

# GET READY FOR RACE DAY

TRAINING TIPS



CANCER  
RESEARCH  
UK

# GO THE DISTANCE!

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Training allows your body to get used to what you will be asking of it both physically and mentally, giving you the chance to perform your best and really enjoy your event.

To get yourself ready for your challenge, you should aim to follow a training plan that suits your needs and fits around your lifestyle.

A plan will help keep you motivated and give you goals to aim for, so you won't be tempted to give up on all your hard work.

If you are setting out on a new training regime, it's always advisable to consult your doctor first.



# MOTIVATION



## REMEMBER WHY YOU ARE DOING THIS

Supporting Cancer Research UK, in memory of a loved one, losing weight, beating your personal best – whatever your reason, we are a collective force in the fight against cancer.

## TRAIN WITH OTHER PEOPLE

Join a running club or ask friends along, it is a fun and sociable way of improving your technique.

## MIX IT UP

Help prevent boredom by training with different routes, locations or distances.



## THIS WAY THEY CAN BE KEPT INVOLVED

Tell your family or friends your goals for the week and ask them to question you on them, this way they can keep involved with your event and you can keep motivated to achieve your goals.

## GOALS

Set yourself daily and weekly goals and every time you think 'I'm too tired or busy today' imagine you achieving those goals and the sense of achievement you'll feel.

## STICK TO YOUR SCHEDULE

To avoid boredom or a lull in motivation stick to the schedule you've created rigorously.

# HEROES RUN

# RUNNING

Whether you are running a marathon, half-marathon 10k or 5k, all runners should follow a few golden rules.



## KIT

Invest in a good pair of running shoes – go to a specialist store to get properly fitted by an expert to help prevent injury.

Keep blisters at bay by buying proper running socks. Synthetic, sweat-wicking fabrics will draw moisture away from your skin, and cushioning will reduce incidences of blisters.

Women should invest in a good sports bra. Whatever your bust size, it's important to be properly supported during your run.

## TRAINING

**Gradually build up your training:** build stamina and fitness effectively. If you are new to running try alternating running and walking, but keep pushing yourself to go further each time.

**Use your mind:** set yourself goals and visualise how you will feel when you achieve them.

**Mix it up:** intersperse your runs with other forms of exercise to give your muscles a different work out. Cross training activities like swimming and spinning keep your fitness levels up but give your muscles a rest.

**Keep energy levels high:** on long runs, it is vital to take on carbs, to keep your blood sugar levels up, carry energy gels, sports drinks or even jelly beans to keep yourself going on the road.





## KIT

Make sure you have the correct size bike – go to a specialist bike shop to get fitted for your correct frame size. An ill fitting frame can cause back, neck and knee pain, so it's important to get it right.

Wear a helmet. This inexpensive bit of kit is essential to keep you safe on the road.

It is a legal requirement in the UK to have a white front light and a red rear light attached to your bike.

Reflective clothing is a must. Make sure you're seen at night with reflective bands on your ankles and arms, or with a high visibility top.

## TRAINING

**Build up your mileage gradually** to avoid injury and to establish a good fitness base on which to build your stamina.

**Develop your cadence** (the speed at which your legs rotate or RPM). This will improve your aerobic capacity, meaning you can start to push bigger gears at the same rate.

**Take some time to train off the bike.** An hour of quality workout in the gym is the same as 2 hours on the road, so add a mix of cross training into your regime.

**Tackle those hills!** The best way to improve the strength in your legs is to climb hills; start easy and gradually build up to the steeper climbs.



# HEROES PEDAL

# CYCLING

Training for a long ride involves a lot of time in the saddle, so it's vital that you maintain both your body and your bike in the run up to event day.

# SWIMMING

Open water and pool swimming events are a brilliant challenge. But like any sport, to be successful at and really enjoy your swims a structured training plan is key.

HEROES  
SPLASH

## KIT

Goggles are essential, make sure they are comfortable, don't leak, don't steam up and don't fall off when you dive in.

A swimming costume: make sure it allows you full mobility and doesn't rub.

A wetsuit is crucial for swimming in colder waters and also provides extra buoyancy. Make sure it allows you full mobility. Again, training in your kit before the event is a must!

Swimming caps are often event specific, but you can always wear your training cap underneath for extra warmth.



