



# SHORTS

Dulwich Runners AC  
Weekly Newsletter  
March 10th 2021  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS  
Please send your reports, running news etc to:  
[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)  
DEADLINE 17:30 TUESDAY

**NOTE: All club runs and organised training suspended until further notice**

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## ***In your SHORTS this week !***

- 1 General information
- 2 Fixtures & training
- 3 25 training session ideas !
- 5 Club championships 2020/21
- 6 Club Kit
- 8 Wednesday night map we would have used !...

Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.



## **Club runs & training still suspended but... Good News !**



It's been announced that lockdown rules will be relaxed **from 29 March** so the club will be looking to resume Wednesday evening runs in **groups of 6** from then on.

However, Crystal Palace track is still likely to be closed then so we are exploring other

options for Tuesday evening sessions from spring onwards.

We will notify you and keep you informed of the run arrangements nearer the time and also any changes etc

Ros Tabor - On behalf of the D.R. Committee

## **EA renewals April 1 2021 - March 31 2022**

I am aware that EA are sending/have sent renewals but you can ignore these as the club will renew on your behalf.

As you were previously advised for those who renewed or joined during this membership year the club was extending the Dulwich Runners part of membership at no extra cost for an extra year until March 31 2022 but that EA registration if required would still need renewing come April 1 2021.

I will be emailing all current members with EA registration renewal notices in the last half of this month.

The renewal fee remains at £15 for the year, April 1 2021 - March 31 2022.

If you have any queries regarding membership please feel free to contact me.

Barry Graham

Further information about races will usually be here in SHORTS and or announced on a Wednesday club night. Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

## Green Belt Relay - cancelled

A race on the 15/16 May is not a responsible or realistic option. And given all sorts of clashes and risks, it's not an option to move it. So it's with an extremely heavy heart that we must announce the cancellation of the 2021 race. We look forward to seeing you in May 2022, probably on the weekend of 21/22.

## Cross Country - cancelled

No Surrey League cross country races this season, 2020/21 - hopefully will go ahead from autumn 2021/22

If you require information about events in Shorts, how to enter etc, contact your respective captains:  
Men road: [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk) Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## Tuesday Evening Training - Restarting !

Dulwich College fields and track now booked from 30 March for Tuesday spring and summer. evenings  
Due to large numbers and continued social distancing, we've booked two time slots for now, first at 6pm and second at 7pm. Runners will be allocated to respective slots and to smaller groups, using the different fields and the running track. Further details on this will be posted shortly.

With sessions at Dulwich College starting a few weeks ahead of those at Crystal Palace track, some regulars at the track may wish to train at Dulwich College in the interim until the track reopens. Could those of you wishing to do so who have not responded please contact Mike Mann, also advising whether you would be available at 6pm if necessary. - Mike Mann - [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

**All Club Sessions, Wednesdays and Tuesday track currently suspended**

Here are some speed sessions you could do, by yourself or with a running buddy.  
Options given depending on your pace.

Xxx xxxxxxxxxxxxxxxxxxxx

## Hill sessions

For hill sessions - beware of doing too much too soon or you will find any running hard for a few days after.  
Until your body has fully adapted, keep it controlled and be sure to a good warm up  
For the Sydenham Hill suggest focussing initially on just half the hill.  
ie 4 efforts of approx 30 seconds up to the gate on left then 6 efforts of approx 60-75 seconds from the gate to near the top

After a few weeks it might be possible to introduce 4-6 full efforts but still include some shorter ones.

One suggested session if hill long enough could be  
5 x 15 secs hills  
4 x 30 secs  
3 x 45 secs  
2 x 60 secs  
(1 x 2 mins)  
all with slow jog recovery.

If you have a gentler hill - avoid running too fast downhill on a steep descent - you could run a circuit making sure the effort is harder on the ups. It could be 5 laps of around 400m (or 10 of 200m) - with one mostly up and one mostly down sections - keep an eye on the time of each lap to ensure you are not slowing too much on your overall pace and to do that don't run the first few lap too fast.

