

June 2010 Training Camp

There will be a running camp from Friday, June 11- Monday, June 14 (Long Weekend!) at Cudmirrah, which is near Sussex Inlet, about a 2 hour 30 minute drive from Sydney on the beautiful NSW South Coast.

Every session will have the flexibility of catering for runners of all levels. You can do as much of or as little of the program as you wish. Standards range from absolute beginners to 60minute 10km runners right down to sub 30minute 10km runners, from middle distance runners to ultra marathoners.

Cost for the camp is \$160.

First in with the \$80 deposit are guaranteed a spot at the camp. (non-refundable; part of your payment)

Accommodation:

We are staying in cabins at the Lakeside Cabins and Holiday Village. Each cabin sleeps 5 people and includes beds, bathrooms, toilets, kitchens, dining area, lounges, TV, DVD and veranda.

The Tourist Park has excellent facilities, which include heated swimming pool, table tennis, pool tables, tennis court, basketball court, gas bbq area and laundry facilities.

It is only 300m from National Park bush trails, 300m to the surfing beach, which includes some massive sand dunes and it is right on Swan Lake, ideal for swimming, deep water running, canoeing, kayaking and fishing.

HOW TO GET THERE:

Drive down the Princess Highway, past Wollongong and Nowra. About 25km south of Nowra, turn left on to Sussex Inlet Rd (there is a sign to Sussex Inlet). Follow this road for 10km, then turn left down The Springs Road (there is a sign to Cudmirrah and Berrara), which you follow for 6km. Just across a little bridge, as you enter Cudmirrah, turn right into Goonawarra Drive and go 200m. Lakeside Cabins and Holiday Village is the second tourist park on this street. It is just past Swan Lake Tourist Park (don't go in there- wrong place!)

Meals and Food:

Obviously, nutrition is important because of the amount of training that we will be doing. Breakfast, lunch and snacks must be self catered. We will go to Sussex Inlet RSL club for dinner on Saturday night. Each cabin has a kitchen with all cooking facilities provided for those who need to cook dinner on Friday or Saturday nights. I strongly advise against bringing junk food. Aim to eat low-fat, nutritious foods.

If you have special dietary requirements, you will need to look after yourself by bringing your appropriate foods.

House Rules:

1. Please keep the common areas 'common' and try to keep as neat as possible by keeping your things in your sleeping area.
2. Keep kitchens and bathrooms tidy, clean up after yourself. There'll be some teamwork required in the kitchen during mealtime, especially regarding washing-up and cleaning up. I expect everyone to chip in.

Things to bring:

1. Training gear (training shoes, racing flats, singlets, long and short-sleeve t-shirts, running bras, tights, socks, tracksuit, water bottle). Be prepared for wet weather and potentially cold weather whilst running.
2. Casual gear for all types of weather
3. Board games and cards (optional but good to have). Games of scrabble, UNO, etc would be fun either in cabins or in the big lounge room.
4. Reading material (optional but good to have). If you have extra magazines you want to get rid of, come and share them with your fellow runners.
5. Medicine balls (anything from 1kg-6kg) (optional but good to have)
6. Your training diary and a pen

7. **Bedding and your own towels**, a tea towel and toiletries. There is a washing machine and dryer, so you can bring some washing powder as well. They provide blankets but you will need sheets and pillows.
8. A desire to train hard and have fun.

SAFETY:

There'll be one big rule on camp and that is to tell me where you're going if leaving the cabins, just so I can keep a track of everyone's whereabouts. I strongly advise that no one runs alone; especially as the major advantage of being on such a camp is that you can run in a group. Under 18s will be under adult supervision at all times.

ITINERARY

Friday June 11:

7.30pm-9.30pm- Check-in

*some runners may cook dinner on arrival. Others may buy dinner on the way down. Cabins have cooking facilities.

Saturday June 12:

7.00am- 10-15min warm-up, stretch, strides

7.30am- SANDHILLS: Milers' Circuit, Monsters, Nasties, Babies (you can do as many or as few of these as you wish). They are tough at the time but you recover remarkably well after the session due to very low leg impact. If this session is not down your alley, you may want to simply run the warm-up along a country road with the group to the beach, then stretch and watch the session, then run back.

8.15am- 10-15min cool-down, stretch

8.30am- Breakfast

11.45am- 15min warm-up, stretch, strides

12.15pm- 2.7km (2 laps) hard OR 5.40 km hard (4 laps) hard OR up to 3 x 2.7km hard reps (with a decent recovery after each rep) run on firm sand by the water's edge on beach at low-tide. A single lap in one direction of this beach is 1.35km, thus the "out-and-back" is 2.7km. You may want to simply run the warm-up through the bush to the beach, then stretch and watch the session, then run back.

12.45pm- 15min cool-down, stretch

1.15pm- Lunch

4.00pm- STRENGTH session on beach, followed by swim in ocean (both optional)

6.00pm- Dinner @ Sussex Inlet RSL (at the end of the main road in Sussex Inlet). A great bistro!

Sunday June 13:

7.00am- 1hr-2hr run on quality dirt roads in national park (marathoners and ultra runners will have longer options and will start earlier). Runners of similar standards will be grouped according to best training pace. Water-bottle drop-offs will occur before the run.

8.00am/9.00am- Breakfast

11.30am- Aqua session in Swan Lake (across the road from camp) Includes shallow water running, porpoising and drills. Deep water running is also an option but won't be supervised. You may need a wet-suit for deep water running or swimming if you want to try these at this time of the year.

12.30pm- Lunch

4.00pm- 20-40min easy run in national park or along lakefront

6.00pm- Dinner @ Sussex Inlet RSL (at the end of the main road in Sussex Inlet). A great bistro!

Monday June 14:

7.00am- 10-15min warm-up, stretch, strides

7.30am- SANDHILLS: Milers' Circuit, Monsters, Nasties, Babies (you can do as many or as few of these as you wish). They are tough at the time but you recover remarkably well after the session due to very low leg impact. If this session is not down your alley, you may want to simply run the warm-up along a country road with the group to the beach, then stretch and watch the session, then run back.

8.15am- 10-15min cool-down, stretch

8.30am- Breakfast

10.00- END OF CAMP- check out

If you have any questions about the camp please call me on (02) 96999783 or 0412 206 821.

Sean