April 2014 Running Training Camp

There will be a running training camp at Jindabyne, from Saturday April 12 until Monday April 21. It will be an awesome way to kick-start your latest training campaign and to take your running performances to a new level. Every session will have the flexibility of catering for runners of all levels. These sessions include:

- Track work on Australia's best running track located in Jindabyne @ 1000m elevation
- Trail runs on spectacular single tracks and fire trails around Jindabyne and in the surrounding snowy mountains @ up to 2228m elevation.
- Runs on immaculately groomed dirt roads @ up to 2150m elevation
- Pool workouts
- Technique sessions @ the track
- Strength training- including gym work, circuits and Pilates.
- Flexibility work
- Icing the legs in the freezing alpine rivers and lakes.

You can do as much of or as little of the program as you wish. We have had as many as 80 people attend the Easter camp in previous years so it is an excellent way to meet other runners from around the country/world.

COST: ***First in with the $100 deposits get a spot at the camp. This deposit is non refundable***
Prices then depend on which accommodation option you choose:

April 12-21 (rates for one night. Thus if you want to stay 4 nights then multiply the figure by 4. If you want to stay 9 nights then multiply the figure by 9)

a) Shared room accommodation in Finsko's units (3 or 4 single beds per room)- $50 per person. You must bring your own pillow, towels, bed linen and doona.
b) Twin share accommodation in Athlete's Village houses. Pillow, towels, bed linen and doona supplied. (2 single beds per room)- $70 per person
c) Queen share accommodation in 2 bedroom units. Pillow, towels, bed linen and doona supplied. (a couple in a Queen bed in their own room)- $70 per person
d) Private room accommodation in either Athlete's Village houses or two bedroom units. Pillow, towels, bed linen and doona supplied. (your own bed in your own room)- $100 per person
e) Family unit accommodation in 2 bedroom units. Pillow, towels, bed linen and doona supplied. (one Queen bed in one room, 4 single beds in one room) - $250 per night. Special deal only for runners who want to bring their children along.

You must book for a minimum of 3 nights/days and can book for up to 9 nights. Please specify on your payment exactly which dates you wish to stay

Accommodation/Address:
Jindabyne Sport and Rec Centre, Barry Way, Jindabyne.

HOW TO GET THERE:

In short, once you are in Jindabyne, go along the Kosciuszko Rd, turn left on to Barry Way. After about 1.5km look for the big Jindabyne Sport and Rec sign and turn left into the driveway. Drive about 100m until you reach the office to check in.

There will be the option of catching a bus to the camp at reasonable rates, although I expect many runners will want to drive as we have to drive to several of the venues. Talk to the other runners and work out who drives, who is a passenger, etc. I would expect passengers to fully reimburse drivers for petrol costs. I can fix you up with a lift with another runner if you don't know anyone else attending. By sharing these costs around, it will be cheap for all.

Meals and Food:
Obviously, nutrition is important because of the amount of training that we will be doing. You are expected to prepare your own breakfast, lunch and usually dinner, unless eating out. Everyone is "self-catering". Each unit and cabin is equipped with a kitchen which has stoves, ovens, microwaves, fridges, bench tops, and cupboard space. There is a Woolworth's supermarket only 2.5km from the accommodation. Thus it is a 3 minute drive or 30min walk.

If you have special dietary requirements, you will need to look after yourself by bringing your appropriate foods.
A popular place for dinner is the Jindabyne Hotel bistro, located in an idyllic spot on the lakefront. The famous Jindabyne Hotel bistro has "special deals" most night of the week.
There are several local Italian, Thai, Chinese, Pizza/Pasta and Mexican restaurants where the average meal costs $15.