# Happy hour training - 25 session ideas

From an article by Steve Smythe in Athletics Weekly - Jan 14, 2021

With UK outdoor activity currently restricted, AW results guru and coach Steve Smythe suggests some running sessions that can be done quickly and efficiently

Current UK government advice on exercising in England is to stay local, restrict outside training to once a day and to only train alone or socially distanced with one other person if they are not in your household or support bubble. (Click here to view the latest government guidance).

Here are some running sessions which can be carried out quickly and efficiently.

In theory, without clarification, one session could last three hours and anyone training for a possible marathon won't want to fully ease back on the training, but for everyone's safety when the virus is so prevalent and contagious it would be beneficial to keep the time out

training to a minimum.

Many runners used to high volumes of training are surprised just how fit you can get on a hour's training a day or at least maintain fitness if starting at a high level.

If you are used to longer sessions, then shortening the length might allow you to increase the intensity, but it is still important to ensure you have rest or at least easier days.

Make sure you do not have two intense sessions on successive days and limit them to three a week.

On speed sessions, we have listed standard distances but with tracks not available, it may be difficult to get precise measurements and you could instead do efforts by time. So instead of doing kilometre reps, for example, you could do a four-minute rep. That might mean a 15:00 5km

runner will cover over 1200m while a 30:00 5km runner might cover 600m.

With parks being so much more crowded than pre-covid, make sure you give others plenty of space and it might be worth trying to find a smaller lesser-known park or an area of common. I live near Greenwich Park but find it far too busy to train there and the nearby Blackheath Common with its wide expanses is much easier to train on and avoid people.

Below are 25 sessions that can be completed in around a hour and we give a rough level of intensity for each one but that is dependent on how hard you choose to push it. For instance, you might choose to increase recoveries or run a mile rep session at half-marathon pace instead of 10km pace which would significantly reduce the intensity level.

If you do choose some of the more intense sessions, do note that you can do half hour to 45-minute recovery runs the following day and don't need to necessarily run for a hour every day!

## Speed/speed endurance

### 1. 400m for speed (300m for less fast athletes). Intensity: 6

15 mins warm up, 5 mins of strides, 8 x 400m or 90 secs at mile (significantly quicker than 5km!) race speed with 90 secs recoveries or a rep every 3 mins, with 15 mins warm-down.

For variation: run first 200m or 45sec at 5km pace, but accelerate second 400m approx 5sec quicker.

### 2. 400m for speed endurance (300m for less fast athletes). Intensity: 7

15min warm up, 5min stride, 12 x 400m or 75-90sec at 5km race speed with 30-45sec recoveries or a rep every 2min, 15min warm-down.

3. 800m for speed (600m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 800m or 3

mins at quicker than 5km race speed with 2min recoveries or a rep every 5min, 15min warm-down.

4. 800m for speed endurance (600m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 800m or 3 mins at 5-10km race speed with 1min recoveries or a rep every 4min, 10min warm-down.

5. 1000m for speed (800m for less fast athletes). Intensity: 7

15min warm up, 5min strides, 5 x 1000m or 4 mins at quicker than 5km race speed with 2min recoveries or a rep every 6min, 10min warm-down.

6. 1000m for speed endurance (800m for less fast athletes). Intensity: 8

10min warm up, 5min strides, 8 x 1000m or 4 mins at 5-10km race speed with 1min recoveries or a rep every 5min, 10min warm-down.

7. Mile for speed endurance (1000m for less fast athletes). Intensity: 9

10min warm up, 5min strides, 5 x 1600m or 6min at 5-10km race speed with 1min recoveries or a rep every 7min, 10min warm-down.

8. 2000m for speed endurance (1600m for less fast athletes). Intensity: 9  
5-10min warm up, 5min strides, 4 x 2000m or 8min at 10km race speed with 2min recoveries or a rep every 10min, 5-10min warm-down.

### **Basic speed session**

9. short recovery. Intensity: 7  
15min warm up, 5min strides, 20 x 200m or 40 secs at 5km race speed with 20sec recoveries or a rep every 1min (optional break of a few mins after 10 reps), 15min warm-down.

10. Russian steps. Intensity: 9  
15min warm up then 4 sets of 7 mins of 15sec hard, 45sec easy, 30sec hard, 30sec easy, 45sec hard, 15sec easy, 60sec hard, 60sec easy, 45sec hard, 15sec easy, 30sec hard, 30sec easy, 15sec hard, 45sec easy, with 2min recoveries, 15min warm down.

