



CENTURYCITY
Athletic Club

TEAM 10

Contact us

General Queries
Account Queries:
Phone:
Address:
Facebook
Instagram

info@centurycityathletics.co.za
accounts@centurycityathletics.co.za
0215529045
Century Blvd, Century City, Cape Town, 7441
Century City Team 10/ Team Century
[@centurycityathletics](https://www.instagram.com/centurycityathletics)





CENTURYCITY
Athletic Club

TEAM 10

Table of Contents

1. House rules
2. Commitment/Pledge
3. When:
4. Where:
5. Basics of what to wear
 - Shoes - Invest in the right pair of running shoes
 - Correct socks - (non-cotton)
 - Top and Running pants
 - Optional: hat and belt
6. Distances Table
7. Race sites
 - Top Events: <https://www.topevents.co.za/>
 - Road Running: <https://www.roadrunning.co.za/capetown>
8. Parkrun & how to register
9. Apps for tracking
10. Tips:
11. Terminology
12. Pre/Post-race stretches
13. New starter nutrition
14. Hydration tips
15. Facebook Check-In



TEAM 10

House Rules

Team 10 is all about FUN! However as this is a Century City Athletics Club initiative, we there are rules that need to be abided by:

	No smoking Participation is voluntary and whilst we are participating with Team 10 and the Century City Athletic Club, smoking is prohibited. We need to respect our fellow members, most of whom are here to get fit and healthy
	Support We are all here for our own personal reasons, whether it be to change our lifestyle, get fit, rid bad habits or push ourselves to achieve a goal. We need to support and encourage one another
	Patience We are a group of walkers and runners of varying levels of fitness and capabilities. We need to be continually mindful that not all people will share your ambitions and determination. Be patient and kind.
	Communication Please limit group communications to matters that affect the whole group. Please refrain from sending personal messages on the group that are intended for only one person
	Gear (Compulsory) Please ensure that you arrive with: A comfortable pair of running shoes Comfortable running clothes
	Gear (Optional) Optional items you may wish to consider: Water Sweat towel
	A good attitude Life happens. We all work long hard days and have worries and responsibilities. Try and arrive with a positive mindset that today, today you are going to commit to the next hour and give your best.



CENTURYCITY
Athletic Club

TEAM 10

Commitment/Pledge

I pledge that I will have a positive attitude and a desire to want to get fit and active
I pledge that I will be supportive of my team mates and will display patience
I pledge that I will believe in my own capabilities and push my personal boundaries
I pledge that I will complete the 12 week program before running by first 10km race

When

Tuesday and Thursday evenings

In Summer we start at 18h00 and in Winter we start at 17h45

NOTE: You do not have to be a member to join our team 10 – however after the 12 weeks, we know that you will be hooked and will want to register with century city athletics club! Please refer to the website for more information:
<http://www.centurycityathletics.co.za/>

Where

We meet at the parking lot opposite Intaka Island



CENTURYCITY
Athletic Club

TEAM 10

What to Wear

Shoes

Invest in the right pair of running

How to Buy the Right Running Shoes



Correct socks

(non-cotton)

The thing about cotton is that it really soaks up and hangs on to moisture, which means that if your sneakers get wet for any reason — sweat, a puddle, the rain, a dripping water bottle — your feet will stay damp for your whole run. In the summer they'll be hot and wet and in the cooler months your feet will be cold and wet. Plus, cotton means more friction, which means blisters. Socks made from a synthetic material will wick moisture away from your feet and control temperature well, which means a much less swampy run.