Facilities at Jindabyne Sport and Rec

- Outdoor flood-lit tennis and netball courts
- Nine hole golf course
- Sports oval
- Flat cycling track and synthetic running track
- Barbecue and picnic areas
- Multi-purpose hall and recreational hall
- Well-equipped conference centre, for small to medium-sized groups of up to 40 people.
- fitness and indoor sports centre (with free weights and pin-loaded equipment, cardio equipment and fitness classes)
- Indoor 10 metre rock climbing wall

Jindabyne attractions
For those who may feel that such a long way from Sydney and its cosmopolitan delights could be tough, Jindabyne is amazingly trendy. It has the latest in fashion stores, upmarket restaurants and cafes, even a twin complex movie cinema! There are internet cafes plus the opportunity to use your lap-tops for work/study at the accommodation venue. Non-running activities include fishing, hiking, kayaking, tennis, obstacle courses, rock climbing, sailing, cave exploration, road cycling and mountain biking.

For those who like the Spartan lifestyle, the camp also can cater for you. There will be the options of healthy meals, quiet recovery periods in between hard sessions and "nights-in" watching running DVDs, reading, listening to inspirational music and discussions. Jindabyne has an indoor heated pool, ideal for recovery and cross training sessions in a cool-climate area. The cool water of Lake Jindabyne is ideal for icing the legs after hard workouts, as are the Thredbo River and Snowy Rivers which flow into Jindabyne.

Things to bring:

1. Training gear (training shoes, stopwatch, racing flats, singlets, long and short-sleeve t-shirts, running bras, tights, socks, tracksuit and water bottle). **Be prepared for wet weather and potentially cold weather whilst running. It can snow in the mountains and even at Jindabyne at this time of the year!** Thus tracksuits, running gloves, beanies and all weather jackets will be very handy. Please remember water bottles. Clearly label all your gear.
2. Casual gear for all types of weather
3. Swimmers for recovery session at heated pool, swimming at unit pool, in river and in Lake Jindabyne.
4. **Bedding, pillows and your own towels (if staying in,** a tea towel and toiletries.

PAYMENT DETAILS:
There are a couple of methods of payment.

A) Pay by credit card using PAY PAL via my website on this link:
http://www.sweatsydney.com.au/330/en-AU

B) Pay directly into my account (be sure to include your name next to your payment); bank details are:
BANK: CBA
ACCOUNT NAME: King and Williams
BSB 06 2320
Account Number 1004 3111

ITINERARY

Saturday April 12:
4.00pm- Check-in, walk around, loosen up the legs.
4.45pm- 40min relaxed run on local Jindabyne trails. It will be 30min out/30min back (total 60min) at your own pace. There will be shorter or longer options
5.30pm- stretching at track
6.00pm- dinner

Sunday April 13:
6.15am- Depart for Gullies Rd (9min drive)
6.30am- Out and back runs. Runs between 1100m and 1370m Either:

- 10km run (5km turn around at junction with dirt road to the left)
- 17km run (8.5km turn around at the small creek crossing lined with Poplar trees)
- 25km run (12.5km turn around at the NO THROUGH ROAD and PRIVATE PROPERTY signs)
- 28km run (14km turn around at the bottom of the 2km hill at a junction to two driveways where there is a rusty old tractor frame)

8.30am- cars depart for base (some cars may leave earlier, some may leave later, depending on numbers/time run)
*ice legs at Thredbo River on way back
9.00am- breakfast
11.00am- stretching @ Track
12.30pm- Lunch
4.00pm- depart for Big Yard Rd (8min drive)
4.15pm- easy run 20-40min on Big Yard Rd
6.00pm- dinner

Monday April 14:
6,30am- depart for Avonside Rd (17min drive)
6.50am- 30min-1hr 10min relaxed run on Avonside Rd (out and back- up to 18km return on rolling hills with flat sections on dirt road)
8.00am- ice legs in lake
8.15am- breakfast
10.45am- strength session
12.30pm- lunch
4.30pm- depart for Thredbo River (9min drive)
4.40pm- 25min- 50min run on Pallaibo Track along the river's edge (single track)
5.30pm- ice legs in the Thredbo River
6.00pm- dinner

