



SPRING TRAINING CAMP

Supported by



HIGH5
SPORTS NUTRITION

WELCOME TO 2:09 EVENTS SPRING TRAINING CAMP

MARCH 8 to 18, 2018

Thank you for signing up to the annual Spring Training Camp on the Algarve coast. In this pack you will find the outline itinerary for the week and general information relating to training camps.

Your itinerary and details of the Victoria Sports & Beach Hotel are attached separately. .

The Staff

The following staff will guide you through your training (note – not all coaches and staff are available on both weeks):

Mike Gratton: Winner of the 1983 London Marathon and Managing Director of 2:09 Events. He has been organizing training camps since 1984. Coaching experience ranges from beginner charity groups to UK Internationals at the marathon.



Nick Anderson Nick and his partner formed www.Runningwithus.com to provide high quality personal coaching to International athletes through to celebrity runners and complete beginners embarking on their first running experiences. Nick has a strong background in middle distances on the track as well as road running and county standard cross country and currently works for UKA as a coach.

Tom Craggs: Also with Runningwithus, Tom is one of the brightest young coaches in the UK Tom is a UKA athletics coach and Level 3 personal trainer. As head coach at a number of running and triathlon clubs he has supported hundreds of club runners and 1-2-1 clients to achieve their running and fitness goals coaching athletes from beginner through to UK vet champions.

Siobhan Rootes: Siobhan will be on her first camp and works alongside Nick and Tom at Runningwithus. She is lead coach and PT for Race for Life with a down to earth approach that makes her a hugely influential voice for everyday runners.

Jenny Jagger: Jenny is a 2.30 hr marathoner and personal trainer who will be offering group sessions on core stability and individual tuition on specific gym work and exercises tailored to the individual.

Sue Wainwright L.S.S.M. Dip Sue had such a good time on her first outing that she felt she had to return again the following year – we still haven't put her off and she will be our chief masseur as well as take us through her Yoga moves! Sue also has a practice based in Kent and runs for Maidstone Harriers.

Jessica Purcell With record numbers on the camp we welcome Jess to help with the Sports Massage – Jess is a qualified PT and Sports Masseur and is currently working in the NHS while she continues further training as a Sports Therapist.

Michelle Goyens: Michelle is a Pilate's instructor living locally in the Algarve. She has a background in ballet dancing and turned to running and is a very accomplished performer.

GENERAL INFO

Before You Go

The temptation is to pack in some extra training just before you travel to the camp – it is actually better to treat the week like a race and ease down a bit in the week before. The last 7 days need to be reduced by about 30% to allow recovery from normal training in preparation for the extra mileage and intensity you are likely to do on the camp. It also means that the rigours of travel are not worsened by you boarding the flight already tired from the last hard run you squeezed in on the way to the airport.

What to Take

Fingers crossed it will be sunny and you will not need heavy tracksuits and fleeces although it does get cooler in the evenings at this time of year so some warm clothing is necessary.

The sunshine creates other demands and you should make sure that your packing list includes a high factor sun screen, sun glasses and light weight t-shirts or running vests.

You will not need to bring specialist kit, a couple of pairs of running shoes; socks, vest, t-shirts and shorts will do nicely. Much of the running on the Algarve coast is on sandy cliff top paths and some surfaces are loose, so a pair of shoes with some grip would be good, but you do not need to go out and buy a pair of special shoes. There will be some track work, so if you normally wear spikes you may want to bring them, if you don't normally or have never worn spikes, 6 or 7 weeks before the London Marathon is not the best time to try them out – it would be better to do your speed work in the shoes you intend to use for London or other target event.

It is also a good idea to bring a few things that are not running related so that you get a break from all the nerdy running talk, and don't forget a few basics like travel wash for your kit – otherwise you could end up training on your own?

Travelling

For some, travelling is likely to be the most stressful part of the camp. These stresses can be minimized by arriving at the airport early and getting yourself checked in and through security to the 'Air' side departure lounge where you can relax until it is time to board the flight.