11. Leg speed. Intensity: 5  
20min warm up, 5min strides, 10 x 30 secs effort with 2min easy jog/walk recovery (start at 10km pace and try and go a few metres more on each effort).

### **Multi paced running**

12. Steady with bursts. Intensity: 6  
Run one-hour at a steady pace (approx a min. a mile slower than 1/2M race pace) but every 10 mins put a one-min burst at 5km pace but go back to original pace asap at end of one min.

13. Double acceleration. Intensity: 8  
5min easy, 5min at steady, 5min at marathon pace, 5min at 1/2M pace, 5min at 10km pace, 5min at 5km pace and repeat all sections.

14. Two-paced section run. Intensity: 7  
Alternating km or 4min of approx a min a mile slower than 1/2M race pace and just inside 1/2M pace.

15. Pyramid run. Intensity: 8  
10min steady, 1min easy, 5min at 1/2M pace, 1min easy, 4min at 10M pace, 1min easy, 3min at 10km pace, 1min easy, 2min at 5km pace, 1min easy, 1min at mile pace, 1min easy, 1min at mile pace, 1min easy, 2min at 5km pace, 1min easy, 3min at 10km pace, 1min easy, 4min at 10M pace, 1min easy, 5min at 1/2M pace, 1min easy, 10min steady.

16. Three-paced section run. Intensity: 7  
10min warm up, alternate one min. sections at 5km, 1/2M and steady (one minute a mile slower than 1/2M race pace) for 40min, 10min warm down.

17. Fast start run. Intensity: 9  
15min warm-up then a km or 4min at quicker than 5km pace, a km or 4min quicker than 10km pace, a km or 4min quicker than 1/2M pace, then ease back sufficiently to recover but pick up last 5 mins to maximum effort.

18. Out and back run. Intensity: 7  
Choose a point half an hour or so away and run there at a relaxed, steady pace and turn after 33-34min and then try and get back before the hour with a much quicker second half (take into account wind direction and terrain).

### **Hill sessions**

19. Short hills. Intensity: 5  
20min warm up, 10 x minimum 30sec dynamic efforts with 90 secs slow jog/walk recovery, 15min warm down.

20. Long hills. Intensity: 8  
15min warm up, 10 x 90sec steady efforts with 2min slow jog/walk recovery, 10min warm down. Note: if the hill is not that length, then carry on past the top of the hill to make up time.

21. Hill Circuit. Intensity: 8  
15min easy. Continuous circuit (with a steeper uphill section and ideally longer easier descent) - ideally a 3min circuit to run harder up (minimum minute climb but keep a reasonable pace on the descent but monitor time on each circuit to check you are not slowing too much), maintain for 30min. 15min easy.

### **Steady running**

22. Very hard. Intensity: 9  
One hour at 1/2M pace.

23. Hard. Intensity: 8  
One hour at marathon pace.

24. Steady. Intensity: 7  
One hour at a minute a mile slower than 1/2M race pace.

25. Recovery. Intensity: 5  
One hour at 90sec a mile slower than half-marathon race pace.

# 2021 CLUB CHAMPS AND 5K/10K LEAGUE

Normally at this time of year, a programme of club championship races for the following year is issued. However current circumstances remain a long way from normal with few events scheduled for the first few months of 2021 and uncertainty over the few races currently in the calendar. As a result the programme of club champs events for 2021 will need to be back-end loaded, with all the planned events compressed into the May to November timeframe. Many of the events chosen are regular repeat events occurring either monthly or weekly, giving runners the opportunity to choose when to compete, and taking the pressure off numbers competing. Clearly this will reduce the element of head to head competition and weather and ground conditions will differ between races, but we feel this is the right way to go until things return to normal.

Events should be regarded as provisional to be reviewed end of March.

We actually did complete 2 events of the defunct 2020 programme, Beckenham parkrun in February and the Big Half in March. Although we are intending to include a 1/2M and parkrun in the programme for 2021, the results of these races in 2020 will count towards a combined 2020/21 club championships.

