A reminder of Clark’s FB livestreams

Most of you are aware, the Coronavirus has not stopped our athletes from exercising during lockdown thanks to Clark Roberts. His Facebook live streams designed for injury prevention whilst continuing to keep strength and conditioning up safely are popular amongst the Godiva athletes. If you are new to running it is a perfect way to get started. The workouts are exercises Clark has picked up over the years as a high performing athlete, “all you need is floor space, a bench/step and a wall” Clark encourages.

The schedule is as follows:
Monday 6pm – Circuits.
Wednesday 6:30pm – Pilates.

All coaches, groups and abilities are invited. With lockdown constraining our exercise it is vital we keep fit not simply for physical wellbeing but mental. Clark would like our athletes to start talking to people who aren’t runners and tell them about Godiva. Head over to our website to find out more, https://coventry-godiva-harriers.co.uk/. You can join Clark’s workouts live or watch them on playback via the Godiva Harriers Facebook page and drop him a comment if you do so.

Lockdown Lessons

Under 15 athlete Euan has been doing virtual HIIT sessions with his friends Dougie and Toby from Godiva Endurance. Euan gets the sessions from YouTube and with the TV in the background so the others can see, he explains the exercises as they go along. The three get together every Monday and Wednesday for 30 minutes of HIIT followed by a chat and a catch up.

According to Euan’s Dad, Nick “They’ve stuck to it religiously, all three are there at the same time”.

Euan has said, “It’s good to keep fitness levels up. I enjoy doing it in a group with friends as it’s good to see my mates, which is what I’d be doing at the Clubhouse if there was no lockdown in place.”
Recipe: Overnight Oats

Fitness and nutrition go hand in hand. Any athlete will tell you that the appropriate fuel is needed for a high-quality training session. Here is an easy breakfast recipe from one of our Coaches.

Ingredients:
1 small cup of porridge oats per person
Cinnamon to taste
Milk (oat milk works well).

Method:
Mix dry ingredients in a bowl
Add just enough liquid to cover the oats
Cover and leave overnight in the fridge
Serve topped with fresh fruit and a little honey if you prefer it sweeter.

Godiva Kids Cross-Country

The Godiva Kids’ Cross-Country is a series of three races set across the period of December to March. The kids from years 3 to 7 complete a mile by running two laps of the field by the University. For full details click this link: https://coventry-godiva-harriers.co.uk/news/godiva-kids-cross-country/

Quarantine Quiz
Name the two famous athletes merged together.

If you have any content/news you would like to share for next month's newsletter please contact Holly Cherry social@coventry-godiva-harriers.co.uk

ANSWER IN NEXT MONTH'S ISSUE!