



10 10 10 Top 10 10k Tips....

Training:

10.1 As you build your running time or mileage to the event remember to rest or recovery train follow each harder or longer training session. It is better to arrive on the start line fresh and ready to run than with niggles.

10.2 Practise, once a week, the pace you think you will run the race at. This type of speed work will ensure you are ready on race day and already used to the demands on race day. Avoid running the whole distance but start with a 4km paced run building to 2 x 4km at 10km pace, with 5 mins rest in-between. Remember to warm up and warm down properly around this type of session.

10.3 If training is leaving you tired or muscle sore then take some more rest or have a few more days easy training. A massage can also help and is a good way of easing those aching muscles.

Kit and Clothing:

10.4 Ensure your shoes have been broken in before race day. By the same token do not use old worn out shoes as this could cause injury or potentially leave you with muscle sore legs.

10.5 Avoid cotton clothing. Cotton will soak up to ten times its weight in water and will also cause you to cool quickly on colder days. Technical fibres are specially woven to let moisture pass through or in good quality running clothing they utilise hollow or star shaped fibres to 'channel' the sweat away from your body. It can make a big difference to your comfort.

10.6 If it is hot on race day use sun cream and peaked cap for protection, even UV protected clothing can help. That said on cooler days wrap up warm, especially before and after the race.

Pre Race:

10.7 The night before the race ensure that you eat sensible and have a high carbo hydrate meal, such as pasta or baked potatoes. The same applies to breakfast on race day, ensuring that the food you eat has been tried and tested during training. Avoid anything unusual and avoid excess alcohol – a little may help you to relax.

10.8 In the nights leading up to the race ensure you get a few good nights sleep. Recovery from your training regime is just as important as all of that hard work.

10.9 Remember to 'taper' going into the race. Cut back on your training time and arrive at the start line fresh and ready to race.

On Race Day:

10.10 Arrive, fresh and ready to race. Run the race in your mind and see yourself strongly crossing the finish line. Eat 3 – 4 hours before the race start, and then continue to remain hydrated before the gun goes.

*Finally, enjoy your
self and we hope you
get a PB!*

Kandos Events
Sheffield Endcliffe Park 10k
TENTENTEN