

## **TIPS FOR SUCCESS**

### *Hints from a seasoned running clinic coach*

#### **1) POST-WORKOUT NUTRITION**

Post-workout nutrition is key to recovery and success during training – especially after hard or long runs. Aim to take in a mix of carbohydrates and protein within 15 minutes of your run.

#### **2) MAINTAIN CONFIDENCE**

When race day comes, be confident in your abilities and the training you have done. The hard work you have put in over the previous months will carry you through.

#### **3) MIMIC THE MAIN EVENT**

Become familiar with the environment that you will be racing in: carry and use the same nutrition that will be provided with during the race; run the same paths as the course; train at the same time as you will be racing.

#### **4) DON'T BE TOO HARD ON YOURSELF**

Forgive yourself. Over-ambitious goals usually lead to frustration and possibly even giving up on your fitness plan. If you miss a goal or milestone let it go, and focus instead on the next opportunity to achieve it.

#### **5) RUN WITH OTHERS**

Find a committed running partner, running club, or training group. It is much harder to skip a run when you have someone else depending on you--and the social aspect makes it more enjoyable too!

*~ Matt Mazurik, Running Clinic Coach (Brainsport), 2010 Captain of the Huskies  
Cross Country Team, and Brainsport Team Member*