

February 2012 Training Camp

There will be a running camp from Friday, Feb 24 - Sunday Feb 26, at Cudmirrah, which is near Sussex Inlet, about a 3 hour 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 and junior runners as young as 11, right down to sub 30minute 10km runners, from middle distance runners to ultra marathoners.

Cost for the camp is \$140. Those under 18 will be supervised by adults at all times.

First in with the \$70 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. For couples there is a separate room with Queen sized bed so book early if you want one of those.

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 right 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!)

Chance to sit down and have a chat with the coach:

All runners at the camp are invited to book a 15-30min time slot to sit down and talk to me about your training, racing and any other running related matters. There is no extra charge for this. All part of the camp package.

*EVERY SESSION IS OPTIONAL!

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Friday February 24:

8.30pm-9.30pm- Check-in (you can arrange an earlier check-in if you prefer)

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

Saturday February 25:

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

11.00am- STRENGTH session on beach, followed by swim in ocean (both optional)

12.30pm- Lunch

4.30pm- 15min warm-up, stretch, strides

5.00pm- 2.7km (2 laps) hard OR 5.40 km hard (4 laps) hard OR 8.10km hard (6 laps) 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.

5.30pm- 15min cool-down, stretch

6.30pm- Dinner @ Sussex Inlet RSL (at the end of the main road in Sussex Inlet). A great bistro!

Sunday February 26:

7.00am- 1hr-2hr run on quality dirt roads in national park (marathoners and ultra runners will have longer option 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 if requested.

8.00am/9.00am- Breakfast

10.00am- Talk by the coach on "the temptations of a runner"- going off the rails".

11.30am- Aqua session in Swan Lake, a freshwater lake 20m from the cabins. Includes shallow water running, underwater/freestyle swimming combos, deep water running (with or without belts) and drills.

12.30pm- Lunch

1.00pm- END OF CAMP- check out

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.

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 your will need sheets and pillows.
8. A desire to train hard and have fun.

If you have any questions about the camp please call me on 0412 206 821 or email sean@sweatsydney.com.au
(Email preferred)

Sean Williams