

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 gastro-intestinal 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); 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!

