possible back markers.

The main change is that when we start in the hills we are only doing 2 weeks of hills followed by a flatter run, to prevent excessive overload on individuals. The downhill can be extremely damaging so be very careful when you first hit Morialta.

Most likely I will be at home looking after the kids and Verity will be running so it is important that we have leaders assigned to each of the three groups. The courses will be mostly the same as last year. If any of the leaders needs directions please let me know.

### Meeting places

- Morialta meet in car park on Stradbroke road i.e. don't drive into the national park
- Waterfall Gully park at the bottom of Waterfall gully road
- Nth Adelaide Bakery 44 O'Connell Street

### North Adelaide Runs

- These runs will head off around the north and south parklands with possible detours along the Torrens in either direction. There are so many directions to go, the plan is to just get out there and run. So long as there is a clear leader and you run in your groups (we may need a D group?) everyone will be fine. If you run on the golf course please be very careful of golfers.
- The run should include the climbs around Montefiore Hill plus any others you can find to get you ready for the bigger hills at Morialta.

### Racing

There may be a change to the itinerary when the Chilton rocks (September) trip has been planned.

Any questions please give Nigel Pietsch a call on 041 3399 453

Date	Location	A's	B's	C's
May 9	North Adelaide parklands	60 min	60 min	60min
May 16	North Adelaide or Barossa ½	60-75 min	60-75 min	60-75 min
May 23	North Adelaide	75-90 min	75-90 min	75-90 min
May 30	Morialta	75-90 min ring routes back to 1 <sup>st</sup> falls	75-90 min ring routes back to 1 <sup>st</sup> falls	75-90 min 1 <sup>st</sup> falls and 2 <sup>nd</sup> falls loops
June 6	Morialta	75-90 min	75-90 min	75-90 min
June 13	North Adelaide	60-105 min	60-105 min	60-105 min
June 20	Morialta	90 min ring routes back to 2 <sup>nd</sup> and 1 <sup>st</sup> falls	90 min ring routes back to 1 <sup>st</sup> falls	90 min
June 27	Morialta	90 min	90 min	90 min
July 4	Summit Run			
July 11	Waterfall Gully – chambers	90-105 min Chambers + winter track and up to falls for extra	90-105 min Chambers + winter track and up to falls for extra	90-105 min Chambers + winter track
July 18	Waterfall Gully-	105-120min SE freeway,	105-120min SE	105-120min SE

		Mireen, Bullock , track, up and down chambers for extra	freeway, Mireen, Bullock up to falls for extra	Freeway no Mireen Bullock track
July 25	TBC	possible Lakers 10,15, 20 or 25 km run trial		
Aug 1	Waterfall gully	120-135 Chambers + SE Free way + Bullock	120-135 Chambers + SE Free way + Bullock	120-135 SE freeway, Mireen, Bullock
Aug 8	Waterfall gully	150-180 SE Freeway then Chambers winter (Cleland)	150-180 Chambers + SE Free way + Mireen and Bullock	150-180 chambers winter, SE, bullock
Aug 15	Adelaide Marathon weekend			
Aug 22	Waterfall Gully	150-180 SE Free way then Chambers winter (Cleland)	150-180 Chambers + SE Free way + Mireen and Bullock	150-180 chambers winter, SE, mireen, bullock
Aug 29	Nth Adelaide	120-150 approx Torrens to beach and back next 6 weeks	120-150 approx	120-150 approx
Sept 5	Nth Adelaide	120-150 approx	120-150 approx	120-150 approx
Sept 12	Nth Adelaide	120-150 approx	120-150 approx	120-150 approx
Sept 19	City to bay	run back to start	run back to start	run back to start
Sept 26	Nth Adelaide	120 approx	120 approx	120 approx
Oct 3	Nth Adelaide	75-90min	75-90min	75-90min
Oct 10	Melbourne Marathon			

## Thursday Nights

This Thursday is the final Henley oval run of the season.

The winter season will include some changes

- o Starting May 13<sup>th</sup> and running through to July 15<sup>th</sup>, Thursday running will be a mix of indoor bike trainer, running off the bike around the streets) and circuit training held at Nigel's house (24 Holden Avenue Woodville West). The club has some trainers but it is best to bring your own if you have one. There is plenty of undercover space so we don't have to worry about the rain anymore. The session will be 5.45pm for a 6 pm start and should finish around 7 or 7.15pm. if you don't want to ride then separate runs and circuits could be developed.
- o July 22<sup>nd</sup> we will then do 10 weeks of run training out of Uni Loop, through to September 23<sup>rd</sup>

*Vincent*

President

Tel: +61 8 8447 0633

Mob: 0419 378 429

[Mailto:tremaine.vincent@flindersports.com.au](mailto:tremaine.vincent@flindersports.com.au)

Disclaimer

This email is intended for the addressee only and may contain information that is confidential and privileged. If this email is not addressed to you, please reply to me and delete any copies you may have. Whilst we have used appropriate software to

alert us to the presence of viruses, we cannot guarantee that this email and any files transmitted with it are free from them. It is your responsibility to establish your own protection against viruses or other damage. We respect your right to privacy. At any time, you can request that no further emails be sent to you by replying to this email with "No further emails" in the subject line.  
Thank you.