Vol. 2, Issue 4 WINTER 2023

LEITH LASSES

Leith Harrier and Athletic Club

The stuff we all need to hear!

Hard hitting New Zealand personality and marathon runner Brodie Kane tells it how it is in all things female running. In the podcast **Empowering Women Empower Women**

>>> https://open.spotify.com/episode/2E0zsAVP7P40rrKBe7lh8q <<<

Perhaps a slight theme of this Leith Lasses issue in piggybacking on our Women's Running Evening where all three speakers touched on the topic of body-image and self-confidence in our sport.

A 50-minute listen to Brodie's podcast from ours pals at Femmi will have you motivated, enlightened and ready to tackle those running goals you have always feared!
A timely listen as we build up to the Dunedin Marathon events where many of us have our own personal goals. Also, very relevant content for the warmer months ahead where our bodily quirks come to the foreground for many of us.
Love her or hate her, Brodie is relatable and honest in her female running world. She is not an elite runner and nor has she been running for years on end. But what she has to offer us is so incredibly relevant to our own female running community and the vibes we all felt at our Women's Running Evening

Stay well out there, your mahi is amazing!!

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WINTER-RUNNING

WINTER-RUNNING

Self-Confidence: Forgetting the background noise!

An over-arching theme from our Women's Running Evening fell in the arena of body-image and self-confidence within the training and competition of our sport.

On the world stage, we see Faith Kipyegon line up against her crop-topped competitors and their washboard abdominals. Kipyegon, a mother, runs alongside them…ahead of them. Her midriff skin is loose and stretched from pregnancy, yet this does not hold her back, nor will it ever stop her. The body she now runs in is a multiple world record holder!

So, how do we tap into such self-confidence in not only our ability, but our appearance as well, when it can feel like the world's stage is watching… is judging?

Below are excerpts taken from the February 2018 issue of Womens Running, in the article "How to Harness Unshakeable Confidence" by Stephen Chamberlain.

Values

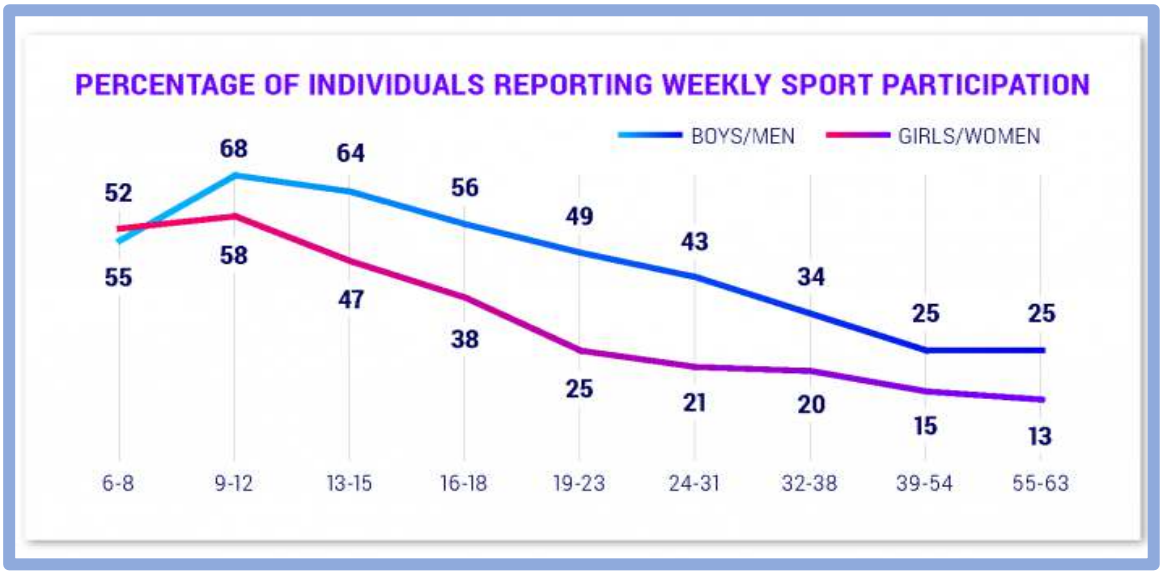
Your values point to who you are at the deepest level. When you align your life around your values, you'll experience a natural inner confidence, simply because you're being true to who you are. To figure out your values, look back over your life and pinpoint times you've thrived or, at the other extreme, times you've suffered. You'll have been violating a core value whenever you've done something that really didn't sit right with you, time has dragged, or your energy has been drained. Conversely, you'll have been honouring your core values whenever you've felt vitally alive, time has sped up, or your energy has peaked. Once you've identified your core values – such as growth, integrity, health or success – build your life around them to tap into your innate confidence.

Play to your strengths

If you're great at communicating with passion, you'll love the sales floor. If you have great stamina, you'll feel confident lining up for an ultra. There's simplicity in aligning your life around your strengths. You can still work on building your expertise in areas beyond your core skillset, but confidence is a natural by-product of knowing you're good at something, so use that to your advantage! Where your passions and strengths combine is where your confidence will be at its highest.

