

# TRAINING TIPS!

## 1. Put your best foot forward

Training can be very strenuous and if you don't use the right equipment you can cause damage to your bones, muscles, joints and tendons. So make sure you invest in good quality running shoes ready for your training.

## 3. Find the right training plan for you

Everyone is different so finding a plan that suits you is important. Know your capabilities before you start so that you have a starting point that suits you. Keep in mind the type of race you are taking part in and make sure your plan reflects this. This will help to make sure you are fit and ready for your race.

## 5. A break is as good as a rest

A break is as good as a rest and allows your body to recuperate. Although racing can be addictive due to the rush of adrenalin, it's important to remember that too much racing can take its toll on your body. So make sure you don't race too often and don't forget to tackle the race as you tackled your training. Pushing too hard and fast can result in serious injury.

Dedication to take part in a sponsored active challenge for Cerebra is a fantastic way to help families with a child with a brain condition to discover a better life together.

In return, we want to help make sure our supporters stay strong, flexible and injury free. We hope that these tips will help you to keep your body in top condition, to perform your best and enjoy the challenge every step of the way.

## 2. Stretch yo'self fool!

In order to avoid injuries stretching is a must! If you include stretching within your training routine you'll decrease your chance of injury.

## 4. Be careful when jumping back on the horse

Life throws many things at us and sometimes, for whatever reason, we have to take a break from our training commitments. If this has been the case for you then take it easy when jumping back on the horse and ease yourself into the training by gradually increasing your run by no more than 10% each week. By doing this will help you avoid injuring yourself.

## 6. Bring on the big guns

Resistance training is brilliant for improving your all round strength and posture. Don't forget to include it in your training programme—once or twice weekly full body workouts will help you to bring out the big guns you need to complete your challenge.



## 7. Hydration for the nation

Dehydration can cause you to suffer from nausea, fatigue, headaches and so much more. Training is a strenuous activity and fluid is lost through sweating so it's important to stay hydrated, drink regularly and try to stick to water and fruit juices.

## 8. Pack in the protein

Don't make the assumption that protein rich foods should only be used for those doing weight training. Protein will help you to keep your energy levels high allowing for better training. Low fat proteins like lean meats and fish are great but don't forget that pulses, beans and lentils are packed with protein too. Make sure you tailor the amount of protein that you need to your personal training program.

## 9. Don't skip a beat

With today's technology, there are so many ways that you can monitor your performance via the use of apps, if you're tech savvy then you can use your smart phone to download a fitness app and you can track your performance. With the use of heart rate monitors (HRMs), you can monitor how hard you're pushing yourself so you know when to slow down or when you push yourself harder to reach your goal.



## 10. It's all about the core

Regardless of what type of activity you are taking part in, it's important to perform exercises that will strengthen your core. Strengthening your core will allow for a better all-round performance, allowing you to remain focused on the finish line safe in the knowledge that you have a solid foundation that helps to provide strength to the whole body. Good exercises for core training include squatting and the use of an exercise ball.

## 11.

### Keep a diary and mix it up

Log your progress so that you can monitor yourself and keep track of how you're getting on. Make note of the progress that you make and use this as a form of encouragement to remind yourself how well you're doing, how far you've come and why you're doing it.



## 12. Find your pack and run with it

If you're struggling to motivate yourself, consider training with a friend or colleague. Having a training partner inspires you to work harder and encourages healthy competition helping you to work as hard as you can. Make sure the other person is of a similar ability as you. If this isn't possible then consider joining a local running group where you can motivate each other and share running tips.