



Just a few tips for the 5k fun-run next Wednesday here guys!

- ✓ The race is on at 2pm, so make sure you eat a good breakfast! Sounds silly, but you will suffer running if you don't eat breakfast! So the morning of the race eat a high carbohydrate and high protein breakfast. A good example would be Porridge with some Greek Style Yogurt.

- ✓ Make sure you sip on water all day Tuesday and Wednesday! Drinking a litre of water 2 hours before the race isn't going to help you in anyway and will probably make you feel sick! So take small sips all day on the days leading up to the race to ensure you are well hydrated.

- ✓ Dress for the occasion! So again very basic here guys, comfort all the way! Shorts, running tights etc! No tracksuit bottoms if at all possible! A running vest, top or jacket should also be worn! Make sure you are comfortable, that's key. If you're not comfortable in your race gear, you're going on the back foot before you even start.

- ✓ Before the race, make sure you do some kind of a warm up! Go for a small jog somewhere and then do a very light stretch. If you stretch cold muscles you're only going to damage them! So do a warm up, it will help you to perform and will also help you a lot in preventing injury. About half an hour might be a good time to have a little snack, a banana or something or a small bit of chocolate would be the best. It will supply you with some quick energy which will get you over the finish line on Wednesday!

- ✓ Race Start! Main thing here is not to let egos get in the way!! Don't start off too fast, because the people that you fly pass in the first 2 kilometres will actually pass you again and more than likely finish before you. Start off at a comfortable pace, and if you feel good you can pick up the pace a bit! But aim to finish running the last 2 kilometres you're fastest! Believe me it looks much better if you run to the finish line rather than crawling or walking. So 5km is a short distance, so probably no need to stop for water, but if you feel the need to stop please do! Again if you do stop take small sips of water not big gulps, because this will lead to a uneasy stomach or a stitch, which will slow you down and make the whole experience very un-enjoyable!

- ✓ During the race, make sure you breathe!! I know it sounds silly but you will be surprised how many people run and don't breathe properly, and they are the people you will pass with the big red faces covered in sweat and look like they're going to pass out. So in through the nose and out through the mouth, we breathe from the pit of our stomachs when we run! Bring this with you on race day and it will really help!

- ✓ Post run. When you finish, grab some water and maybe a banana again. Whatever suit, your body has worked hard for 5km and it needs to be re-fuelled! But do this near the finish line and stick around to cheer on others who are finishing. It really helps when you get some encouragement towards the end of a run! So get out and help each other on the day! It's a fun-run not a professional race! It's for a good cause that ye have worked hard for so everyone should encourage each other to finish!