60%

of girls have quit a sport because of their looks.



Mindset

Once we're playing in the right space, our mindset holds the key to creating unshakeable self-confidence. These seven tips will set you on the right track:

- Know that, whatever happens, you'll handle it. True confidence isn't believing you'll always achieve your desired outcome, rather that you'll be fine whatever plays out.
- Know that your worth isn't dependent upon outcome. If you believe not reaching your goal means your value has been diminished, you're likely to experience increased pressure, associated stress and a resulting dip in confidence. True confidence comes from knowing you're perfect regardless of outcome, which frees you up to excel.
- Focus on what you're doing, not on yourself. Self-confidence almost becomes irrelevant when all of your attention goes onto the task at hand. So, get into your flow and enjoy the moment.
- Make doing your best the priority, not beating others. Our confidence is fragile if it depends upon our performance relative to others, but unshakeable if it only depends on our own learning.

Only

18%

of women aged 16 – 63 stay involved in sport

- Know that confidence comes from within. Many of us aim to get approval or affirmation from others. But self-confidence is exactly that – our confidence in ourselves – so forget what others think and adopt your own positive belief system.
- Choose which thoughts you buy into. If you experience a self-critical thought, and then buy into the validity of that thought, your self-confidence will drop. You don't have control over whether or not the thought occurs – thinking happens – but you always have the choice as to whether you buy into it. If a thought isn't 100 per cent true or helpful, choose again!
- Don't take yourself or life too seriously. True confidence comes from knowing that none of it matters as much as we sometimes tell ourselves.

**Stats taken from a 2020 Canadian study published by Canadian Women & Sport*

Leith Lasses 2023 Competition update

Current top 10 in points competition standings as of 1 August

LASSES POINTS COMPETITION

58.06 is the average points across all participants.

Leith HARRIER & ATHLETIC CLUB

Current Leaderboard

1.	Margie C	134	6.	Florence R	62
2.	Claudia S	122	7.	Donna T	60
3.	Angela B	100	8.	Rach M	54
4.	Nina B	77	9.	Siobhan M	53
5.	Anna O	67	10.	Ruth J	49

Training Considerations Through Your Cycle

Phase	Week/Days	Effects on the body	Training/Racing considerations	Fuelling
Menstrual	Week 1 ~ Days 1-5	Hormones ideal for peak performance -low levels of estrogen and progesterone	High intensity workouts, heavy resistance training, focus on recovery	Increase CHO intake to maximise recovery and build stores Eat iron rich foods Anti-inflammatory foods
Follicular	Week 2 ~ Days 6-10		Pain threshold increases Optimal performance Energy and strength peak High-intensity and strength training	Increase CHO intake to maximise recovery and build stores Eat iron rich foods Anti-inflammatory foods
Ovulation	Week 3 ~ 11-18	Blood sugar becomes unstable	-Moderate intensity training -Increase strength training	Take on carbs during endurance (90min>) sessions
Luteal	Week 4 ~ 19-28	Early: Higher core temperature Difficulty in hot/humid conditions Carb storage inhibited Harder to make and maintain muscle	Steady -state aerobic/moderate training Try and exercise in cooler part of the day, avoid hot yoga, saunas, spa baths Use cold immersion to help regulate body temperature to aide recovery	Hydrate with electrolytes Post-run protein is essential Increase daily intake with focus on protein as energy levels are higher as the body is preparing the uterine linings

Peanut-butter & Jelly Muesli

Bored of the same old winter muesli or porridge? Try this yummy twist on a protein packed breakfast staple.

3 cups old fashioned oats

1 tsp cinnamon

1/2 cup peanuts, chopped

1/2 cup almonds, chopped

1/4 cup honey

1 cup smooth peanut butter

1/2 tsp almond extract

1 tsp vanilla extract

1/2 cup dried fruit of your choice

In a large mixing bowl combine the oats, cinnamon, peanuts, and almonds.

In a smaller bowl whisk together the honey, peanut butter and extracts until smooth.

Pour the wet ingredients in with the dry and mix together until the oats are covered in the peanut butter mixture.

Pour the mixture out onto a lined biscuit oven tray and spread out evenly.

Bake at 150 Celsius for 40 minutes stirring it halfway through the baking.

Let the granola cool then mix in the chopped dried fruit.

Store the granola in an airtight container or jars. It can also be kept in the freezer.

Thank you!

The winter months have taken our Leith running community on quite the roller-coaster and we have many thanks to send out.

Firstly, from the high of our Women's Running Evening. A huge thank you to our organisers Claudia and Florence as well as our speakers Lydia, Margie and Sarah.

The feedback from the event was incredibly positive and we hope to develop on this to deliver another great event next year. Thank you to everyone who came along.

Thank you for all the messages and support we have received while two of the stalwarts of our club have had major health scares. Our community has banded together and grown even stronger in response.

We have learnt that our health can never be taken for granted but that also our community is strong, willing, compassionate and ready to step in when times get tough!

THANK YOU