

USC  
NEWS

November  
2016

# ULTIMATE Sports Coaching

SUPERIOR ATTITUDE. SUPERIOR STATE OF MIND.

WWW.ULTIMATESPORTSCOACHING.NET

## THE SECRET OF RUNNING CADENCE

by [Douglyss Giuliana](#)

Within all of the swirling talk of minimalist shoes, barefoot running, and Chi, there has been a constant that seems to have flown under the radar. One common thread in all of the latest running theories is the importance of a high running cadence. It just might be that no matter what shoes you wear or how you train or what you eat, simply increasing your cadence could provide the greatest immediate benefits in both increased performance and decreased injury rate.

I was first introduced to the magic of high cadence while studying the Pose running method. Pose

suggests that a cadence of 180 steps per minute is ideal because it allows you to benefit from the natural elasticity in your tendons. Think of your feet as being basketballs. When a basketball hits the ground, it stays for a specific amount of time before rebounding back up. When you run with a low cadence, you are basically holding your foot on the ground when it naturally wants to **“bounce” off and rise** again. In order to get your foot off the ground, you then need to push off the ground. This cadence is also



recommended by Chi Running and a number of other running schools.

Running coach Jack Daniels first talked about the importance of cadence after studying the elite runners at the 1984 Olympics. He found that all of the elite runners had a cadence of at least 180. Gebrselassie has been identified as running as high as 240 steps at the end of a 10k! In addition to the benefits of elasticity, a quick cadence provides some other benefits.

In order to reach that turnover speed, you need to shorten your stride, thus reducing the overstriding and heel striking that exemplifies poor form. These quick, soft steps also decrease the forces on the body, reducing injury rates. Finally, quick turnover increases forward momentum. Just think about the logic of trying to run fast by putting your foot out

in front of you and absorbing the energy into your legs. It simply **doesn't make sense**. An article at iRunFar called [Improving Running Economy](#) goes into more detail on the physics and benefits.

So if we assume that a fast cadence is ideal, how do we get there? I have found a few good resources to help you increase cadence. The first is a short and simple article by the shoe company Altra that describes a [loose protocol to increase cadence](#). Runner's World also recently posted an [article on improving cadence](#) that goes into a bit more detail. But the best resource I have found, and the one that I have used with good success myself, is a series of videos and exercises at CrossFit Endurance. The videos below give a weekly progression to help you learn the 180 cadence. There are tons more information and running drills on the [CFE running page](#).

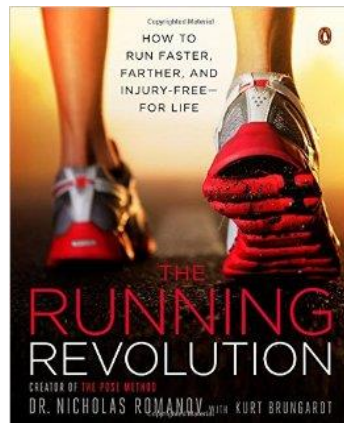
- [Week 1](#)
- [Week 2](#)
- [Week 3](#)
- [Week 4](#)
- [Week 5](#)
- [Week 6](#)

A useful tool for any of these exercises is a metronome or cadence app for your phone or an [inexpensive digital metronome](#). Certainly it can be difficult to increase your turnover, especially if you have a slow, over-striding style. However, the benefits of this one simple change can be incredible. The higher cadence will actually take less effort, improve your forward momentum, decrease injuries, and increase speed. And if you are a trail

runner, you already understand the importance of taking shorter steps on technical terrain. The exercises required to make this improvement require only minimal time during each workout, are low effort, and can even be done while you watch TV. Clearly benefits like this, at low cost, are worth exploring for yourself.

**USC COACHES NOTE -**

*"A good book to get if you haven't is called [The Running Revolution](#) by Nicholas Romanov, this book or [Pose Running](#) Method has made a HUGE difference in my running & I would not have recommended it or implemented it in my coaching if I didn't believe it worked! Get the book!!!"*



# USC CYCLING KIT READY TO ORDER

The artwork has been finalized and I have managed to get us the top sports range from Salire at a discounted price if 15 orders or more are placed. Please have a look at the [Performance Range](#) if you are still unsure about ordering

kit. The kit might be more on the pricy side but you will be paying for quality & comfort which will last you a long time! I think we all know how important a comfortable shammy is as well as breathable jersey that also makes you look like a pro 😊



Bibshorts – [R1399 exl vat.](#)



Jersey – [R999 exl vat.](#) (Men's & Women's Specific Cut)

Full kit price ~ [R2400 vat incl.](#) saving R300.

\*Discount only applies if 15 kit orders or more\*  
 \*This is an opening special meaning orders placed going forward will be at their original cost.\*

Optional UV Arm Coolers – [R399 ex vat.](#)



\*Shipping arrangements for kit can be made if you do not live within JHB! \*  
 \*Orders take 4 - 6 weeks to arrive! \*  
 \*Please check sizing chart attached to email for orders\*  
**\*First order deadline – 10<sup>th</sup> November \***



# YEAR END FUNCTION



YOU & YOUR FAMILY ARE  
INVITED TO JOIN US AT OUR  
YEF

*\*Troisport Titan Club Members  
Only but if you are interested in  
joining our club for 2017 please  
come join us!!!!\**

DATE – 12<sup>th</sup> NOV

PLACE – BOOT CAMP SA  
PAULSHOF – 127B Wroxham Rd

TIME – 3PM  
(PAINTBALL OR/&  
SOCIALIZING/FUN  
OBSTACLES)  
5PM – AWARDS  
6PM – DINNER

BRING YOUR FAMILY,  
COMFORTABLE CLOTHES &  
SHOES, YOUR OWN CUTLERY,  
MEAT & DRINKS.

