

10 RUNNING TIPS

~by Claire Bock, Body Temple Personal Trainer

1. **RUNNING:** Is just a matter of putting one foot in front of the other as often as you can. Early on you should take some time to get your form right. (The whole idea is to go forward as efficiently as possible, without any sideways deviations.)
2. **MAKE IT FUN:** Make sure you enjoy the race; training with a friend always helps to keep you motivated and you will have someone to share the experience with. (The ups and downs and crossing the finish line together)
3. **SHOES:** Are definitely the runner's most important equipment, and have to be chosen with care. The first requirement for a running shoe is the fit and well supported and cushioned. If your feet tend to pronate (roll inward) or supinate (roll outward), then choose a shoe with specific motion control characteristics. (Look at your old shoes to see where you have worn out the sole – this will indicate where you need more support – inside= pronate, outside=supinate and middle=netural)
4. **PACE YOURSELF:** A common mistake made by runners training for a race is to be in too much of a hurry and not improve gradually and slowly. Do not increase the speed you run and the distance at the same time. As you will not completely improve in one area, but rather it will leave you frustrated and exhausted. Therefore focuses on one aspect of running at one time.
5. **VARY YOUR TRAINING:** Running a lot will not make you become a faster runner. In addition to gradually increasing your distances, you must dedicate some time to strength and speed. To build strength, try uphill and downhill runs (vary the speed/distance and reps). To increase your speed, try all out sprints (2mins rest 2mins repeat x5) and intervals (5mins med pace 2mins fast 3mins slow repeat x 2-3). You will enjoy your training a lot more if you vary it up and notice improvements.
6. **HYDRATION:**
Pre race–start on the Tuesday before a Saturday race by drinking an additional 2 litres of water a day. 36hrs before the race switch to electrolytes drinks.

During the race–aim to drink at least a litre of fluids per hour you are racing. Do not wait to feel thirsty before drinking: thirst is already a symptom of dehydration. Drink only what you are used to drink. It is not advised to try new sport drinks while on the race because you may not be able to digest them properly. Drink at every drink station and drink water/ isotonic drinks.
7. **NUTRITION:** When exercising intensely, we require 60g of carbohydrate per hour. Too much equals gastro discomfort, and too little equals glycogen depletion/fatigue. Try using gels/ energy bars/sports drinks according to taste. (Make sure you try them during your training runs and not the first time in your race- this way you will find the right one for you.)
Race morning: Try to eat something easily digestible 2-3 hours before racing example; oatmeal, banana, wholemeal toast with peanut butter or banana and honey- What ever you can stomach. Also try a few lollies and sports drink 40-30mins before the start of the race.

8. **RECOVERY:**

Choose the warm down-If you have to choose between spending time on your warm up or warm down, choose the warm down. After you run, your muscles will be tight and full of blood. Take time to return your short, tight muscles to their longer, resting state. Stretching your muscles after a workout will help return them to their normal state, which will avoid you experiencing sore muscles days after your workout.

Muscle soreness- You will no doubt be a bit sore after competition and will need to take the next day or two off. And stick to an easy walk or jog to help loosen your sore muscles. Take the recovery time your body needs. (A Deep Tissue or Sports massages will help with your recovery)

9. **FIRST AID:** Avoid blisters: Wearing a brand new pair of shoes in a race without having worn them before, shoes too big or the wrong pair of socks may cause you blisters. A good pair of [platform technical running socks](#) should solve the problem. For long distances applying Vaseline directly on the feet avoids blisters (Vaseline is also great to avoid abrasion on the nipples and in between the legs due to the repetitive movements of the running).

10. **OTHER:** Read as much as you can about running – this will help answer any of you questions. (try: Runner's world: Complete book of women's running by Dagny, Scott, Barrios) Also placing a quote on your mirror will help to keep you motivated to keep training.

Happy training ladies J