

## Training



Here's something for the longer distance runners out there. It is ideally suited to the marathon plus distances and was conveyed to me by a running client of **Good**

**Massage** (Jim) who read

about the technique and used it in the Buller marathon.

As often happens in long distance events energy levels flag and the second half can become a grind, hanging on till the end.

The technique/ strategy involves walking...oh my god! Sacre bleu! Yes, instead of running the whole event and gradually slowing as the finish approaches, you spread your energy over the entire race by including micro recoveries. For instance on the Buller Jim ran 8 minutes and walked 1 minute, another client runs 4-5 minutes and walks 1... mind you she is training for a 100 mile race and does 9hr training runs!!

Although your ego takes a bit of a beating early on, because within 8 minutes of the start you're walking and being left behind, it is a great feeling to slowly pick people off in the second half as your energy remains constant throughout the race.

In his first year Jim ran the entire race with a time of 3:37. In his second year Jim employed this strategy and did a time of 3:33 ...taking 4 minutes off his marathon time!! He worked out that walking for the minute was just 17 seconds slower than if he'd run the minute. He actually ran faster (negative splits) in the second half of the run, feeling much fresher and after the race he felt less fatigued and recovered faster.

The technique is only really of any value if you employ it right from the start of a race.

Well it's definitely food for thought. Play around with the times and find a split that suites you. It does seem to defy all your basic instincts but try it in your training...it could be just what you are looking for.

Quotes and other pearls of wisdom:

Where the rooster crows there is a village.

-- African Proverbs

A donkey knows no gratitude.

-- African Proverbs

It is stupid to stop in the middle of a crime.

— Latin Proverb

A windy day is not the day for thatching.

—Irish Saying

In love, there is always one who kisses and one who offers the cheek.

-- French Proverb



If you just don't have time or the inclination to read or ...oh my God!...just don't want the Good Message Newsletter...wash my mouth out!... We here at Good Message will understand, just call or send an email and we can erase you from our data-base.

## Feedback:

Wow! Here ends another riveting edition, I do hope you have enjoyed reading it and have either found something useful, interesting or amusing... or all three, hey we'll settle for propping that table up! Be quick on the quiz answers as some people just live for the mail to arrive! Prizes for now will go to people who haven't been past winners... ok. Congrats to Dietrich for winning the pre-Christmas quiz and to Francie for winning the October/November quiz. The text reminder service is very popular, please let us know if you can't make your appointment so we can open it up and reschedule.

Ok, be careful out there, have fun and make **Good Message** a part of your healthy lifestyle



## The Good Message Newsletter

Vol . 2 Issue 1



February/March 2008

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### Hello & Welcome

Hey Hello!! Welcome to the first **Good Message** newsletter for

2008... you lucky, lucky people. Actually it's a little late in getting out this time due perhaps to the lingering effect of the "are we there yet" season and slight lack of organisation at HQ. I hope you have all had a fantastic break and are settling in and looking forward to the year ahead.

News on the clinic front, Quinn has made commuting just too much by moving to Perth and has been replaced on reception by the awesome and extremely helpful Sarah...who joins the equally awesome and extremely helpful Amy for all your booking enquires be they for **Good Message**, Physio, Podiatry, Dietician or Sports Doctor at Injury Solutions

In this issue you will find quality articles...mostly by me...on problematic hip-flexors and training better...a yummy recipe...mostly by someone else...a quiz so incredible it's positively mind blowing and ... some other things!!!

Lots of events coming up early in the year, in fact I think you could do something every weekend until at least May. Here are just a few: Rainbow Rage, Cyclic Saga, Goldrush AND Mt

### Clinic hours

Mon. Tues. Thurs.	8:30am—7pm
Wednesday	8:30am—5pm
Friday	8:30am—3pm

### Contact

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Lyford Challenge all on the weekend of the 15th March plus the City to Surf, Le Race and St James ultra-marathon two weeks later. To help motivate and inspire you all, the **Good Message** clinic now has events listed on a wall planner for your viewing pleasure when you come in for your **regular** massage.

Not to be left out I have decided to cycle from Greymouth to Christchurch and am in full training... albeit on something of a relic as far as bikes go...but I am out there... lurking...or should that be lurching? Joining me is my 13 year old cousin Andrew. You may well see us in the dim, dim light of a Saturday morning alternately huffing and whizzing around the hills like cars running out of petrol.

Well had better let you go and enjoy another fantastic edition, see you soon  
Oh before I go a very big congratulations to Paul and Pippa for winning their respective Coast to Coast sections, to Gordon for his second placing, to Ruth and Sia for placing well and also to Madeleine for winning her age group in the Buller marathon. What a great effort by you all, I am so grateful **Good Message** could play a small part in your success, well done!!

Jason

## The Interesting Part:

### Iliopsoas

A major contributor to Lower Back Ache.

#### Ilio-what

Iliopsoas, pronounced "il-leo-so-as" is actually two muscles, the iliacus which originates from the inside top edge of your pelvis, and the psoas which originates from the anterior (front) lumbar vertebrae. Together they join and share a common tendon inserting into the top of the femur at the lesser trochanter.

