



1. Editorial

As a consequence of realising that Covid has taken more out of me than I thought, I have started training according to the Maximum Aerobic Function or MAF method. I explain it below.

Sorry for the month long gap since the previous newsletter.



Your comments, suggestions and contributions are most welcome. Email me at nevyoung@starwaders.com.

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2. Maximum Aerobic Function Training

Having run a few 5km distances and then being warned to take running easily after Covid, I limited myself to 3km which I ran at my usual enthusiastic pace. After most of these 5 or 3k runs I would sometimes be a bit feverish and have a ticklish throat the next day.

My son Noel suggested that I try MAF training which involves carefully limiting exercise intensity by monitoring heart rate. He gave me his old gps watch and heart rate monitor on a chest strap.

I have a vague understanding of MAF principles, so please don't take this as an authoritative explanation. What follows is a lightweight mix of extracts from (www.philmaffetone.com), other extracts that I have paraphrased interwoven between my own wording.

Too much exercise induces inflammation in the body. Exercising aerobically is considered better than anaerobic effort, too much of which creates excessive muscle damage.

Any workout can change from aerobic to anaerobic when the intensity of the workouts is too high. The principle of "no pain, no gain" is not appropriate to MAF.

Paraphrasing Dr. Phil Maffetone who has researched, promoted and applied the method to champion athletes, "Pushing too quickly through the aerobic phase means that the anaerobic system has to perform too much of the work."

“The function of the aerobic system also affects (and is affected by) the body’s natural stress response. When the workout gets intense enough, our body secretes stress hormones such as adrenaline and cortisol to increase our heart rate and get the anaerobic mode to kick in.” This means that when the aerobic system is underdeveloped, the body kicks in the anaerobic system too soon. One result is that we are constantly stressed, and can’t seem to relax.

Very much in agreement with my preference for a Banting (low-carb-hi-fat or even Keto) eating lifestyle, increased body fat is strongly associated with chronic inflammation which can also trigger pain, various injuries, ill health and even disease.

The myth of calorie counting in an attempt to reduce body fat has contributed to the overconsumption of refined carbohydrates, mostly in the form of flour and sugar. But up to half of the so-called “fat-free” calories that we are convinced to consume are nevertheless quickly converted to fat and stored, thereby increasing the amount of body fat.

Intense anaerobic efforts may burn more sugar calories, but the process does not train the body to burn more stored fat calories.

“MAF builds your fat-burning engine by training at a low-intensity aerobic heart rate specific to you. A strong aerobic system burns fat for fuel and improves health, longevity, recovery and endurance.”

“Your heart rate is an accurate indicator of intensity - lower heart rate exercise tends to be aerobic while performing the same workout with a higher heart rate would be anaerobic. This does not mean you will have to run slowly for ever and a day: building the aerobic system allows the body to move faster over time while staying in the aerobic phase. A runner, for example, will get faster over time with the same heart rate and level of effort.”

“The MAF 180 formula calculates your MAF Heart Rate to guide optimal aerobic development. You build your Maximum Aerobic Function (MAF) by exercising at your MAF Heart Rate. The best aerobic training should be fun, easy and relaxing and you can run, walk, swim or cycle.”

In my case, I objected to training at $180 \text{ minus } 66 = 114\text{bpm}$ as (sort of) prescribed. Traditionally my aged maximum heart rate should be 150bpm, so I opted to MAF train at 130bpm. I have to run so awfully slowly – like 8min/km – to not exceed this pulse rate! Very frustrating! But – recovering from Covid is an ideal time to test MAF training. It ensures that I take it easy.

Noel has been ‘MAFing’ for about 3 years and is feeling the benefits of an optimally trained aerobic running mode. Initially he was slow, but recently ran a half-marathon in just over 83 minutes. The other benefit is that he no longer experiences a few unwell days after an intense event – his body is not flooded with inflammation by anaerobic exercise.

So – perhaps in 3 years time I can work my way back to 6min/km.

If you perhaps train by a similar method, let us know.