Top and Running pants

Optional:
hat and belt



CENTURYCITY
Athletic Club

TEAM 10

Distance Table

We use the 'meter' as distance indicators, however below you can see what the equivalent in miles are as well:

100 meters	shortest common sprint race held outdoors
200 meters	1/2 lap around a standard track
400 meters	<u>1/4 mile</u> , one lap around a standard track
800 meters	1/2 mile, two laps around a standard track
1200 meter	3/4 mile, three laps around a standard track
1500 meter	<u>.93 mile</u> , metric mile, 3 3/4 laps around track
5k	3.1 miles; 5,000 meters
10k	6.2 miles; 10,000 meters
15k	9.3 miles; 15,000 meters
Half Marathon	13.1 miles; 21.1k
Marathon	26.2 miles; 42.2k
<u>Ultra marathon</u>	any distance greater than 26.2 miles but typically referring to a 50k race or beyond
50k	31.1 miles
Tri/triathlon	a race which involves swimming, <u>cycling</u> and running, the most common triathlon distances include the sprint (750m swim, 20km bike, 5k run), Olympic or standard (1.5k/40km/10k), ½ Ironman (1.2 miles/56 miles/13.1 miles), Ironman (2.4 miles/112 miles/26.2miles)

Race Sites

Top Events:

<https://www.topevents.co.za/>

Road Running:

<https://www.roadrunning.co.za/capetown>



CENTURYCITY
Athletic Club

TEAM 10

Park run and how to Register

Go to the Parkrun website

<https://www.parkrun.co.za/register>

Register

Print your barcode and don't forget to carry it with you for ALL parkrun's that you participate in – not only will you increase your fitness, make new friends and start your day on a happy note, but you will also receive 300 vitality points!

Apps for Tracking

The most common app used is Strava. You can also add the Century City Club as well as your new founded running friends!



Other Popular Apps:

Runkeeper or Map My Run





CENTURYCITY
Athletic Club

TEAM 10

Running Tips

1. Go for distance rather than time - slow it down, be patient, and don't worry about your pace.
The quickest way to make running terrible is to try to go all out all the time. It'll make you tired and out of breath and probably feel totally defeated. Run at a pace that allows you to carry a conversation.
2. Remember that rest days are training days, too.
To get stronger and fitter and become a better runner, you need to recover from your workouts so you can get back out there and crush it again tomorrow or the next day.
3. Make running a habit, even if that means getting out for a few minutes per day.
Figure out what motivates you to lace up and get out the door!
4. Build mileage gradually.
5. Keep a training log
See the suggested apps above which will have you ready to run in no time. It will track all your progress and have you feeling like a badass by helping you consistently hit your (very manageable) goals.
6. Set small, achievable goals
Break down your aspirations into daily, weekly, and monthly goals.
7. Do lots of walking, especially in the very beginning
If you're brand new to running or cardiovascular exercise, there's no reason to think that you'll be able to get out there and run for 30 minutes straight without needing rest here and there.
Alternate running with walking throughout the run — say a minute of walking, followed by a minute of running — or just take short walk breaks whenever you feel like you need them.
8. Do a little bit of strength training
You don't need to start lifting heavy weights or even go to the gym. Just spending 10 to 15 minutes doing bodyweight workouts in your living room a few times per week will strengthen your core and lower body, which will make running easier and minimize risk of injury.
9. If you're one of those people who's always forgetting to drink water, use an app to track your water intake and remind you to drink up.
You will just feel better if you're properly hydrated when you run.
10. Remember that you are a runner.
Whenever you're in doubt, remember these wise words from our Chief Running Officer (and Mayor of Running) Bart Yasso: "I often hear someone say I'm not a real runner. We are all runners, some just run faster than others. I never met a fake runner."
11. Vaseline
Chafing happens to all of us, but Vaseline® jelly is one of the best remedies for raw thighs.
12. Shoe laces
In running, there are a lot of factors that could secure the fit and comfort of the feet. Even if your shoes feel great during your first try, there could be times that the upper construction will rub on your foot the wrong way. Each pair of feet is unique, which is why using the right lacing technique and proper knots will matter in your running performance.



CENTURYCITY
Athletic Club

TEAM 10

Terminology

See the table below for basic runner's terminology!