#### What does it do?

Together these muscles create one of your major hip flexors. This enables you to bend at the waist, raise your leg or move your hips forward. In addition to this, Iliopsoas plays a major role in stabilizing your lower back, and also helps adduct and laterally rotate the hip.

When this muscle tightens up or shortens it pulls strongly on the lower back producing an inward curvature known as a lordosis or more commonly a sway back. Your lower back muscles (such as your QL from our first newsletter) have to work overtime to compensate and as a result they ache and produce lower back pain. This explains why bending forward can momentarily relieve your lower back ache as it relaxes the Iliopsoas.

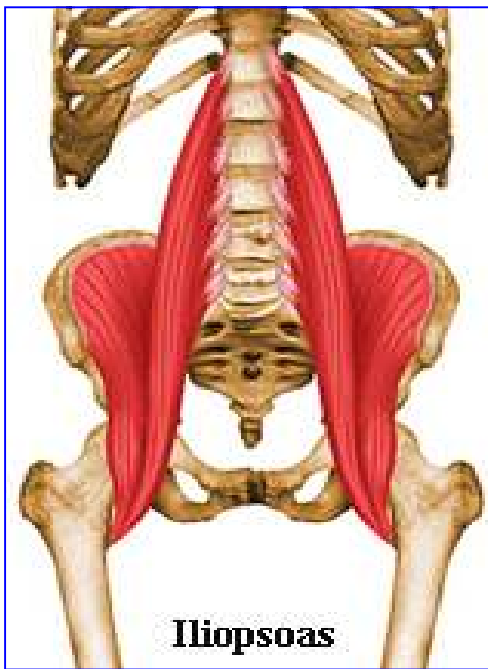
#### What causes it to tighten up?

AS with any muscle, if it stays in a shortened position for prolonged periods the muscle will shorten because it has no need to maintain that range of motion. An example would be sitting in a chair for long periods or cycling long distances. Overworking the muscle can also cause tightening and pulling on the lower back.



#### What can I do to help myself?

If you have a sedentary lifestyle or simply have to spend a large portion of your day seated, take regular breaks, stand up and walk around for a



Iliopsoas



few minutes and stretch.

If exercise has led to a tightened muscle then look at including some cross training in your fitness regime to add some variety of use for the muscle and once again stretch. A quick internet search under 'iliopsoas stretch' gives several sites with well explained stretches.

#### How can Good Massage help?

If you still have lower back issues and suspect Iliopsoas then a **Good Massage** to the attachments and a thorough stretching session will help release the muscle over just a few sessions. We can also talk about the possible causes and look at your training, posture or work situation and offer some helpful advice.



## Yes! It's the Incredible Breakfast Quiz!!!



## The Yummy Recipe Bit

### Clafoutis

A recipe by Alison and Simon Holst printed in THE PRESS early 2007

Classic French dessert for everyday, yet elegant enough to serve to guests. Traditionally it is made using stone fruit such as cherries, plums or apricots. Berries such as raspberries, blackberries, boysenberries or a combination of stone fruit and berries also works well.

#### INGREDIENTS

- 1/4 cup canola oil
- 1 cup sugar
- 2 large eggs
- 1/2 cup milk
- 1 tsp vanilla essence
- 1 cup (160g) ground almonds
- 3/4 cup (plain) flour
- About 400g fruit



(cherries, plums, apricots, nectarines, raspberries, blackberries, blueberries etc)  
Quarter or slice larger fruit.

#### METHOD

Preheat oven to 180deg C

While the oven heats, measure oil, sugar, eggs, milk and vanilla into a large bowl and whisk until well mixed and smooth.

Add the ground almonds and flour and whisk again until smooth.

Thoroughly spray a shallow 23-25cm

Pour in the batter then scatter the fruit over the top

Bake for 30 minutes until golden brown and a skewer inserted in the middle comes out clean

Remove from oven and cool until barely warm  
Dust with icing sugar and serve with custard or whipped cream

Clafoutis can be made up to a day in advance and warmed in the microwave before serving.



**1 Literature:** Draco Malfoy is the classroom enemy of which fictional character?

**2 Music:** What Australian rock band was founded by brothers Angus and Malcolm Young?



**3 Travel:** Alcatraz was an island prison located in the bay of which US city?

**4 Literature:** Aslan is a central character in what C.S Lewis stories?

**5 General:** Which modern day tradesmen take their name from the Latin name for Lead?

**6 General:** Who's Statue is in Trafalgar Square?

**7 Science:** What is

measured by an anemometer?

**8 Nature:** Which river runs through the Grand Canyon?

**9 Sport:** With which sport is New Zealander Maz Quinn closely associated with?

**10 Nursery Rhymes:** Where did Old Mother Hubbard go to?

#### ANSWERS

1. Harry Potter.
2. ACDC.
3. San Francisco.
4. Chronicles of Narnia.
5. Plumbers - from Plumbium.
6. Nelson.
7. Wind speed.
8. Colorado River.
9. Surfing.
10. Her cupboard.



A half hour massage gift voucher and a bottle of bubbly by being the first to email answers to

[jason.goodmassage@gmail.com](mailto:jason.goodmassage@gmail.com)

A. What is Tiger Woods' first name?

B. On what Christchurch intersection did the popular "Victoria Café" stand? This was one of the original late night coffee houses.