Find out more about this method, researched and developed over the past 40 years at www.philmaffetone.com. Google ‘david haywood MAF Method Training’ for an interesting athletic appraisal.

3. Race announcement

James alerted me to this event.

Virtual CSI Irene Farm Race
 31 October 2020

IRENE ATHLETICS CLUB

CSI Estate Property Management
 Let Us Take Care Of Your Investment

IRENE

Date: 31 October 2020
Venue: Countrywide! You run in your area, in line with COVID-19 restrictions
Closing Date: 30 October

5 km, 10 km, 21.1 km
 Same entry fee for all the distances
 Enter: www.irenefarmrace.co.za

| Entry fees: | R30 | R60 | R140 |
|-------------|--|--|--|
| | <ul style="list-style-type: none"> - Virtual medal on your social media - Vitality points where applicable | <ul style="list-style-type: none"> - Real medal plus quality CSI buff (only 1000 buffs available) - Vitality points where applicable | <p>Delivery of:</p> <ul style="list-style-type: none"> - Real medal plus quality CSI buff (only 1000 buffs available) - Vitality points where applicable |

Race rules

- Athletes indemnify the national, provincial and regional bodies, sponsors and organisers of the race against any or all actions of whatsoever nature, whatever the same may be arising out of their participation in the event.
- All athletes participate at their own risk. Athletes acknowledge that by entering the event, they are medically fit to participate.
- Minimum age for participation: 21.1km 16 years old and 10km 14 years old.

Choose sport shop for collection of medal and buff:
 - Run-Away-Sport: 012 361 3733
 - Sweatshop Southdowns: 012 665 0048
 - Sweatshop Dunkeld: 011 325 2567
 - Sweatshop Bedfordview: 011 325 2567
 - Sweatshop Broadacres: 011 465 2556

I hereby waive and abandon any or all claims of whatever nature that may arise from my participation in this event.

4. Know your Running Club Friends

Sorry guys – no profiles have been submitted. Let's hope I get someone for the next newsletter.

I am still hoping that Elaine will tell us about her running career! Or Walter, or Ken H, or James, anybody please.

5. Your Running Profile

Here is another appeal for your story. The few requests that I have put out, are not surfacing yet. Whether you are an experienced runner, a novice, a committee member, your profile is surely interesting and helps us to get to know each other.

Here follow the prompts that I provide as a guideline. You can submit in your own format.

- 1) Do you have nice photos that I could use?
- 2) Married and children? (Optional)
- 3) Age group?
- 4) Professional/working field? (Optional)
- 5) When did you start running? When did you join the CSIR running club?
- 6) Have you run Comrades? How many times?
- 7) What is your favourite race?
- 8) What do you regard as the peak of your performances in races?
- 9) What are your PBs for Comrades, 42km, 21km, 10km?.
- 10) Do you have any particular aims for your running in the future?
- 11) Anything else you would like me to include?

6. Virtual Time Trial Results

These are the submissions for the past four weeks.

Due to there being few submissions these days, a detailed analysis of each week takes up more of my time than what I feel the results are worth. This does not mean that submissions need not be made – they are still collected for perhaps a long-term analysis as we get to the end of the year. Let's see what ideas the committee might come up with at a meeting next week. But sorry – no time to sort and analyse these results below, sorted on the DEAG pace.

Willie has claimed the top four performances. Retha, Willie and Elize continue to be the most frequent participants. Retha has a strange result at the bottom of the list – a typo obviously in that entered time is same as the entered distance. Tell me what the correct values are and I will correct them in the database.

Glad anyway that some of you continue to participate. My lack of entries of course due to my limited Covid-recovery activity.

