

RunningPlans

TWO WEEKS TO GO!!

The time is nearly here! With just 2 weeks to go, all the training that you can do has been done....or should have been done! There is very little, running wise, that you can do now that will improve your chances on race day, but there is so much running wise that you can do that could jeopardise your chances. Tread on eggshells and follow the plan, don't 'cram' extra runs or do anything out of panic!

There are some things that you can pay attention to in the final few weeks that can give you an extra advantage.

HYDRATION

Throughout the following 2 weeks, getting and staying hydrated are especially important. Most people are under hydrated most of their time, and then think that having a big drink of water before bed the night before the race helps! This is good, because if we do it properly and our competitors don't, we have an extra advantage, especially in longer races such as a marathon!

The better hydrated your body is, the better it will perform. Your mind stays alert and your muscles stay flexible and more resistant to injury.

Over the next two weeks it is essential that you drink at least 3 litres of water throughout the day. Don't gulp them down in one go, spread it out evenly throughout the day. Sip, little and often.

Avoid anything that is a diuretic that makes you dehydrated, such as beer, wine, tea & coffee.

REST

Over the next 2 weeks, get a little bit extra rest each night. Even half an hour per night can make a big difference.

When you're in bed, avoid watching the TV or using a phone or tablet. These have a light behind the screen that stimulates your brain. You're in bed to sleep (YES...SLEEP... you have a big race coming up, leave the hanky-panky!!) This extra stimulation from the devices keeps your brain active when it should be resting and regenerating!

Nap as often as you can, even for 10-20 mins if that's all you can fit in!

Sit down, use escalators & lifts, and take every opportunity to get off your feet!

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CAFFEINE

Cut out caffeine completely now to give yourself the best chance on race day. Caffeine stimulates your heart and so your heart rate will be higher. It keeps you more alert (temporarily) and so you won't be getting as much rest as possible, which is essential. You want to be raring to go on race-day, not coming down from a caffeine high! Things containing caffeine can also have a negative effect i.e. chocolate = weight gain, tea & coffee = dehydration, so in cutting out caffeine you can be improving in other areas too!

ALCOHOL

For 2 short weeks, give yourself an extra advantage! Make that post race beer worth it!

Alcohol can generally be held accountable for an un-ending list of negative things, and there aren't many good things that come from drinking it!

Alcohol is a natural depressant. Combine that with caffeine which is a stimulant. Cuckoo-cuckoo!!

Stop drinking with 2 weeks to go and cut down on mood swings, energy highs and lows, weight gain, tiredness, lack of motivation, elevated heart-rate, and actually be able to line up on that start line and know that you are in your best shape!

Now is the time to get your head in the game. Capture and maintain some focus!

I've provided the information and the plans to get you to that start line, un-injured, fitter than you've probably ever been, feeling better about a race than you have probably ever felt and in prime shape, with the right information on how to run the race the best you can.

Now it's down to you, for 2 weeks, to follow the last little nuggets of information!

When people wish you luck, you should be able to smile, knowing that luck hasn't played a part, and that your damn hard and sensible work is what's got you to where you are and will get your results!

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