We intend to kick off with one of the Second Sunday of the month 5 mile trail runs on Wimbledon in the spring, either in May or later, followed by one of the Sri Chinmoy 5k races in Battersea. Given the uncertainties over the numbers that may be allowed to compete in races during the spring and summer, we intend to give runners the option of competing in any of the monthly 5 mile races and the summer series of 5k races at Battersea Park.

We have included the Richmond Summer Riverside 10k in mid July. If there turns out to be a problem because of numbers limits for example, the Regents Park winter series, organised by Mornington Chasers is a possible alternative, with runners free to choose which race to enter. However no details of this monthly series of races

## DR 2021 Club Champs League

We have 2 leagues set up on Opentrack which will last from now until the end of June. (Assuming we will be able to run normal races again by then - tbc)  
We are trying this out as part of the Club Championship 2021 while we are unable to run actual races.  
You can upload any type of run -  
Your own run - done by yourself or with one other person  
A virtual race - any result from a virtual race  
An actual race - any result from a 'normal' race. If you prefer to use the result from the race, rather than your garmin, you will need to inform us for that time to be included in the league.  
You can enter as many times as you like to try and

are available yet.

With the London Marathon scheduled for early October, we have chosen the Paddock Wood 1/2M in early September. There are uncertainties over when parkrun will restart, so we have suggested a late date using Dulwich parkrun, the brief window in the cross country calendar in late October/ early November. Runners can use any parkrun event at Dulwich once it restarts.

The provisional programme of races for 2021 is as follows, but the two events completed in the early part of 2020 will also count:

**9 May** (or any later race) Second Sunday of Month 5 mile, Wimbledon Common

**late Jun/Jul** Sri Chinmoy 5k, Battersea Pk (any race in this summer series)

**17 July** Richmond Summer Riverside 10k (or any race from Regents Pk winter series tbc)

**late July/early August** SOAR Mile

**5 September** Paddock Wood Half Marathon

**4 October** London Marathon (or alternative)

**Suggested dates 30 October or 6 November** Dulwich parkrun, but any dates after parkrun reopens

## '5k and 10k League'

Any races over these distances completed in the first 6 months of 2021, whether traditional races, time trials with starts in waves or virtual races will count towards these. Shorts will publish a monthly league table for the two distances. This league will be separate from the main club champs. We intend to use Opentrack for time trials and official times for regular races. Further details to follow.

improve your time.

NB Each time you enter you will over-write all of your previous entries.

To enter go to - [opentrack.run/competitions](https://opentrack.run/competitions) and search for Dulwich Runners.

You will find - Dulwich Runners 5k League 2021  
Dulwich Runners 10k League 2021

It has details of how to enter and upload your runs.

## 5k and 10k League

### Jan 1 - 5k

1	Eberhard Prill	M55	1	20:54
2	Gary Sullivan	M60	1	21:19

### Jan 1 - 10k

1	Eberhard Prill	M55	1	44:20
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### Jan 7 - 5k

1	Eberhard Prill	M55	1	20:55
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# DULWICH RUNNERS CLUB KIT

Vests £18 each  
T-shirts short sleeved £20 each  
T-shirts long sleeved £22 each  
Socks £5 pair  
Buffs-snoods £6 each



DULWICH RUNNERS' SHORTS - All sizes available  
Traditionally cut either 'racing' style, or slightly longer - Both styles are a bargain £15.



Most kit is usually available  
Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



Buffs-snoods - only £6  
An ideal face covering!

Socks only £5



WATERPROOF JACKETS  
LIMITED STOCK - only £10 each  
Only 2 Xlarge left



The Beast from the East!  
It's on the way!.. be prepared...  
get yourself a bobble hat £15



**! Available now !  
Women's "Racer Back"  
vests - £25**

For all club kit enquiries: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



## **NEW KIT - BUY DIRECT FROM OUR ONLINE SHOP**

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies. Just click the link to the Dulwich Runners shop and purchase directly. <https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html> any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



