

# TRAINING TIPS TO GET YOU STARTED

Congratulations on making the decision to fundraise for **GI Cancer research** and to start training for an event. Here are some tips to get you going...

**Ease back into things** and pace yourself after any long break from exercise. If you haven't exercised or run in months, doing a big race is not the best idea on your first day, week, or month back, so plan ahead and leave enough time for training.



**Plan** and stick with a regular routine that involves exercising every day or at least three to four days a week for 20 minutes. You can increase the number of workouts as you feel ready, and allow for rest days during the week. For regular exercisers - mix up your routine by varying your time and intensity and challenge yourself so you don't get bored. And for a major run, avoid injury and strain by sticking to your race plan - that is, where you want to be on the course at a given time.

**Healthy eating** is the backbone to any training schedule - your body needs fuel or quality food before and after exercise for energy and recovery. Food also plays a role in decreasing the risk of developing gastrointestinal cancer.



**TIP:** One hour before going on a long run drink black coffee or green tea and eat a few almonds to stimulate the body to use your stored energy or fat as fuel. Remember: caffeine is also a diuretic, so drink water.



**Wear** layers when exercising, especially with cooler weather. As the body warms up you can peel off these layers and maintain a suitable temperature for exercising. And don't forget to have the appropriate footwear. Whether you're a casual jogger or a serious sprinter, selecting the right pair of running shoes is important so get advice.

**Hydration** before, during and after exercise is important. Starting off a run dehydrated can lead to cramping, fatigue and a high heart rate. If your run is less than an hour, then you may not need to bring along a water bottle (unless the temperature or humidity is high) but if you're planning to run for longer than an hour, make sure you have a water plan.



**TIP:** Try staying hydrated by mixing 1 teaspoon each of good salt and maple syrup or honey with slices of lemon or lime into 2 litres of cool, boiled tap water and drink this throughout the day.



**Warming up** and stretching before any workout or high impact activity - like running for 10-15 minutes - ensures that your joints, ligaments and tendons, which are designed to absorb up to 4 times our body weight - are fully prepared for training. A proper warm-up gradually raises your heart rate and gets your muscles primed for activity.

**Cardio Exercises** train the heart, lungs and body to work as a team by getting you moving and speeding up your heart rate. Interval training - where you alternate periods of high-intensity exercise with low-intensity recovery periods – is good for the heart and lungs and increases fitness. But slower, longer runs develop the necessary endurance for your joints and ligaments.

**TIP:** Try running for 20-30 minutes. Start with running for the distance between four light poles, then jog for the next four light poles.

**Running** is about cardio vascular fitness, running technique and time spent with your feet on the ground – the less time your feet are on the ground, the faster and more efficient you are. You can decrease your contact time on the ground by increasing your leg strength.

**Core Strength** is necessary to ensure your hips and legs have a stable base to drive you forward during your run. The basic plank exercise is a good starting point to help build your core strength and stability.

**TIP:** Try 8 lots of 20 second planks, with 10 seconds of rest between each plank.

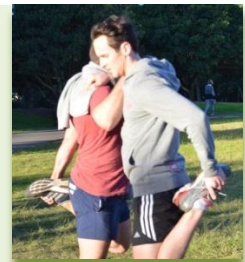


**Increasing leg strength** is about lifting more loads and recruiting more muscle, which can be achieved with squats, lunges and jumping.

**TIP:** Use more leg muscle by adding weights to your body when doing squats; or jumping onto a box or step - try 5 sets of one tall jump or 3 sets of 10 continuous jumps.

**Training buddies** make you accountable - you're more likely to show up and give 100% to your workout if someone else is counting on you 😊

**TIP:** Walking or running with a friend is a good way to gauge how hard you are working. If you can keep a conversation going while you train you're at (or below) your lactate threshold; if you can't keep a conversation going you're working above this threshold and improving your cardiovascular fitness!



**Cooling down** and stretching after running is important and helps your heart rate and breathing to return towards resting levels gradually, as well as relaxing your muscles and flexibility.

**TIP:** As a guide, allow 10 minutes of post-exercise stretching for every one hour of exercise.

## Stay motivated!

Having a goal - like running 5km to raise funds for GI cancer research – will inspire you to keep going. Part of the challenge is your mindset and attitude to training. Most importantly: look after yourself, avoid injury and stay on track!

**TIP:** To develop the right attitude: visit fitness websites (for example: [www.runnersworld.com/training](http://www.runnersworld.com/training)); find health inspired apps ("Couch to 5kms" is a good one); listen to podcasts; set up a soundtrack from iTunes that builds up the pace as you train or try anything that gets you moving!