Term	Definition
ACHILLES TENDON:	The tendon along the back of your foot that attaches your calf muscles to your heel bone. Achilles tendinitis can occur in new runners who increase their distance and/or intensity too quickly. This is especially true of new runners who have been inactive in recent years and who often wear heeled shoes (which can make the Achilles tendon shorter and tighter). Good flexibility in your calves and ankles can help to take some of the load off the Achilles tendon
Aid station:	Also called a water stop. Any point along a racecourse that offers water and sports drinks, handed out by volunteers. Often, at bigger races, people also hand out gels, energy bars, and other items.
Bandit:	Someone who is participating in the race unofficially, without having registered or paid for an entry.
BLACK TOENAILS:	Lots of downhill running and too-small shoes can cause these, because both situations cause your toes to slam into the front of your shoe. They typically heal on their own within a few months.
BLOODY NIPPLES:	These are often caused by chafing, friction caused by the rubbing of the nipples against the shirt while running. They're more common in men and during cold weather, and they can be remedied by covering your nipples with adhesive bandages or nipple guards, which are sold in many specialty running stores.
Body Mass Index (BMI)	A simple estimation of body fat that can be used to determine whether your weight is healthy. BMI is derived by comparing your height to your weight. It can be used by men and women of all ages. Use our BMI calculator to determine your BMI.
CARB-LOADING	The practice of increasing the percentage of carbs in your diet during the days leading up to an endurance event such as a marathon, half-marathon, or even a long training run. (Note: Carb-loading is not simply eating more of everything.) Carb-loading stores glycogen in the muscles and liver so that it can be used during the race; it is most effective when done along with a taper. Make sure your food choices are carbohydrate-rich, not full of fat. For example, choose spaghetti with red sauce instead of Alfredo sauce, or a bagel instead of a croissant.
CHAFING	Bloodied, blistered skin caused by friction that happens after clothing-on-skin or skin-on-skin rubbing.
Chip:	A small plastic piece attached to a runner's shoelace that's used to track a runner's progress and record times during a race. Timing chips are activated once you step over the electronic mat at the start and finish of a race, and at various points in between. At most races, if you forget your timing chip, your race time will not be officially recorded.
Cooldown	A period of light physical activity, like walking, after a longer or harder run. Done to help bring the heart rate down gradually and prevent the blood from pooling in the legs.
DNF	Did not finish, as in not completing a race.
DOMS (delayed onset muscle soreness)	Discomfort, stiffness, or soreness in a muscle related to microscopic tears of a muscle doing more work than it's used to, typically noticed primarily 24-72 hours post-workout



CENTURYCITY
Athletic Club

TEAM 10

Terminology

See the table below for basic runner's terminology!

GPS	Many running watches now have a GPS function that tracks your distance with a high degree of accuracy. This can be helpful when you're running new routes. But always remember that a GPS unit is a tool that might help your running, rather than something you have to answer to. There's no inherent magic in standard measures of distance like a mile or kilometre. So don't feel obligated to keep running until your GPS says you've exactly run a given distance. Most experienced runners learn to estimate their run lengths, and figure their mileage averages out to near accuracy over time.
Heart rate (HR)	How many times your heart beats in a minute. Training by heart rate accounts for many variables that affect how you feel from day to day. This makes it a better way to monitor how hard you're working than an arbitrary measure such as your pace. The key is to know what your maximum heart rate is; once you know that, you can figure out the range of heart rates that correspond to the effort level you want for a given run.
Heart rate monitor (HRM)	A device that measures the electrical activity of the heart; this may be through a wrist-based monitor, chest strap, or in ear monitor
HILL REPEATS	A workout that includes sprinting uphill fast, jogging downhill at an easy pace to recover, and then repeating the sequence. It's thought to be an efficient way to build leg strength, speed, and aerobic capacity.
INTERVAL TRAINING	Technically, this refers to the time you spend recovering between speed segments. But the term is commonly used to refer to track workouts in general or fast bouts of running.
LSD	Any run that's longer than a weekly run, which is the foundation of marathon and half-marathon training. These workouts help build endurance and psychological toughness that can help you get through race day.
Maximum Heart Rate (MHR)	The highest number of contractions your heart can make in one minute; a common way to estimate this is to take $220 - \text{your age} = \text{max HR}$. But this method only provides a rough estimation.
MPM	minutes per mile
MPW	miles per week
Negative splits	Running the second half of a race faster than the first half.
OVERPRONATION	Excessive inward roll of the foot, which can cause pain in the foot, shin, and knee.
OVERTRAINING	A collapse in performance that occurs when the body gets pushed beyond its capacity to recover. It can lead to fatigue, stale training, poor race performance, irritability, and loss of enthusiasm for running.
PACE	How fast you're running, usually expressed in terms of minutes per mile. Your running pace at a given effort level will vary greatly from day to day
PLANTAR FASCIA	Thick connective tissue that runs along the bottom of your foot from the heel bone to the base of your toe bones. It can easily be inflamed by many of the same things that irritate the Achilles tendon, including too-rapid increases in distance and/or intensity, and poor flexibility of the calf muscles.
PR/PB	Term used to describe a runner's farthest or fastest time in a race. Also called a Personal Best (PB).
Quads/quadriceps	The four main muscles in the front of your legs. They help to stabilize your knees after your foot hits the ground when you're running. New runners whose lives involve a lot of sitting often have quad muscles that are tighter and shorter than ideal for running
RECOVERY	Walking or easy jogging between faster-paced segments. Recovery lets your heart rate return to the point where you're ready to run fast again, and it helps you regain the energy you'll need for the next burst of speed.