**College Hoodie**



**Micro Fleece Jacket**



**Showerproof Team Jacket**



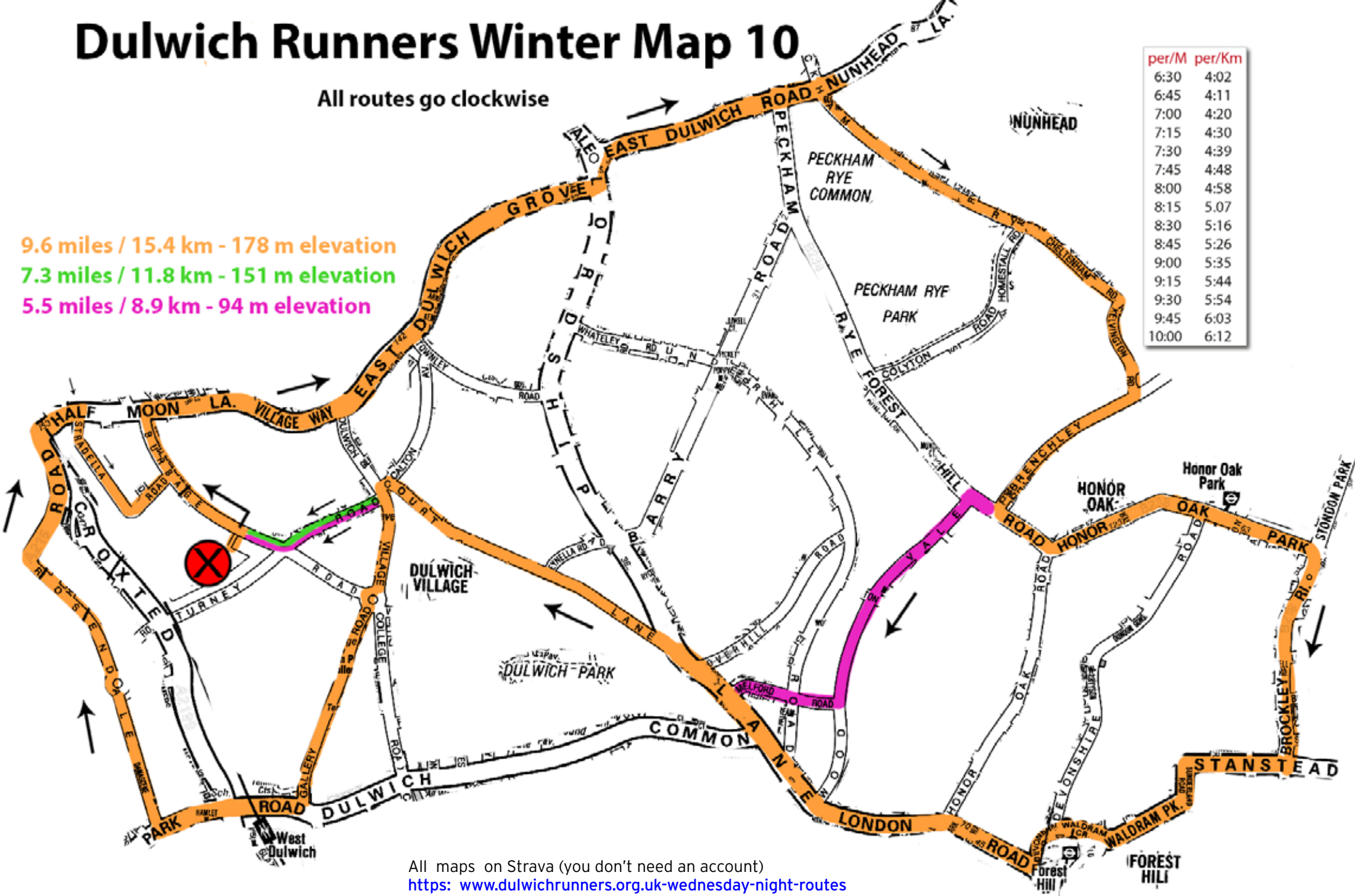
**Pro Mid Layer 1-4 Zip Top**

# Dulwich Runners Winter Map 10

All routes go clockwise

9.6 miles / 15.4 km - 178 m elevation  
 7.3 miles / 11.8 km - 151 m elevation  
 5.5 miles / 8.9 km - 94 m elevation

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12



All maps on Strava (you don't need an account)  
<https://www.dulwichrunners.org.uk-wednesday-night-routes>