The Period 21 Sep till 18 October

| Lic# | Name | Gender | Age Cat | Club | Date | Distance | Time | Elevation | DEAG Adj Pace (min/km) |
|------|----------------|--------|----------------------|---------|------------|----------|----------|-----------|------------------------|
| 1611 | Willie Fourie | Male | Master (50 to 59) | CSIR | 26-09-2020 | 15.03 | 01:14:08 | 324 | 3.7 |
| 1611 | Willie Fourie | Male | Master (50 to 59) | CSIR | 11-10-2020 | 6.01 | 00:26:37 | 41 | 3.9 |
| 1611 | Willie Fourie | Male | Master (50 to 59) | CSIR | 17-10-2020 | 17.4 | 01:30:00 | 218 | 3.9 |
| 1611 | Willie Fourie | Male | Master (50 to 59) | CSIR | 03-10-2020 | 21.6 | 01:55:14 | 175 | 4.0 |
| 1701 | Rietha Gaybba | Female | Master (50 to 59) | CSIR | 28-09-2020 | 12.22 | 01:12:00 | 192 | 4.0 |
| 1701 | Rietha Gaybba | Female | Master (50 to 59) | CSIR | 15-10-2020 | 12.1 | 01:11:50 | 190 | 4.0 |
| 1600 | Pule Mthibhe | Male | Master (50 to 59) | Csir | 19-09-2020 | 21.43 | 02:12:03 | 350 | 4.2 |
| 1576 | Brian Yalisi | Male | Senior (18 to 39) | CSIR | 20-09-2020 | 5.02 | 00:22:00 | 26 | 4.3 |
| 1611 | Willie Fourie | Male | Master (50 to 59) | CSIR | 19-09-2020 | 15.01 | 01:28:14 | 258 | 4.4 |
| 1576 | Brian Yalisi | Male | Senior (18 to 39) | CSIR RC | 04-10-2020 | 16.11 | 01:18:46 | 94 | 4.4 |
| 1696 | Ken Halland | Male | Master (50 to 59) | CSIR | 18-10-2020 | 23.5 | 02:39:33 | 333 | 4.5 |
| 1600 | Pule Mthibhe | Male | Master (50 to 59) | Csir | 07-10-2020 | 16.07 | 01:39:50 | 248 | 4.6 |
| 1645 | Elize Fourie | Female | Master (50 to 59) | CSIR | 20-09-2020 | 12.33 | 01:21:47 | 85 | 4.7 |
| 1645 | Elize Fourie | Female | Master (50 to 59) | CSIR | 26-09-2020 | 8.04 | 00:55:05 | 208 | 4.7 |
| 1595 | james da silva | Male | Grand Master (60-69) | csir | 10-10-2020 | 15 | 01:43:03 | 177 | 4.7 |
| 1645 | Elize Fourie | Female | Master (50 to 59) | CSIR | 18-10-2020 | 10.61 | 01:13:03 | 75 | 4.9 |
| 1645 | Elize Fourie | Female | Master (50 to 59) | CSIR | 03-10-2020 | 12.15 | 01:25:28 | 77 | 4.9 |
| 1595 | james da silva | Male | Grand Master (60-69) | csir | 01-10-2020 | 10 | 01:10:00 | 151 | 5.1 |
| 1595 | jaime da silva | Male | Grand Master (60-69) | csir | 19-09-2020 | 10 | 01:09:00 | 124 | 5.1 |
| 1645 | Elize Fourie | Female | Master (50 to 59) | CSIR | 11-10-2020 | 5.08 | 00:33:49 | 36 | 5.1 |
| 9999 | Mark Thompson | Male | Master (50 to 59) | CSIR | 19-09-2020 | 10.15 | 01:05:37 | 62 | 5.3 |
| 1701 | Rietha Gaybba | Female | Master (50 to 59) | CSIR | 09-10-2020 | 12.08 | 12:08:00 | 193 | 18.9 |

7. Recent Events

A few 'events' are beginning to be organised in recent weeks, all virtual events of course. I have seen occasional entries on the Strava website, such as this one where Ken Halland had just completed 23km as part of the Cape Town virtual half marathon. He did actually enjoy the run despite the grumpy look on his face. His comment on Strava was *"I could at least have smiled for the photo. It was fun"*.

Nice to see you are managing to rebuild your stamina after the hard lockdown!