The atmosphere in the airplane you fly in is going to be more arid than a desert – this means that you are losing a great deal of body water during a flight. Hence some people find that they suffer short term constipation when they arrive – despite local cuisine. More critically it could mean you are training in a dehydrated state right from day one. It is advisable to purchase water before boarding the flight and drink 250-500ml for each hour of flying – you will annoy the person sitting in the aisle seat next to you and the cabin staff will glare as you interrupt the selling of duty frees as you go to the loo several times. The moving about will stop you stiffening up as well, so just tell your

neighbour that you are a fine-tuned athlete and need the exercise.

On Arrival

Resist the temptation to start training in the airport arrivals lounge or even immediately after you have checked into your room. You'll have plenty of time and it is better to de-stress a little and perhaps take in a little food and definitely some more water.

Ready, Steady...

As soon as everyone turns out for the first run the adrenaline will be pumping, or you will be just plain terrified about whether you will keep up. The temptation either way is to start out too hard and you should watch out for 'excited overtraining' a syndrome caused by the whole set-up, atmosphere and need to get on with the training. It is far better to pace the week – those who try too hard in the first few days may be lagging behind later in the week and those first few seemingly embarrassing runs will seem light years ago as you get into your stride if you have paced it well. Remember it is a training week and not a race.

How Much To Do

We have planned two sessions on most days, but it is not compulsory to do them all. There's a wide range of ability on the trip and some will have no trouble doing every run, but if you have been running at a much lower frequency it may mean that you pick and choose a little as there is no point going home very tired, ill or injured – particularly if you have London looming. Having said that most people will be able to achieve much higher training levels on the camp than they do at home since it is a one-off burst and you will have the chance to relax between sessions without the distractions of home or work.

Pick Your Partners

One of the benefits of a camp is that you get to run with others every day – this is both good and bad. Choose your training partners carefully as 7 days of chasing someone who is faster than you may make life very difficult indeed. You can choose between sessions each day and change the group you run with if you need a harder or easier day.

Beat The Bugs

A combination of travelling in aircraft, mixing at airports, general tiredness from hard training and a few social evenings can combine to bring on the typical 'training camp sore throat'. Make sure that you eat well and keep your energy and hydration needs topped up (see the SiS leaflet) and you should keep clear of most problems. However, you may want to bolster your immune system a little by taking natural Echinacea or extra vitamin C – the oranges in Portugal are straight off the tree and taste fantastic.

If you feel generally under the weather and develop a sore throat or cold, either on the camp or on your return, it is important to reduce your training until symptoms subside.

Some people react to the dust from caterpillars that emerge in dry weather and cause a rash, this normally shows as a blotchy rash along sock, shorts and vest/crop-top lines. It is as well to bring some insect repellent spray and antihistamine tablets and cream if you are susceptible to insect bites.

What To Do When You Get Home?

It is well proven that a short period of increased training followed by a rest period will give you a boost to your fitness. Your first priority is to make sure your energy and hydration levels return to normal on your return.

You may find your resting heart rate is slightly elevated from the tiredness associated with the extra training load. After a few days your resting heart rate should return to normal and you can start to lift your training back to your normal level and continue as normal until you start your taper down to the London Marathon or target race.



Other Activities

The Algarve is an excellent place to relax with its magnificent beaches and historic towns. There are plenty of places to visit, [Vilamoura](#) is the closest resort to Falesia and has a Marina surrounded by up market hotels and a wide selection of shops, cafes, restaurants and bars, and there is also an open air market just along the coast at [Quateira](#). In the hills above Quateira you'll find the ancient city of [Loule](#) with its medieval castle walls, while back on the coast you'll find the regional capital Faro, an ancient city which was destroyed by earthquake and now very much an industrial area but retains an interesting central market square.

