

NANTES ATHLETIC CLUB

EST 2014



STRONGER TOGETHER

Your health. Your fitness. Your life.

We are pleased that you have chosen Nantes Athletic Club to assist you in achieving a healthier lifestyle through the medium of running and other related exercise programs.

Your experiences will be most enjoyable and rewarding whether you're on a journey from the couch to your first race or whether you're an experienced runner in search of fulfilling your athletic potential.

Our suitably qualified and experienced coaches and group leaders in the areas of road running, cross country and trail running employs the Long Term Athletic Development approach, structured in such a way that load and effort is increased gradually ensuring a good level of enjoyment and at the same time avoiding potential injuries.

Our wellness team will provide you with input on nutrition, weight management and other related topics in support of the enhancement of your quality of life.

We hope that you will make use of the various programs and that you will benefit to such an extent that you will also one day find the joy of assisting others on this wonderful journey of running and exercise.

Welcome to the family. Let's go running!



ABOUT NANTES ATHLETIC CLUB

Nantes Athletic Club was established in 2014 with the vision of promoting a healthy and active lifestyle through running and walking in the community – with the emphasis on fun. Within four years, Nantes has become one of the foremost running clubs in the Western Cape. Nantes members are renowned for being the friendliest and most fun in the Western Cape. Our growth can partially be attributed to the ‘Nantes Spirit’, which is easily recognisable wherever you see the famous lime green T-shirts.

Whilst we love having fun, members are coached to achieve their running goals and, in most cases, they achieve more than they ever dreamt of. For this reason, our training programme caters for beginner, intermediate and advanced runners. The programme is holistic and includes weekly cross training and long runs to supplement our group training sessions.

STAY IN CONTACT

Website: www.nantesac.co.za

Email: admin@nantesac.co.za

Facebook: Nantes Athletic Club

Instagram:

Mobical.me:



CLUB EXECUTIVE MEMBERS

- Chairman Leon Hendricks
- Deputy chairman Terence Brink
- **Head coach** **TBC**
- P.R.O Nadia Gamieldeen
- Treasury Sumaya Abdullatief
- Secretary Miranda Jackson
- Additional members Mario Hendricks
Togeyda Charles

NANTES AC WEEKLY TRAINING SCHEDULE

Monday - 18h30 - Nantes Clubhouse Strength & Conditioning Training (Nantes AC Clubhouse)

Tuesday - 09h00 The Morning Fitness Group meets at 09h00 in the Vangate Shopping Mall parking area next to the artificial mini-soccer fields. Please bring your own water along.

Tuesday - 18h15 Bridgetown Evening training (Nantes AC Clubhouse)
Please wear bright colours and reflective clothing.

Tuesday - 18h30 Sub-junior training (Nantes AC Clubhouse)

Thursday - 09h00 The Morning Fitness Group meets at 09h00 in the Vangate Shopping Mall parking area next to the artificial mini-soccer fields. Please bring your own water along.

Thursday - 18h15 Bridgetown Evening training (Nantes AC Clubhouse)
Please wear bright colours and reflective clothing.

Thursday - 18h30 Sub-junior training (Nantes AC Clubhouse)

Weekends – Long Slow Distance (LSD) runs and races

*The training schedule is subject to change and will be communicated with members



NANTES AC PROGRAMME STRUCTURE

ORIENTATION PROGRAMME

All novice runners and walkers that join Nantes Athletic Club will go through an orientation for a duration of 8 weeks. The coaches will introduce the runners to the following:

- Proper running attire including footwear
- Running and race etiquette
- ...

Upon completion of the programme, runners will be able to run/walk 5km comfortably.

ADVANCED BEGINNER PROGRAMME

During the advanced beginner programme, runners are taught:

- ...
- ...
- ...

Upon completion of the programme, runners will be able to run 10/15km comfortably.

INTEMEDIMATE PROGRAMME

During the intermediate programme, runners are taught:

- ...
- ...
- ...

Upon completion of the programme, runners will be able to run 21/30km comfortably.



ADVANCED PROGRAMME

During the advanced programme, runners are taught:

- ...
- ...
- ...

Upon completion of the programme, runners will be able to run 30/42km comfortably.



