

Winter Running Clinics

With James Beckinsale MSc, BTA L3

Head Coach Optima Racing Team

London Region Academy Coach

London Coach of the Year Award Winner 2006 & 2009



James Beckinsale MSc, BTA L3

Head Coach Optima Racing Team
London Region Academy Coach

James has been coaching/training people for endurance for over 16 years. In 2000 he founded Optima Racing Team with athlete's performance in mind. His objective was to create and environment where athletes could reach their potential through a structured coaching system. This vision has been realised having coached novice age group triathletes to medal at World, European and in Ironman competition. James has been coaching triathlon now for just over 10 years and has made coaching his vocation with his main long term goal "to be 75 years old with grey hair still coaching athletes!"

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Winter is the ideal time to improve your running technique. The run clinics are interactive and provide theoretical background and practicals to help you become an efficient runner, including:

- Understanding the principles of efficient running
- Expert running analysis
- 1-2-1 technical coaching
- Practice the technique under guidance

Cost per person £35

The clinic is suitable for all abilities.

Places are limited to a maximum of 10 people per clinic so register early to avoid disappointment.

The first of the clinics will take place on:

Sat 6th February, 2010

From: 13.00 - 16.00

At: Arch 5, Kew Bridge, Kew

For more information or to book yourself onto this clinic please contact Emma on:

Tel: +44 (0) 7736669227

Email: emma@optimahealth.co.uk

Related Article: No two ways.....

There are no two ways about it; there's only one true way to run for performance, but like you I have read lots of conflicting pieces on why this is good or that is good etc. However, the "experts" don't mention the real secret to performance running.

Guaranteed - if you over-stride, heel-strike, cadence is too low or you oscillate (lateral or vertical); you are not running efficiently or naturally. This article is not simply advocating forefoot striking, because if you just do that in isolation you will probably do more damage to yourself than sticking to heel striking...

Economy of motion is the principle by which athletes achieve "efficiency".

Utilising this principle conserves both energy and time.

I know some coaches do not worry so much about technique. They would rather let total volume of training take its course. This may work for some and possibly more for the elite athletes who are training day in day out. But with limited time on your hands or if you want to optimize your performance, ensuring your economy is as close to perfect as you can get it, you will reap the rewards without requiring additional training time.

The rest of the article will take you through areas which hinder economy and ways you can improve it. **Read more....**

ROLAND RUTT



I went to James for help in adapting my running style, knowing I had poor technique from video evidence and race photo's.

I was running off the bike in a sprint triathlon, in the mid to high 19's before visiting James, and with no training just changing technique was able to reduce this time by a minute straight away with just better technique, I felt so much lighter and quicker on my feet.

If you are getting injuries from running, or like me know you technique is poor, do not put it off and do something about it, it was a big change in my style only for the better, and allows me to now put the training in knowing my form is much improved and I can build upon this to help reduce time even further.

EUAN LEES



I started running with James in November 2007, in preparation for the following triathlon season. In previous years I had competed with some success at Standard and Ironman distances, winning national-level age group medals and twice placing 6th in my age group at the European Championships (2004 and 2006). I knew that to progress beyond this I needed to become a more efficient and effective runner but was unsure how to do it, so I contacted James.

I was immediately impressed with James' analysis of my running and his insights into how to improve it. He observed that although my cadence was quite high (which is good), I

was landing on my heels, slightly leaning back through my upper body and soft at the core – I looked a bit like I was sitting in a bucket (not so good).

With James' run group we worked hard through the winter, including both track running and strength work to make the necessary gradual changes, and with perseverance the new running style started to take shape. In races I began to feel as though I had an extra gear; fast running took much less effort than before.. At the 2008 European

Championships in Lisbon I left transition in 5th place and ran my way to a silver medal.

Later that season at Windsor Triathlon I had the second-fastest run out of 1628 age-group athletes, on the way to winning the race overall.

I would thoroughly recommend James to anyone who is genuinely committed to improving their running.

TIM BISHOP



I met James as a 40 year old ironman triathlete, having reached a point where I couldn't see how I was going to improve any further, particularly in the run leg, which I felt was already my strength. I had a few sub-3 hour marathons under my belt and was consistently running ironman marathons in around 3 hours 25, but I was a heavy heel striker and had experienced some persistent injury issues (which were kept at bay by the use of very expensive orthotics).

Within 9 months of first starting with James, I ran a 3:18 ironman marathon on a difficult day. Another year down the line and I'm down to 3:13 (and that felt easy and has left me convinced that there are further gains to come).

I have also been able to get rid of the orthotics and have had no leg injuries or even niggles.