

Pre-Race Tips and Suggestions

1. Training preparation Tips
 - a. Interval training (IT) - involves alternating between working and recovery phases. Allows for greater amount of done in a shorter time period and is associated with increased metabolic efficiency.
 - b. Continuous training (CT) - involves achieving steady state during the aerobic activity. It is recommended for beginners and allows for greater recovery between training sessions.
 - c. Interval versus continuous running – Why chose one? Both can be used on alternating training days during the week to both maximize efficiency and promote recovery between sessions.
 - d. Find your training pace, the pace that works well for you and that you can maintain.
 - e. Although resistance training is not an efficient method for improving cardiorespiratory function, it helps strengthen and prepare the body for the physical stress associated with running.
2. Nutrition Tips
 - a) Pre-race
 - a. The value complex carbohydrates for maximizing glycogen stores
 - b. What are complex carbs
 - c. The value of carbohydrates drinks for replenishment during race
 - d. A balance diet promotes a well-developed body
 - e. Protein is important for runners
 - b) Post-race
 - a. The value complex carbohydrates for maximizing glycogen stores
 - b. Adequately replenishing stores for next race
 - c. Improper nutritional habits and fatigue
3. Hydration Tips
 - a) What to drink – Water is effective, however an electrolyte drink (i.e. containing sodium) is recommended.
 - b) When to drink - Begin race hydrated and replenish volume of sweat lost every 15 to 30 minutes.
 - c) How much to drink – Should be customized to your bodily need. Weigh before and after race and replace the
4. Temperature and humidity – Temperatures in October are very favorable for running.
 - a) Guidelines and precautions
 - a. Completing race late afternoon/early evening
 - b. Avoid high temperatures and high humidity.
5. Tissue recovery Tips
 - a) Foam roll/The stick
 - i. Common areas that need emphasis
 - i. Anterior tibialis (Shin)
 - ii. Calf muscle

- iii. Peroneus muscle
 - iv. Quadriceps
 - v. Hamstrings
 - vi. Adductors
 - vii. IT band
 - viii. Piriformis
 - ix. Hip flexors
 - b) Ice baths
 - c) Stretching
 - i. Dynamic – Great prior to run or training session (Provide examples and suggest progression)
 - i. Hamstring scoops
 - ii. Frankenstein walk
 - iii. Knee hug
 - iv. Figure 4
 - v. Quad pull
 - vi. Open and close gate
 - vii. Leg swings
 - viii. Butt kicks
 - ix. High knees
 - x. Skips
 - ii. Static – Great post run or training session (Provide examples)
 - i. Stretches for areas from 5 above.
6. Avoiding overuse injury Tips
- a. Avoid rapid increases in training load
 - b. Monitor weekly increase in training volume
 - c. Running surfaces
 - i. Pavement preferred over concrete
 - d. Running conditions (rain, humidity etc)
 - e. Don't train while sore, opt for a flexibility and/or recovery session
 - f. Importance of warming up*
 - g. Follow a consistent schedule
 - h. Focus on having fun and not setting records
 - i. Follow recommendations for footwear replacement
 - j. Resistance training
 - i. Lower extremity and core
7. How to dress Tips
- a. Wear light colors
 - b. Wear sweat wicking fabric
 - c. Less clothing > more clothing
 - d. Light clothing > heavy clothing
 - e. Running gear with pockets
 - f. Fanny pack
8. Choosing your running shoes Tips – (Check also with Deb Stroiney)
- a. Pay attention to the wear of your running shoes
 - b. Make sure your running shoes are at least 2-3 broken in

- c. Recommendations are 250-300 miles per pair of running shoes
- d. Find out the best fit for you:
https://www.roadrunnersports.com/rrs/product/shoe-dog.jsp?cm_mmc=vanity- -shoedog- -na- -na

Race Day Tips and Suggestions

What to bring along Tips

1. Small water bottle
2. Pocket hand sanitizer
3. Face mask might be useful
4. ID
5. Cell phone

After the race

1. Stretch
2. Hydrate
3. Eat
4. Rest