CENTURYCITY
Athletic Club

TEAM 10

Terminology

See the table below for basic runner's terminology!

Repeats	The fast segments of running that are repeated during a workout, with recovery in between.
Resting Heart Rate (RHR)	Your heart rate when you first wake up in the morning and before getting out of bed
RICE	Refers to Rest, Ice, Compression, and Elevation. These measures can relieve pain, reduce swelling, and protect damaged tissues, all of which speed healing.
RUN/WALK	Method popularized by Olympian Jeff Galloway. Walk breaks allow a runner to feel strong to the end and recover fast, while providing the same stamina and conditioning as a continuous run. By shifting back and forth between walking and running, you work a variety of different muscle groups, which helps fend off fatigue.
RUNNER'S KNEE	A common running injury marked by inflammation of the underside of the kneecap. A common cause in new runners is building up mileage too quickly.
SIDE STITCH	Also called a "side sticker," this is a sharp pain usually felt just below the rib cage (though sometimes farther up the torso). It's thought to be caused by a cramp in the diaphragm, gas in the intestines, or food in the stomach. Stitches normally come on during hard workouts or races. To get rid of a side stitch, notice which foot is striking the ground when you inhale and exhale, then switch the pattern. So, if you were leading with your right foot, inhale when your left foot steps. If that doesn't help, stop running and reach both arms above your head. Bend at your waist, leaning to the side opposite the stitch until the pain subsides.
SPEEDWORK	Also called intervals or repeats, speedwork refers to any workout run at a faster-than-normal pace. Often done at a track. Performed to increase cardiovascular fitness.
Splits	The time it takes to complete any defined distance. If you're running 800 meters, or two laps, you might check your split after the first lap to shoot for an even pace.
Streaker	Typically refers to someone who has completed a race multiple years in a row.
STRIDES	Also called striders or "pickups," these are typically 80- to 100-meter surges that are incorporated into a warmup or a regular workout. Strides increase heart rate and leg turnover; they get your legs ready to run. Strides are run near 80 percent of maximum effort, with easy jogging in between.
SUPINATION	The insufficient inward roll of the foot after landing. This places extra stress on the foot and can result in iliotibial (IT) band syndrome, Achilles tendinitis, and plantar fasciitis. Runners with high arches and tight Achilles tendons tend to supinate.
Talk test	A way to see if you're running at a comfortable effort level. During most of your runs, you should be able to carry on a conversation, which means you've passed the talk test.
TEMPO	Tempo runs are said to feel "comfortably hard"—you have to concentrate to keep the effort going but aren't running with as much effort as a sprint or 5K race. Tempo runs are a good way to boost your fitness without doing hard track workouts.
Ten percent rule	Don't increase mileage or intensity by more than 10 percent from one week to another. This is a classic injury-prevention rule meant to prevent a runner from doing too much, too soon, and getting injured.
The Wall	Typically refers to a point when a runner's energy levels plummet, breathing becomes labored, and negative thoughts begin to flood in; this often happens at mile 20 of a marathon. Experts say that it usually happens two-thirds of the way through any race, no matter the distance. Hitting the wall often occurs because you've run out of fuel and need carbohydrates (like a sports drink or an energy gel) that the body can convert into fuel for the muscles to use.