YOUR CURRENT STATUS

Weight _____

Pants/Dress size _____

5km PB _____

10km PB _____

15km PB _____

21km PB _____

30km PB _____

42km PB _____

YOUR GOALS

Weight _____

Pants/Dress size _____

5km PB _____

10km PB _____

15km PB _____

21km PB _____

30km PB _____

42km PB _____



RUNNING LOG

year _____ month _____

Wk	Date	Distance (mi or km)	Time (mm:ss)	Pace	HR	Rest HR	Temp (°C/°F)	Shoes	Run Type	Route Name, Description	Comments
1	/										
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2	/										
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TOTALS & AVERAGES											

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RUNNING LOG

year _____ month _____

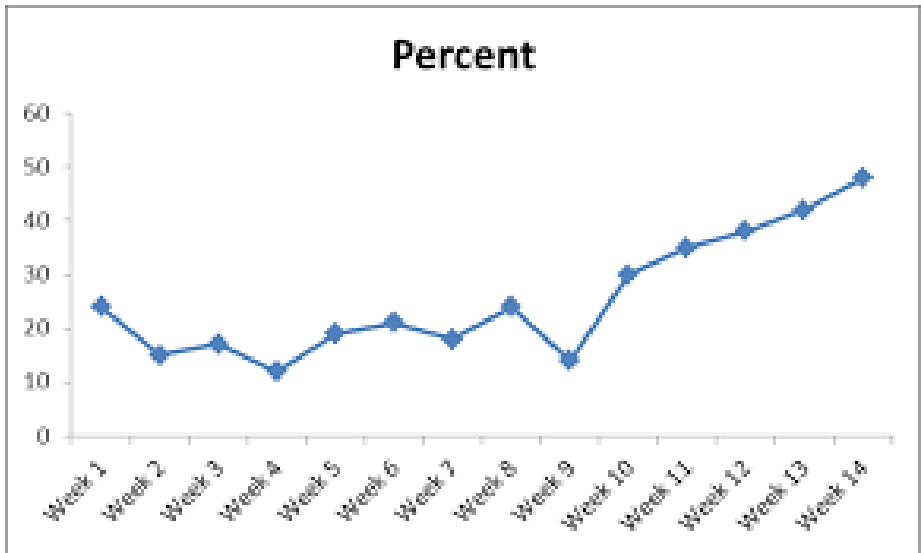
Wk	Date	Distance (mi or km)	Time (mm:ss)	Pace	HR	Rest HR	Temp (°C/°F)	Shoes	Run Type	Route Name, Description	Comments
1	/										
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TOTALS & AVERAGES											

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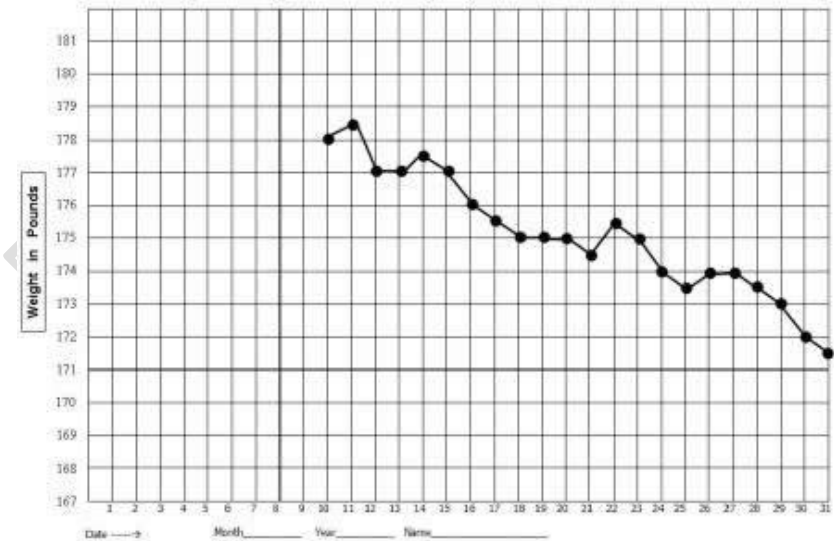


