TIPS AND ADVICE WITH LESS THAN 2 WEEKS TO RACE DAY

By The Running Man

- You can't get any fitter now, so all runs should be relaxed and completed with minimal perceived effort level

- If you're feeling a little flat, have an extra Rest Day this week

- If you must do something and frightened resting is making you unfit. Go for a walk instead of a run but light and easy, maybe a maximum of 30 Mins

- Plan your next 2 weeks working back from Race Day so your total mileage is significantly less than a normal training week. At least 50%

- Include 1 maybe 2 faster sessions where you lift the pace for a minute and repeat 3 or 4 times. Be guided by your own program and individual coach and program set for you

- If not sure what to do in the last 2 weeks refer to the resources on the SCC Training pages

- No Hill reps or Hilly runs required within the last two weeks

- Test all your race day gear on a couple of easy shorter runs. Practice accessing your gear, stopping and opening your pack to find your first aid kit

- Don't change your race plan, food or hydration at the last minute, trust the plan you have come up with (should be done by now) and stick with it

- Don't wear anything new on race day. It should be worn before, on a few runs in the two weeks

- Keep calm don't use all your nervous energy fretting about things out of your control like the weather, the long run or speed session you missed 4 weeks ago. It can't help you now

- Re-read the course rules and notes. Know what the mandatory equipment is

- Ignore all the phantom pains and niggles. It's just the body reacting to the reduced training and freshen process

- Don't do anything new, like a deep tissues massage if you have never had one before, no new activities like bike riding, rowing machines in the gym etc. If you haven't done it before don't do it now

- Do not over stretch in the last two weeks as you suddenly have more time on your hands. Do your normal routine and light easy relaxed stretches. If you don't regular stretch don't start now. Keep in business as usual

- Regardless the next 10 days is about allowing the body to freshen up with reduced work load and reduced effort levels

- Set a goal to get 2 or 3 nights where you are in bed 8 hrs before the alarm is set to go off. Even if you read a book or just relaxed and watch TV make some time to be well rested over the next 2 weeks

- Mentally rehearse your race, how it's going to play out for you. Keep replaying that as you visualise the day unfolding

- Within the last 72 hrs, don't eat and drink anything new. Keep it simply light and a balance of all the food groups within the range of your normal daily diet.

- Do have some extra carbs, but not a massive overload on Friday night

- My preference is for a larger carb meal on the Thursday night

- No crazy salt tablet overloading. Simply sprinkle your Thursday and Friday night meals with a little basic table salt. To mean people become 'mad scientists' in the last few days eat and drinking magic potions looking for the 'something extra' that's going help them

- Going in with fresh legs, well rested and a positive mind is that 'something extra' you can do

- Drink a little more than your normal daily fluid intake. Do not over consume water in the last 48 hrs. Have a combination or water and sports drinks in the last 48 hrs but not to excess. Ideally consume some of your preferred race day fluid in the last 24 hrs

- Write a list of the gear you need to pack and tick it off as you pack it a few days before your departure date. Don't leave this to the last minute

- If nothing else, enjoy the day. How many other people get to run 50km or 100km on some of the world's most amazing trails.

- Remember to be kind to yourself. Pat yourself on the back and say, 'well done me' It's a fantastic achievement to just to get to the start line.

- Start easy and relaxed….it's a long way and you have plenty of time

- During the race, just roll with the punches…it is what it is and don't let small walk breaks to eat or drink something, or a couple of extra minutes taking your time through a checkpoint or negotiating a tricky part of the course ruin your whole day.

- Don't play catch-up, refer to the last point. If you're not on your 'goal pace' just hang in there, take it 1km at a time and the time will take care of itself.

Good running, luck's not required.
You control your day and your attitude
determines your altitude.

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