CENTURYCITY
Athletic Club

TEAM 10

Terminology

See the table below for basic runner's terminology!

TRACK	Most tracks are 400 meters long. Four laps, or 1600 meters, is approximately equivalent to 1 mile. Many runners use the term "track" to refer to a speed session done on a track.
TRAIL RUNNING	Doing some or all of a runoff road.
Ultra/ultramarathon	Any race that's longer than a marathon. The most popular ultra-distances are 50K (31 miles), 50 miles, and 100K (62 miles).
WARMUP	A period of walking or easy running or any light activity that is done for 10 to 20 minutes before a workout. It gradually increases heart rate, breathing rate, and blood flow to the muscles, and it prepares the body for more vigorous work.
XC	cross country
XT/cross-train	a low-impact activity to perform on the days you don't run that will increase your conditioning, help prevent injury, and add variety to your workout schedule. Examples: swimming, cycling, elliptical, rowing, walking, weight-training, yoga, Pilates, exercise videos, etc)
Yasso 800	a speed workout and marathon time predictor invented by Bart Yasso, it involves running 10 sets of 800 meters with 400 meters easy in between, by using the average of your 800-meter times you can get an estimate of what your marathon time could be

Pre/ Post race streches

Always try to stretch before and after runs to prevent injury





CENTURYCITY
Athletic Club

TEAM 10

New starter nutrition

Balanced healthy foods and lots of water!

ENERGY FOODS FOR RUNNING



Honey



Apples



Eggs



**Sweet
Potatoes**



Salmon



Oranges



Bananas



Oats



Beans



Spinach



Yogurt



Almonds

Hydration tips

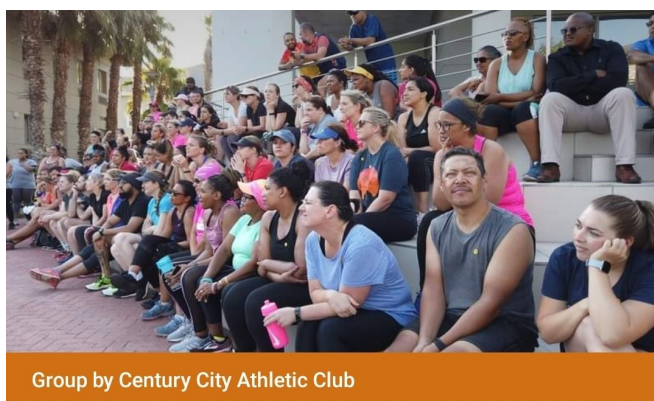
Dehydration in athletes may lead to fatigue, headaches, decreased coordination, nausea, and muscle cramping. Proper hydration is critical for preventing heat-related illnesses, such as heat stroke, which can have serious consequences.

Aside from all that discomfort, dehydration slows you down. One study showed that even a "small decrement in hydration status" on a warm day impaired runners' performance.

NB: Keep hydrated

Facebook Check-In

PLEASE remember to 'check in' before or after your runs via our Facebook page:



Century City Team 10 >

Public group · 211 followers

Following

Invite



You

Featured

Photos

Events

Files

Follow us on Social media

Follow our Facebook and Instagram pages to keep up to date with club news



TeamCentury >

Public group · 288 followers

Following

Invite

Reels

You

Featured

Photos

Events

centurycityathletics



134
Posts

143
Followers

54
Following

Century City Athletics Club

Community

A great running club slap in the middle of Century City , Cape Town in Sunny South Africa

<https://myrun.org.za/Clubs/Club...> more
centurycityathletics.co.za/