MILEAGE TRACKER

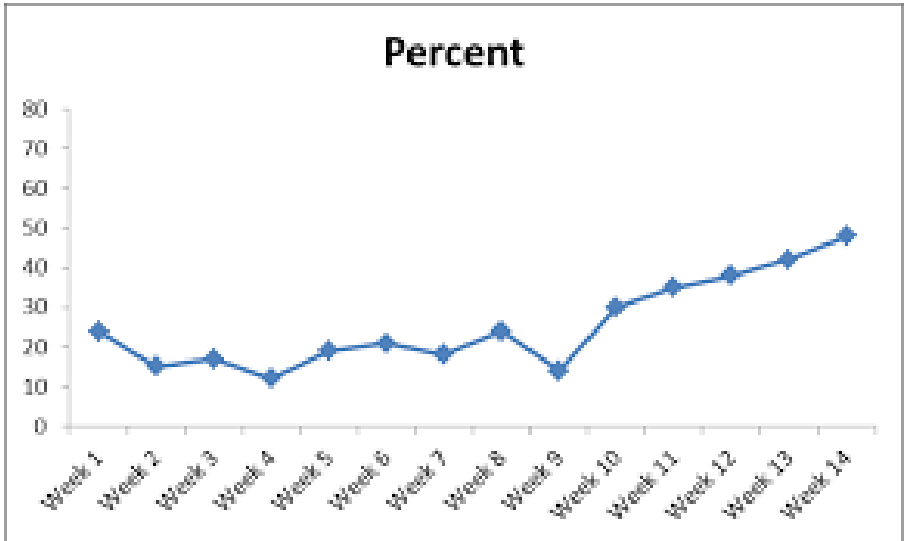


WEIGHT TRACKER

MUSC Weight Management Center (843) 792-2273



5KM TIME/TRIAL TRACKER



RUNNING & FOOTWEAR SPECIALISTS

📍 DUNKELD, BEDFORDVIEW, BROADACRE, SOUTHDOWNS, CAPE TOWN



10 WEEK SUB-2 HALF MARATHON PROGRAMME

For illustration purposes only



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
1	Rest/ KT	4 miles easy	Fast or KT	Tempo 3 miles, with 2 at 10:00 per mile	4 miles easy	Rest/ KT	Long run 7 miles	20 miles
2	Rest/ KT	3 miles easy	Fast or KT	Mile repeats: 2 x 1 mile at 10:00 per mile	4 miles easy	Rest/ KT	Long run 6 miles	21 miles
3	Rest/ KT	3 miles easy	Fast or KT	3 miles, with 1 at 10:00 per mile	4 miles easy	Rest/ KT	Long run 5 miles	20 miles
4	Rest/ KT	3 miles easy	Fast or KT	Tempo 4 miles, with 1 at 10:00 per mile	4 miles easy	Rest/ KT	Long run 7 miles	22 miles
5	Rest/ KT	3 miles easy	3 miles easy	Tempo 5 miles, with 1 at 10:00 per mile	4 miles easy	Rest/ KT	3 miles easy	24 miles
6	Rest/ KT	4 miles easy	Fast or KT	Mile repeats: 1 x 1 mile at 10:00 per mile	4 miles easy	Rest/ KT	Long run 10 miles	22 miles
7	Rest/ KT	3 miles easy	3 miles easy	Tempo 6 miles, with 1 at 10:00 per mile	2 miles easy	Rest/ KT	Long run 11 miles	26 miles
8	Rest/ KT	3 miles easy	3 miles easy	Tempo 3 miles, with 1 at 10:00 per mile	4 miles easy	Rest/ KT	Long run 13 miles	30 miles
9	Rest/ KT	3 miles easy	3 miles easy	Mile repeats: 1 x 1 mile at 10:00 per mile	3 miles easy	Rest/ KT	Long run 10 miles	20 miles
10	Rest/ KT	3 miles easy	Fast or KT	3 miles with 1 at 10:00 per mile	Rest	Rest	3.14 Miles Total	19.1 miles

