

GENERAL TRAINING TIPS

How to get more from your race experience

1) Schedule time to train

Don't expect 100+ hours of training time to just happen when it's convenient.

2) Train with friends

You can't slack off in a workout if there are witnesses.

3) Use sport drink on training runs and on race day

Water alone won't replace the electrolytes that you lose while running. Without these electrolytes, your body can't hydrate properly, leading to poor performances and slow recovery times. To improve the flavour and "drinkability", I often dilute mine to about half strength with extra water. If you sweat heavily, or if you're training in extreme heat, drink it full strength.

4) Look outside "sport food" for nutrition

If you feel like you can't look at another gel, mix it up with pretzels, fruit slices, or candy. They weren't developed with optimum performance in mind, but the variety will bring your appetite back.

5) Have a hot drink immediately after coming in from a cold-weather run

It beats the chills better than anything else.

6) Soak your legs in cold water after a long run

Add ice if you can handle it. Enjoy your hot drink while you're sitting there. The cool soak will help your legs feel better and recover faster.

7) Wear a hat

Squinting into the sun and wind will cause your neck and shoulders to tense up. This will add to your fatigue and make the run even harder. Every little bit makes a difference.

8) Set a goal for every run

Every training run matters. It's often difficult to find time in the day to train, but small goals will help you stay focused and really add value to every workout. This tip will help make sure that time isn't wasted.

9) Do hills

If you hate hills, do more hills. No course is completely flat and hill training will help you face them with confidence on race day.

10) Don't run if you're hurt

Nobody's going to give you a prize for "toughing it out" and none of your training will matter if you're injured on race day. Training demands a huge investment of time and effort. If you run injured, you risk losing that investment.

11) Get to the race start early

Seriously. Traffic jams and line-ups are a part of every race day. Give yourself lots of extra time so you can navigate them without wasting any of your race-day energy on stress. Wear a layer of clothing that you can ditch in the final minutes before the start.

12) Start the race slowly

This could be the oldest tip in the book, but lots and lots of runners still start way too fast. It's easy to get caught up with them. Pick a specific landmark on the course and consciously keep your pace in check until you pass it – then race. Enjoy catching all the people that sprinted out at the start.

~ Lisette Schermann, Recreational Distance Runner & Brainsport Team Member