



TEN10 FITNEWS

Week 8, Sunday 17th June 2007



Welcome to our weekly news update. Here we provide a weekly review and preview plus a few other bits of info to keep you motivated while pounding the pavement. Please feel free to provide some of the content and share your thoughts...

Week in Review

Team Challenge – WIG JIG and Beach Carnival

Another classic Sunday morning with blue skies, rising tide, crystal clear water and 9 raving lunatics. First up was the inaugural “wig run” which turned many a head on the esplanade at Burleigh. It has real potential and could well be an annual event. Some absolute classics were pulled out of the cupboard with the prize going to Ben who was a dead ringer for Young Einstein with a haywire Elvis wig. Following the wig run we did battle in some beach games. What seemed like innocent kid games soon revealed itself as gut busting, sand running, bloody hard work. A bit of friendly rivalry and the odd bit of cheating (mainly from Deano) made for a good fun hit out. Definitely some potential in this concept. The work was hard enough and the weather good enough that a few of us braved a swim at the end of it all before brekky at the surf club. A big thank you to all who gathered and got into the spirit of the challenge. This spirit should carry into race weekend.



Be sure to finish off your programs well and plan ahead for the big weekend.

On the home straight
Brad

My Point of View...The Bread & Butter



As we near the end of our program I would like to add a few words about the most important training sessions of all. Those being the sessions we complete during the week. These are the “bread and butter” sessions and are the greatest contributor to our final goal, the Gold Coast 10km race. These are the sessions that often require most motivation as we may come home tired, its dark, we have family duties, we may have no one to run with and so on. If we can complete the majority of these sessions then we have demonstrated a high level of dedication, desire, discipline and consistency. I for one have really enjoyed these sessions and can notice a genuine increase in run fitness. Jason, Lauren and I (and “Sam” the dog), usually head up to either Coolangatta beach or Rainbow Bay and complete our session in a range of wonderful environments whether it be the esplanade, along the river or hill runs to some great lookouts. Along the way we solve many of the world’s problems and usually buy and sell much of the real estate in the area as well. Throw in a couple of jokes and a few good yarns and training becomes a real pleasure. I have enjoyed every single run and look forward to the next. On completion of the Ten 10 we will ask everyone to provide some feedback on the entire program including your weekly sessions. We will be interested to know what barriers you came up against in attempting to complete these sessions and how the program could have worked better for you. Please have a think about these things as you complete sessions R, S and T (and the flex/core). I hope you enjoy them.

Brad Marsden

Something to think about...

"Winning starts on Monday, not 10 minutes before the game. It's confidence all week long, and it's confidence for the month before that. People can't get motivated on a five-minute speech before they run out on the football paddock. It's something you have to wake up with - knowing that your preparation was right. Having confidence that whatever comes up you are READY."

- Jack Gibson

Race Day Preview...

Race Day is just around the corner and we have things well organised to make your weekend as memorable as possible. We are hitting this year's event with a real team feel and to keep us all together we have organised a Team RockSolid Tent with our own massage therapist.

As you are all aware we have organised accommodation at the Sports Super Centre, Runaway Bay. A bus will take us to and from the event to save any hassles with traffic and parking.

Your registrations have been organised and your race kit will be collected and waiting for you at the Sports Centre upon arrival. It is important that we stick to the schedule as much as possible especially on race day. I have detailed a brief Itinerary below. Please review and advise if their needs to be any changes.

Weekend Schedule

Saturday

2pm Gold Coast Marathon Registration Marquee Southport Broadwater
4pm Sports Super Centre, Runaway Bay
5pm Outline of Race Day schedule
6pm Carbo Load Team Dinner

Sunday

6.30am Breakfast
7.30am Bus to Race Venue
9.30am Race Start
12noon Bus back to Sports Centre
12.30pm Lunch & Presentation
2pm Check Out & Depart



This week...

GOLD COAST GROUP FINGAL FINALE



SUNDAY JUNE 24

HOME OF THE SPARTAN BREED
4 WATER ST TWEED HEADS

6.30am

Be prepared for anything!!
Call Brad by Friday night if attending
(0404654730)

BRISBANE GROUP BAYSIDE BASH



SUNDAY JUNE 24

Meet at the end of Cambridge Pde, Manly
near the pool

4pm Sharp!!

Running Kit – Be ready to run
plus bring a bike & helmet if you cannot run
Ten10 shirt for a photo.

COUNTDOWN – 13 Days to Go!!