MARATHON TRAINING PROGRAMME



Week	Day	Set	Wed	Thu	Fri	Sat	Sun	Total
1	Day 3	Endorphins + griples	Real at 6:37	Day 7	Day 4	10	Real	33
4	Day 6	Endorphins + griples	Real at 6:37	Day 6	Day 6	10	Real	33
1	Day 3	Endorphins + griples	Real at 6:37	Day 6	Day 6	10	Real	33
4	Day 6	Endorphins + griples	Real at 6:37	Up tempo 4	Day 6	10	Real	33
8	Day 8	8000 ft x 800 metres (27 miles total)	Real at 6:37	Day 6	Day 6	10	Real	33
8	Day 8	7000 ft x 800 metres (27 miles total)	Real at 6:37	Day 6	Day 6	10 with up- tempo part 8 miles	Real	38
1	Day 4	8000 ft x 800 metres (28 miles total)	Real at 6:37	Day 7	Day 6	10	Real	41
4	Day 7	Endorphins/ curves + drills	Real at 6:37	Up tempo 4	Day 7	10	Real	37
8	Day 8	8000 ft x 800 metres (28 miles total)	Real at 6:37	Day 6	Day 6	10 with curves	Real	37.5
10	Day 8	7000 ft x 800 metres (28 miles total)	Real at 6:37	Day 6	Day 6	10	Real	41
10	Day 8	Endorphins/ curves + drills	Real at 6:37	Up tempo 10	Day 6	10	Real	40
12	Day 7	8000 ft x 800 metres (28 miles total)	Real at 6:37	Day 6	Day 6	10	Real	41
11	Day 8	Endorphins/ curves + drills	Real at 6:37	Day 6	Day 6	10 with up-tempo part 8 miles	Real	40
11	Day 8	8000 ft x 800 metres (28 miles total)	Real at 6:37	Day 6	Day 6	10	Real	41
11	Day 4	Up tempo 5	Real at 6:37	Day 7	Day 6	10	Real	38
11	Day 3	8 miles straight/ curves + drills	Real	Day 6	Real	Day 6	Real	40.5

RACE CALENDAR 2020

Event	Date	Distances	Where	Route Type	Entry Fee	Pre-ent Close	Late Entries	2019 Finishers
Summary information for all April & May qualifying marathons & ultras in South Africa [www.runningmann.co.za / @runningmann100]								
Mall of the North Marathon	04-Apr	42\21\10\5	Polokwane, Lim	Out-and-back	?	?	Yes	570
Arthur Creswell Memorial 52k	04-Apr	52\21\10	Bergville-Ladysmith, KZN	Point-to-point	R 250	29-Mar	Yes	497
JointEze Irene Ultra 48k	05-Apr	48\21\5	Centurion, Gau	Circular	R 250	23-Mar	No	3467
Durban City Marathon	05-Apr	42\21\10	Durban, KZN	Double-lapper	R 230	24-Mar	Yes	1379
Great East Marathon	11-Apr	42\21\10	Hazyview, Mpu	Circular	?	?	Yes	18
Two Oceans 56k	11-Apr	56\21	Cape Town, WC	Circular	R 575	Closed; but you	No	12100
Forever Resorts Loskop 50k	18-Apr	50\21\5	Middelburg-Loskop Dam, Mpu	Point-to-point	R 380	6-Mar	No	3237
Newlands Athletic Club Triple Challenge	19-Apr	42\21\10	Durban, KZN	?	?	?	?	NA
Cross Province 42km	25-Apr	41\21	Bagdad, WC-Niewoudville, NC	Point-to-point	R 170	3-Apr	?	NA
Selati Pongola Sugar Cane Marathon	25-Apr	42\21\10\5	Pongola, KZN	Double-lapper	R 250	21-Apr	Yes	?
Polokwane Mayors Race	25-Apr	42\?	Polokwane, Lim	0	?	?	0	?
Outeniqua Marathon	25-Apr	42\21\10	George-Wilderness, WC	Point-to-point	?	?	Yes	177
Rising Sun Chatsworth Freedom 52k	26-Apr	52\21\10	Durban, KZN	Circular	?	?	Yes	952
Profix Scaffolding Marathon & 48k	26-Apr	48\42\21\10\5	Benoni, Gau	Double-lapper	R 260	14-Apr	Yes	1482
South Coast Ultra	27-Apr	48\21\10	Uvongo, KZN	Circular	?	?	?	271
MiWay Wally Hayward Marathon	01-May	42\21\10\5\1	Centurion, Gau	Double-lapper	R 200	15-Apr	No	3853
Gaterite Challenge Marathon	01-May	42\21\10	Verulam, KZN	Circular	?	?	Yes	856
African Wildlife Artistry Bruintjeshoogte 50k	02-May	50\25\15\5	Somerset East, EC	Out-and-back	?	?	Yes	156
Midvaal Marathon	03-May	42\21\10\5	Meyerton, Gau	?	R 250	24-Apr	Yes	N/A
False Bay 50	10-May	50\10	Kleinmond-Betty's Bay, WC	Point-to-point	?	?	No	N/A



