



Race Season Is Upon Us

Whether you are a seasoned runner or about to take on your very first race, the lead up and the day itself can be quite stressful. You've trained hard and you want to ensure that when you are stood on the race line you are calm, healthy and able to do your best. Here are a few tips and reminders that will help you be prepared for when that starting gun goes off.

The Week Before

Don't try anything new – stick to the tried and tested. Avoid trying new food, drinks, gels, trainers or new gear.

Eat what works for you – what doesn't upset your stomach but provides you with the required energy. Avoid carb-loading if you don't know how to do it properly.

Cover route beforehand – if possible do a recce run/walk or even drive of the route.

Taper mileage – reduce mileage but keep your legs ticking over.

The Day/Night Before

Go for a walk – avoid sitting down all day, this will cause legs to be lethargic come race day.

Drink plenty of water – it is far better to keep yourself topped up the day before to avoid dehydration before you even start.

Get your kit ready – wear something you know is comfortable and have worn before.

The Morning

Get up early - give your body chance to digest breakfast and remove waste out before the long lines at a portaloo.

Don't over drink - take little sips, constant intake of water is more beneficial than glugging down 2 litres just before the race.

Set at least two goals – one that you want to achieve and one back up goal in case things don't go to plan or the weather is affecting performance.

Start slow - avoid the temptation to run off with everyone else. Follow the cliché, 'run your own race.'

After the race

Keep moving – no matter how tired you are, avoid the temptation to sit down. Keep walking for 15/20 mins after. Your legs will thank you for it later and the day after.

Refuel – get some proper food in you within 20mins. Avoid gels or sugary drinks. Your muscles need protein not sugar. Prepare this in advanced and have it ready.

Stay warm – you may be hot when you finish but you will soon crash back down. Layer up straight away.

The Day After

Go for a walk – you may not feel like it but one of the best ways to get your legs back to normal is an active recovery.

Lastly and the most important thing – Enjoy it! Race days are an amazing experience. There is no better feeling, crossing that finish line knowing that all your hard work and dedication has got you there.

Do get in touch and let me know how you get on, send me photos, tell me your achievements. I like to hear from you. Have any questions? Just let me know.

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