Further west the market town of [Tavira](#) is the gateway to the sand spit island of [Ilha de Tavira](#), a popular tourist spot with magnificent beaches. Then on the Spanish border you'll find [Vila Real de Sto. Antonio](#), with its medieval castle and long sandy beach at Monte Gordo. It is possible to continue into Spain and [Seville](#) can be reached in about 3hrs from the border by motorway.

Back at Falesia, going west for a mile you'll come to [Acoteias](#), where you'll find a number of restaurants and gift shops opposite the Sheraton/Pine Cliffs golf course and further on you'll come to the tourist conurbation of [Albufeira](#), which now spreads over several miles of hotels and apartments.

There are a number of little bays on the road to Albufeira, the closest to Falesia is [Olhos de Agua](#) which has a number of pleasant bay-front restaurants. Inland from Albufeira the fortress town of [Silves](#) will take you into the hills and has an interesting Moorish Castle to discover, and further into the mountains you'll find the Spa town of [Monchique](#), where there are some interesting forest walks. Back along the coast the sea port of [Portimao](#) has good shopping as well as the famous sandstone rock formations of [Praia da Rocha](#).

The Moorish town of [Lagos](#) has become a bustling market town but owes its history to the slave trade with a 17th Century fortress as evidence. And finally, at the tip of the Algarve is [Cape St. Vincent](#).

TRAVEL & HEALTH ADVICE

The Foreign & Commonwealth Office has a code for British travellers abroad and offers the following general advice:

General Tips for Travelling Abroad

- Avoid showing off obvious wealth.
- When travelling or walking around busy shopping or market places keep all bags close to you and do not put money or valuables in backpacks.
- Don't leave valuables unattended while training or when enjoying the beach or pool.
- Keep credit cards, pin numbers and passports in different places.
- Photocopy the info pages of your passport and carry these leaving your passport in a safe place.
- Hire cars can be easily identified – do not stop in a remote place if an incident happens, move on to a safe place before stopping. Do not leave luggage or valuables in the car.
- Keep hotel doors locked even when in the room.
- Report all crimes to the police and obtain an incident report in case you need to make a claim on your return home.
- If you're going off running, cycling or trekking on your own let someone know where you are going.
- Take care in the sun.
- **MAKE SURE YOU HAVE ADEQUATE TRAVEL INSURANCE.**

GENERAL INFORMATION

Passports

Make sure your passport is valid until after your return – and as some countries require it, preferably with 6-months validity remaining after the last day of your holiday.

Children can no longer travel on parent's passports and must have their own.

Visas

We will inform you at the time of booking if you require a visa for your destination. British Passport holders do not require a visa to visit Portugal. However, if you do not hold a British Passport it is your responsibility to check any visas that may be required for all of the countries to be visited.

Health

Information about free or reduced-cost emergency medical treatment in the European Union is available from The Department of Health www.dh.gov.uk. Portugal is covered by the EU Reciprocal Health agreement. Please note that this covers medical treatment in State run hospitals and clinics only and does not replace the need for Travel Insurance that will cover repatriation costs should you require an air ambulance home or your holiday is curtailed by ill health.

Travel Insurance

Travel insurance is essential on all overseas trips and should cover you for all the activities you expect to do on your holiday, particularly if this includes taking part in competitions. If you have not taken the 2:09 Events Ltd Insurance cover please check with your insurer that they will cover you for sports activities and competitions. Even in countries with reciprocal health arrangements with the UK your insurance should cover you for repatriation to the UK by Air Ambulance in case of emergency, private medical treatment, curtailment of your holiday and loss of baggage and belongings.

Foreign Office Travel Advice for Portugal

There is no recent history of terrorist action in Portugal, but the same caution is suggested particularly when visiting tourist or government buildings – Portugal has a terrorism crisis plan in place. Crime is generally low in Portugal, however tourists should be vigilant to pick pocketing and hand bag snatching in busy places like markets. Theft from cars is a problem and you are advised not to leave belongings in cars.

A full report on FCO advice on Portugal can be found at www.fco.gov.uk.

No immunizations are required.

Currency is the Euro.

Power supply is 220V 50Hz.