RUNNING TIPS

CARBO-LOADING MADE SIMPLE

This article is intended for the first time marathoner and I have kept it as simple as possible. We're not training to win the race so keep things simple and less technical.

Carbohydrate loading is most beneficial if you're an endurance athlete preparing for an event, such as a marathon, that will last 90 minutes or more.

It is a strategy to increase the amount of fuel stored in your muscles to improve your athletic performance and involves increasing the amount of carbohydrates you eat several days before a high-intensity endurance event while cutting back on your activity level.

The purpose is to give you the energy to complete an endurance event with less fatigue and improved performance.

Carbohydrate loading can be done in 2 simple steps:

Step 1. About a week before the event, decrease the amount of carbohydrate rich foods to about 50% of your daily dietary intake. Increase protein and fat intake (meat, eggs, fish, beans, lentils etc) to compensate for any decrease in carbohydrates. Continue training at your normal level. This helps deplete your carbohydrate stores and make room for the loading that comes next.

Step 2. Three to four days before the event, increase your carbohydrate intake to about 80% of your daily dietary intake and cut back on foods



higher in fat to compensate for the extra carbohydrate-rich foods. Scale back your training to avoid using the energy you're trying to store up. Rest completely the day before your big event.

Foods high in carbs include:

Chicken breast, pasta, baked potato, rice, fat free milk, peanut butter, honey, bananas, grape juice, white bread, bagels, cranberries, low fat fruit yogurt, green apples and many many more.

RACE RECOVERY

What an awesome running weekend. We ran with passion and pride and nothing beats it when the mind and body comes together and hard work pays off. But it's now time to thank our bodies and give it some rest because as the day progresses the pain will get more intense.

Below are some guidelines which I'm sure will help.

Rest:

You've trained hard, so rest even harder. Don't head straight back into running. You won't lose any fitness but you will allow your running muscles and joints to recover so you can return to running without injury or soreness.

Eat well:

Focus on protein to help your body recover and repair micro tears in the



muscles. It's the perfect excuse for a lekker braai or perhaps a big, veggie-packed omelette. If you can't face a larger meal, make sure your snacks are full of protein such as eggs, cottage cheese, tuna, chicken or a protein shake.

Gentle Massage:

A gentle massage to flush out lactic acid and toxins. Use long, flushing motions, focusing on the quads, hamstrings and calves. If you were running hard you may find your lower back and upper arms need some work too.

Stretching:

Spend about 15 minutes or so lightly stretching your legs and back. Use a foam roller if you have one to speed recovery. As the week progresses go a little deeper and hold the stretches for a little longer.

Early To Bed:

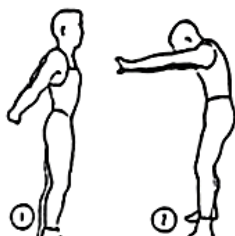
Try and get to bed a bit earlier. Sleep remains one of the most important factors to good performance and speedy recovery.

Take Stock:

Over the coming days, take a good look at your race. How you felt and whether you met your goals or not. Without being critical or hard on yourself, use this experience to work out what went right and what went wrong. Make the mental side of recovery a priority by reflecting on your achievement and don't forget every race is a learning experience.



STRECHES FOR RUNNERS



Chest



Upper back



Back of upper arms



Calf



Back of thighs



Back of thighs



Front of thighs



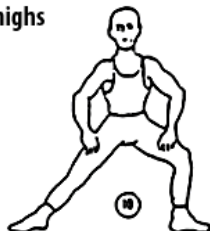
Front of thighs



Outer thighs



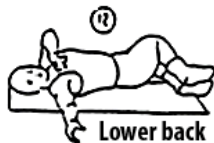
Inner thighs



Inner thighs



Torso



Lower back



Lower back



Lower back

