



ASICS Bridges Fun Run

3rd April 2016

Proceeds to:



Over the coming weeks WAMC will be posting articles to help you prepare for the Asics Bridges Fun Run. The articles will be aimed at recreational runners, but there will also be plenty of information that will help experienced runners.

Top 10 Running Tips

1. Get Some Good Shoes

Good running shoes will make your running more comfortable and will reduce the risk of injury. There are a number of good running stores in Perth with knowledgeable staff, and it is recommended you go to one of these stores for your shoes, rather than buying something unsuitable from a general sports store. To find a good running shoe shop, Google "running shoes Perth" and any store should be able to put you in a suitable pair of shoes.

2. Get a Training Plan

The best way to get fit for a specific race is to follow a well-structured training plan. In next week's posting we will be publishing a seven-week training program that will ensure you get fit enough to compete the 10km race without suffering.

If you are new to running it will take your body a couple of weeks to get used to this new activity. Hence you will possibly feel tired and a bit stiff or sore in the first two weeks of training. However, this will disappear after the first two weeks and you will then start feeling fabulous.

3. Slow Down. It is Okay to Walk

Don't feel that you have to force yourself to run hard and feel discomfort while you are running. Running should be an enjoyable activity, so if it starts feeling hard, stop and walk for a minute or two. If you are a new runner, a good way to start is to run for two minutes then walk for one minute, and repeat this cycle until you have reached your target distance for the training session.

4. Run with a Friend or Group

The best way to stay committed to your training goal is to run with a friend or group. This has the double benefit of forcing you to commit to a certain time and place for each training session, and it also turns your training sessions into social outings where you can catch up on all the latest gossip, then enjoy a well-earned coffee (or glass of wine) with your friend.

5. Cross Train

It is a good idea to include a bit of cross training into your program. This could include swimming, cycling, yoga, pilates or any other activity you enjoy. This will help improve your fitness and/or flexibility whilst giving you a mental and physical break from running.

6. Hydrate Well

There will no doubt be many warm and hot days between now and the Asics Bridges Fun Run on 3rd April, therefore it is important you keep yourself well hydrated during all phases of your training and racing. When running, you will feel much better if you can maintain your fluid levels, so it is a good idea to carry water if you are going for a long run (more than 30 minutes) or running on a hot day. You will also recover much better if your body is well hydrated after a run, so it is a good idea to drink plenty of water before you celebrate your great training session with a glass of wine or beer.

7. Build Up Slowly

To minimise the risk of fatigue and injury you should increase your weekly running volume by only 10% per week, and under no circumstances should you ever increase it by more than 20%. This means that if you run a total of 10km in your first week of training, your second week should be a maximum total distance of 11km.

8. Wear Clothes and Socks That Do Not Chafe

There is a lot of running clothing available these days that looks great and is also very functional. There is no need to put up with chafing on your feet or groin area, or having bleeding nipples for the blokes, so buy yourself some proper running clothing. It doesn't need to be expensive, but it may take a bit of trial and error until you find the clothing that is most suitable for you.

9. Set Short Term Goals and Keep a Running Log

There is nothing more satisfying than achieving a goal you have set yourself. Therefore, you should set yourself a number of short term goals whilst training for the Asics Bridges Fun Run, and keep a record of all your training sessions so you can tally them up at the end of each week to see if you have attained your goal. Your goal could be as simple as 'complete three running sessions in my second week of training', or you may like to target a total distance to run each week.

10. Keep It Conversational

Your early runs should be done at a conversational pace – in other words, you should be able to have a chat with your running partner throughout your whole run. This will ensure you are running at a pace you will be able to maintain for a reasonable period of time, and also ensures you catch up on all the latest gossip.

For more information and to register, visit www.wamc.org.au.

For more information on Telethon 7 Perth follow on Facebook www.facebook.com/telethon7