

STRIDE AND TESTED

Denmead Striders Newsletter



OTHER NEWS INSIDE THIS ISSUE:

Supporting a fellow strider from the other side of the world

Club Admin

Warm up - Should I stretch or not?

Weighted Vest Running - The Results

Clare Welch

In the last edition I was in the middle of doing a weighted vest experiment to see if it improved your fitness over a 12 week period.

The vest certainly took its toll over the weeks and I am not sure it did my legs any good so if ever there is an incentive to not put on weight this is definitely it!

Anyway, after re-doing by baseline tests the results were as follows:

5K - 1st time - 29.53 - after 12 weeks - 29.06

10k - 1st time - 1.01.33 - after 12 weeks - 1.01.03

Burpees - 1st time 52 - after 12 weeks - 58

So all in all an improvement in each section.

I must admit I was slightly disappointed in the 10k but super chuffed with the 5k time as shaving any kind of time off on this distance especially over 40s I know is good.

So do I think it helped? Well the figures say it did. Would I do it again - probably not. That vest is well away for now!

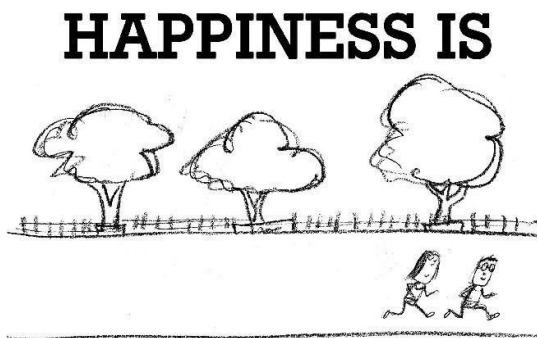
Supporting A Fellow Strider On The Other Side Of The World

Jeffrey Streeter

As we continue to gradually see normal life resume after lockdown, being reunited with friends and fellow Striders, has been the enormous boost that anyone connected with such an amazing running club can relate to. On a personal level, having your world taken away from you and not having any control over it, is one of the worst things that can ever happen.

This is what lockdown had done. Everyone has been separated from family, friends and loved ones, but for me being separated from Denmead Striders was like being separated from an extended family, very dear friends and people who will always be close to my heart. With official training only happening at sporadic intervals, it made a world of difference to be able to run and train with individuals on a one to one basis, and it has been a rollercoaster of emotion getting to know fellow clubmates better – and in an ironic twist forming closer friendships.

Finding that individual that is pretty much perfectly matched for you training wise, and whom you have a genuine connection with is a rare blessing, which I have been very fortunate enough to achieve in a number of ways throughout lockdown.



...running with a friend.

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**"Those who
inspire you
bring out the
best in you"**

Without a shadow of a doubt, the Strider that gave me an enormous lift and boost plus optimism for the future is none other than the Ribena Queen herself, Catherine Arnold. Certain circumstances now mean, that such an enchanting, wonderful, inspirational unsung hero is now on the other side of the world in New Zealand and no doubt bringing all the happiness and joy she brought to me and this fantastic running club, to the people there. Restricted to running around a hotel carpark due to quarantine rules,

I decided to honour and support this amazing woman by running multiple laps around an industrial estate to emulate the circular routes she has had to endure. Much to my surprise, my first attempt at this was not only completing a 10K distance, but subsequently recording my fastest ever 10K time of 47:37.

Although an unofficial race time, I was made up to achieve this in her honour. With Ribena Queen Catherine still in quarantine, three days later I decided to do another 10K on a similar looped course, and subsequently recorded another 10K PB – this time finishing in 47:22.

We are all individuals, but I have always been a firm believer that those who inspire you, always bring out the best in you, and I know for a fact if it hadn't been for so many Striders, I wouldn't be achieving what I am today – and I certainly wouldn't be a runner. There maybe thousands of miles between such good friends – but we'll always forever run as one



Denmead 10k (Club Run) 28th July 2021

As with everything at the moment this is subject to Government guidelines and the road map but the club are planning on hosting a Denmead 10k Club run on a Wednesday training night which is the 28th July 2021.

We know that club members like to run the 10k and as the actual race is not open to members this would be a good way for you all to participate in the undulating course.

This also gives our new committee a trial run on how things will work on the day.

Also don't forget to keep your diary free for the 10th October - we will be asking for willing volunteers on the day to help host this great race.



Happy 90th Birthday Charlie Burton

One of our founder members and club president Charlie Burton turns 90 on the 25th June.

From all your fellow striders we would like to wish you a very many happy returns.

Club Membership

Thank you to all of you that have paid so far. If you have still yet to pay and want to be a member for 2021 please contact Julia

As mentioned before the club recognises that you have not had the full benefit of club training sessions so have decided for 2021 ONLY that anyone who was a paid up member in 2020 that wishes to renew their membership will be able to claim it at a reduced rate of £20.

Just use the same process as before (we can now take payments by BACS, don't forget) paying the new fee.

I would encourage members to pay by BACS since we are not currently meeting face to face, but anyone that does need to pay cash please contact Julia via email to find out the best way to arrange.

Warm up - Should I stretch or not?

Natalie March

At Physio-logical this is a question we get asked a lot. Should I stretch or not?

The answer to that question is based on current research we should use dynamic and not static stretches. There has been more and more research to show that static pre exercise stretching can compromise performance by reducing running speed, strength, endurance and reaction time.

So why should we not use static stretching in a warm up?

Static stretching relaxes the muscles and tendons which decreases strength and power. This is because a muscle and its tendons store energy when being rapidly stretched.

So how do I warm up then?

For runners, a short slow run, following by some dynamic stretches and then sport specific is the best thing to do i.e, if you are a sprinter you may practice sprint drills out of the starting blocks

Why dynamic stretching?

It has been shown to improve performance. During dynamic stretching the muscle activates through a wide range of movement which then helps to activate neural pathways and then the muscles too.

Some examples of dynamic stretching are:

High Knees - aim for 30 in 30 seconds



Heel Flicks - aim for 30 in 30 seconds



Leg Swings - 15 each on side



Lunge Walks - 15 each on side



Summary

More research into the benefits of a warm up is still required.

But based on current research a short slow jog/or sprint, followed by dynamic stretches prior to sport specific exercises has been shown to improve performance.

Please note: If you have always stretched statically in the past and have had no problems and feel it helps you then please do continue. But if you do want to work to improve your flexibility then it is much better to stretch afterwards or in between running sessions, as you will improve flexibility without compromising power and strength.

If you want any further advice or are struggling with an injury then please do get in contact with us on 07835 712306, enquiries@physio-logical.net or book online: www.physio-logical.net