## TRAINING

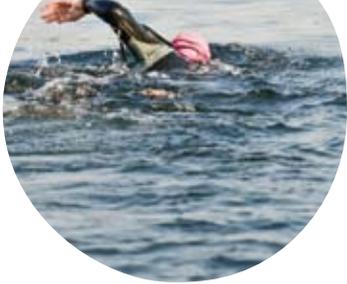
**Start small:** Whether you're doing endurance or speed events, it's essential to start small and work your way up, set yourself a weekly goal from week 1 of training all the way to race day gradually increasing in intensity.

**Give yourself time:** Don't try and squeeze all of your training into a manic 2 weeks.

**Take a schedule:** Especially for in the pool, it's easy to lose track of how many lengths you've swam or where in your session you've got to, so jot down what your aims are for that session.

**Open Water:** If you are doing an open water swim, make sure you practice in open water beforehand; the conditions are very different from a swimming pool. Join a club or group, rather than jumping straight in. Also, base your training on time spent swimming rather than trying to count your strokes.





# TRAINING

**Start small:** If you are new to triathlons start your training slowly, and build in longer workouts gradually.

**Treat each discipline separately:** If you are weak in a certain discipline, spend a little more time working on this.

**Practice 'Bricks':** this is where you train on 2 disciplines back to back during one workout, mimicking race day. This will teach your legs and body to switch fast and efficiently between disciplines.

**Open water swimming:** If your swim is in open water, try to practise beforehand in a lake or the sea.



# KIT

Get yourself a wetsuit. Make sure you train in it and practice getting out of it quickly for a fast transition.

Invest in a good pair of goggles, make sure they are comfortable and leak free.

A roadworthy bike and a helmet is a must to make sure you stay safe on the road.

Always carry a puncture repair kit and make sure you know how to use it.

Good quality running shoes are vital, go to a specialist shop to get your trainers properly fitted.

Bring warm clothes to change into after your event.

HEROES WIN



# TRIATHLON

Triathlons are a fantastic way to practice different disciplines, and offer you the chance to train in a variety of ways.

# INJURY PREVENTION

**Warm up:** the easiest and oldest trick in the book, the warm up, take the first 5 - 10 minutes slowly and easily, allow your muscles to warm up and wake up before you start pushing yourself.

**Warm down:** Again at the end of your session, take 5 minutes to cool down, make sure to stretch too!

**Rest days:** you will be pleased to hear that rest days can be as important as training days; make sure you have at least one day off a week to let your body recuperate and recover.

**Be safe:** wear high visibility clothing if you're in the dark, don't wear headphones to stay alert to potential dangers and take your phone with you in case you run into any trouble.

**Stay hydrated:** Stay well hydrated; a decrease in hydration causes a decrease in performance. Take on plenty of water and isotonic drinks to replace the salt you lose through sweating.



## SAMPLE TRAINING PLAN

We've teamed up with realbuzz to give you the very best in training support and advice.

We have plans to suit different levels of ability for runners, swimmers, cyclists and triathletes.

### Half Marathon (Beginner level)

#### Week 1: Getting started

Mon: Rest/10 mins easy walk/jog  
Tues: Rest 2 days of recovery  
Wed: Rest  
Thurs: 10 mins easy walk/jog  
Fri: Rest  
Sat: Rest  
Sun: Jog/walk 15 mins

#### Week 15: Start of the taper

Mon: Rest  
Tues: Rest  
Wed: 50 mins steady  
Thurs: 35 mins easy  
Fri: Rest  
Sat: 15 mins easy jog  
Sun: 60 mins  
comfortable pace  
Avoid temptation  
to do more

### Triathlon (Beginner level)

#### Week 2: Introducing your body to training

Mon: Recovery day  
Tues: 5 lengths of 25 metres (non-stop)  
Wed: 10 mins jogging (continuous)  
Thurs: 20 minutes over a flat course  
Fri: Easy  
Sat: Recovery day  
Sun: 10 mins jogging (continuous)

#### Week 12: Main taper, race week

Mon: Recovery day  
Tues: Final swim session (500 metres)  
Wed: 40 mins bike session  
Thurs: Recovery day  
Fri: 20 mins light jog/run  
Sat: Recovery day  
Sun: Race day, enjoy the experience

**THANK YOU,  
GOOD LUCK  
WITH YOUR  
TRAINING**



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