WE WILL SUPPLY THE MUSIC,  
ARMY TENT, CHAIRS, BRAAI  
FIRES, WELCOME DRINK,  
SALADS, ROLLS & SNACK  
PLATTERS!!

R150 PP for paintball – WE WILL  
SUPPLY GUN, 200 BALLS PP,  
AIR, OVERALL, MASK)  
(EXTRA BALLS AT OWN COST,

OWN GUN NOT ALLOWED,  
THIS IS A FAIR & FUN GAME)

R50 PP if not joining paintball

KIDS UNDER 13 FREE!!

R.S.V.P – 10TH NOV

[BRUNO@TROISPORTTITANS.CO.ZA](mailto:BRUNO@TROISPORTTITANS.CO.ZA)

## BARE NATURE

*Kathryn Du Buisson from Bare  
Nature will be sampling her  
products at the YEF. I mentioned  
Bare Nature in a newsletter a few  
weeks ago; below is a recap:*

“I started Bare Nature when I was racing professionally as there wasn't anything I would eat whilst training, racing and in everyday life. I started making my own raw treats and this started my journey on helping educate other about what they putting in their bodies. Bare Nature makes handmade, natural raw treats and bars. They contain no preservatives, gluten, or processed sugar.

All our products are heated below 46 degrees in the 'cooking' process so it keeps all the nutrients completely intact. You can choose from our most popular pre-designed bars such as a chocolate brownie or carrot cake or if you are adventurous and know what you like you can design your own bar from start to finish. These bars are amazing as a meal anytime or before training, as a training food or as a recovery snack after a hard training session.

Revelate is a new company we just launched where the endurance and recovery powders contain no preservatives,

colourants, flavourants nor sugar. The Bare Berry endurance powder is made from a base of malt powder extract and has a subtle flavour from the berry antioxidant blend that is added to combat O<sub>2</sub> free radicals.

The recovery powders contain a hormone free whey protein isolate that is amazing as a post workout shake or as an everyday shake with milk/yoghurt/banana etc.”

For more info or to order please drop Kathryn an email on [sales@barenaturenutrition.co.za](mailto:sales@barenaturenutrition.co.za) or else be sure to not miss her product sampling at our YEF!!!!

## NOVEMBER GROUP TRAINING SESSIONS JHB

MONDAY  
HILL TRAINING  
ST PETERS COLLEGE 5PM

WEDNESDAY  
TRACK RUNNING  
RUIMSIG STADIUM 5:30AM

OR  
ST PETERS COLLEGE 5PM

THURSDAY  
NORTHCLIFF HILL RIDE 1HR –  
1HR30  
WORLD WEAR SHOPPING  
CENTRE 5:20AM

SATURDAY  
LONG RIDE & BRICK RUN  
BROADACRES  
6AM FOR 6:30

**SUNDAY**  
 RACE DAY OR  
 OPENWATER SWIM 1 – 3KM  
 EMMERENTIA CANOE CLUB 11AM

**SAVE THE DATE 2017**  
 Ironman Training Camp  
 10 – 12<sup>TH</sup> March

# THINK BIG

by [Walter D. Wintle](#)

## “It’s all in the State of Mind”

If you think you are beaten,  
 you are.  
 If you think you dare not, you  
 won't.  
 If you like to win, but don't  
 think you can,  
 It's almost a cinch that you  
 won't.

If you think you'll lose, you've  
 lost, for out in the world you'll  
 find success begins with a  
 person's will;  
 It's all in the state of mind.

For many a game is lost  
 Before even a step is run  
 And many a coward fails  
 before his work is begun.

Think big and your deed will  
 grow;  
 Think small and you will fall  
 behind.  
 Think that you can and you  
 will;  
 It's all in the state of mind.

If you think that you are out-  
 classed, you are;  
 You've got to think high to rise.  
 You've got to be sure of  
 yourself before you can win  
 the prize.

Life's battles don't always go  
 To the strongest or fastest  
 man but sooner or later the  
 person who wins  
 Is the person who thinks he  
 can.



# UPCOMING RACES

[TSA REGISTRATION OPEN FOR 2017](#) - FOLLOW LINK

[TRINITY SPRINT & OLYMPIC TRIATHLON](#) – 6<sup>TH</sup> NOVEMBER

[32KM TOUGH ONE](#) – 27<sup>TH</sup> NOVEMBER

[MIDLANDS ULTRA](#) – 27<sup>TH</sup> NOVEMBER

[ROCKMAN OFF ROAD TRIATHLON](#) – 4<sup>TH</sup> DECEMBER

[TRINITY TRIATHLON](#) – 15<sup>TH</sup> JANUARY

[DURBAN ULTRA](#) – 5<sup>TH</sup> MARCH

[IRONMAN SOUTH AFRICA](#) – 2<sup>ND</sup> APRIL

[TWO OCEANS ULTRA](#) – 15<sup>TH</sup> APRIL

[COMRADES MARATHON](#) – 4<sup>TH</sup> JUNE

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 FACEBOOK by  
 clicking on icons

