

SMART TRAINING

Getting Ready, Maximizing Your Potential, and Proper Recovery

1) Stay hydrated

Important to keep in mind before, during, and after your runs

2) Keep your training fun and interesting

Your mind and body will get stronger as they adapt to new stimulus

3) Goal setting

Set a variety of both short and long term goals

4) Count in disruptions

Be flexible with your training schedule and other commitments

5) Recovery

Include rest days in your training schedule

6) Sleep

Get a good night's sleep two nights before the race as you probably won't sleep well the night before it

7) Prepare mentally

Prepare psychologically as well as physically; practice race day strategies in advance

8) Be prepared

Get the right equipment for your activity

9) Building capacity

Gradually increase your distance, speed and how often you run, but not by more than 10% per week

10) Enjoy yourself

Relax and have fun!

~ Amanda Delainey

Experienced road racer, enthusiastic marathoner, Joints-In-Motion coach