Tuesday April 15:
6.45am- start warm-up jog from base, stretching, drills.
7.15am- up to 15x200m hill on Copper Tom (or 170mhill, 140m hill or 120m hill- depending on level) - off a 2 minute cycle- quick jog recovery.
7.50am- cool down jog back to units
8.00am- breakfast
11.00am- Pool session in Jindabyne- includes deep water running, semi deep water running and flexibility and mobility work
12.30pm- lunch
4.00pm- depart for Townsend St.(4min drive)
4.10pm- 25-50min run around Copper Tom, Dam Wall and Mill Creek (single track with small hills)
5.00pm- ice legs in Lake Jindabyne
6.00pm- dinner

Wednesday April 16:
6.30am- depart for Cranky's Flat Rd (8min drive)
6.45am- 30min-1hr 40min run around Tiger's Hill area. Out and back- up to 19km return on very hilly dirt road. Altitude between 1150m and 1350m.
8.00am- ice legs in Wollondibby Creek
8.15am- breakfast
11.30am- technique session @ Track
12.30pm- lunch
4.00pm- depart for Big Yard Rd
4.15pm- easy run 20-40min on Big Yard Rd (8min drive)
6.00pm- dinner

Thursday April 17:

6.15am- depart for dirt section of Barry Way (20min drive)
6.40am- 40min-1hr 15min run on Barry Way, with increase in pace in 2nd half. There is a 4km hill at the end. Altitude between 1100m and 1350m.
8.00am- breakfast
11.30am- Strength session
12.30pm- Lunch
4.00pm- depart for Wollondibby Rd (12 min drive)
4.20pm- easy run 25-40min on Wollondibby Rd
6.00pm- dinner

Friday April 18:
6.15am- depart for Smiggins Hole (23min drive)
6.45am- 40min-1hr 15min run on dirt road to Guthega. Very hilly at altitude between 1700m and 1850m.
* ice legs in Thredbo River on way back
8.15am- breakfast
11.30am- stretching session
12.30pm- Lunch
4.00pm- depart for Townsend St.(4min drive)
4.10pm- 25-50min run around Copper Tom, Dam Wall and Mill Creek (single track with small hills)
5.00pm- ice legs in Lake Jindabyne
6.00pm- dinner

Saturday April 19:
7.00am- warm up from base on local dirt trails
7.30am- Session on synthetic track: Either 10x800m/600m or 400m off a 3.30 cycle. You can do any number of reps/sets
8.10am- cool down jog on grass infield
8.30am- breakfast
11.30am- talk on technique and footwear for trail running
12.30pm- lunch
4.00pm- depart for Big Yard Rd
4.15pm- easy run 20-40min on Big Yard Rd
6.00pm- dinner

Sunday April 20:
5.45am- depart for Charlotte Pass (33min drive)
6.25am- Out and back runs. All runs at altitudes between 1950m and 2228m. Either:

- 18.6km run (9.3km turn around at Summit of Mt Kosciuszko- altitude 2228m) Longer options will also be possible and can be discussed at camp.
- 12km run (6km turn around at Seaman's Hut)
- 9km run (4.5km turn around at Snowy River)

8.30am- cars depart for base (some cars may leave earlier, some may leave later, depending on numbers/time run)
*ice legs at Thredbo River on way back
9.00am- breakfast
11.30am- technique session @ Track
12.30pm- lunch
4.30pm- depart for Thredbo River (9min drive)
4.40pm- 25min- 50min run on Pallaibo Track along the river's edge (single track)
5.30pm- ice legs in the Thredbo River
6.00pm- dinner

Monday April 21:
5.45am- depart for Cascade Trail (33min drive)
6.25am- Out and back runs. Runs between altitudes of 1500m and 1820m. Either:

- 20km run (10km turn around at Cascade Hut-) longer options will also be possible and can be discussed at camp.
- 10km run (5km turn around at summit of Bob's Ridge sign)
- 4.4km run (2.2km turn around at Thredbo River Crossing)

8.45am- cars depart for base (some cars may leave earlier, some may leave later, depending on numbers/time run)
*ice legs at Thredbo River on way back
9.15am- breakfast
10.00am- CAMP CONCLUDES- check out

Sean Williams
0412 208 821
sean@sweatsydney.com.au