



Thinking about running a Race ?

www.fitbrixx.com

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Carb Up On Race Day

Bananas and Cereal Bars provide a welcome carbohydrate boost on the morning of the race

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Lead yourself, do not follow others

There will be people who are faster, there will be people who will be slower, have confidence to lead yourself through the race.

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At your own pace, do not race

At the gun most people will race off at a pace they cannot sustain and will burn out later in the race, start off slowly and be happy to pace yourself not race yourself

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Bitesize Chunks

A race of any length will be very daunting I recommend splitting the race into bitesize chunks.

If you are running a 10k split it into chunks of 1k, so when you are at km 0 focus on km 1, when your are at km 1 focus on km 2 etc.

The race will be easier and you will enjoy it more



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Hydrate Little and Often

Do not over do the hydration, aim to take a couple of sips of water at each water station

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Over The Hill

When attempting that energy sapping ascent remember your recovery pace and focus on 10 yds past the brow of the hill when you will get respite

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When the going gets tough ?

If and when you start to struggle imagine there is a rope tied to the next tree or lamp post and your arms are pulling you toward it.

Repeat until you are running well again.

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” Post Race Stretch

It's extremely important to stretch calves, hamstrings, quads & glutes as soon as you can after completing the event.

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Keep Warm and Rehydrate

As soon as you can after the event wrap up nice and warm to let your body cool down naturally, enjoy some water or a cool isotonic drink

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And finally.....ENJOY THE EXPERIENCE

Enjoy the scenery, enjoy the camaraderie and banter,
enjoy post race reflection, when you have done that start
planning your next event !

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