

**ASICS Bridges Fun Run****3rd April 2016**

Proceeds to:



ASICS Bridges Fun Run - Article No. 6

Running Products - What Should I Use?

With less than two weeks until the Asics Bridges Fun Run, it is time to start thinking about what you are going to wear on the day, and what gadgets you are going to use to motivate/monitor your run.

We will start with clothing. The most important thing is to wear clothing and socks that are comfortable and avoid chaffing or blisters. You also want to make sure you look good in your finishing photo because there will be professional photographers at the finish line to capture your moment of glory. (You may like to start practising your finishing salute of throwing your arms in the air or giving a massive fist pump).



There are heaps of different types of running shorts and tops on the market. Some people like running in skin tight lycra knicks, while other people like traditional loose running shorts. Similarly with tops, some people like them tight, some people like them loose. Simply run in whatever you feel comfortable wearing.

Some manufacturers will advertise chaffe proof or blister proof clothing. These items reduce the likelihood of getting blisters or chaffing while running because they have seams positioned away from areas that are likely to rub on your body. They are also manufactured with seams that are smoother than normal clothing. Whatever clothing you plan to wear on race day, make sure you have given it a trial run in training to ensure it will be comfortable on 3rd April.

Many of you like to listen to music while you run. It has been proven that listening to music with a beat that suits your running, actually makes you run faster. Therefore it is probably time to pull together your playlist for the Fun Run and make sure it motivates you to achieve a great time. However, please ensure you can still hear the outside world over your music because there may be marshalls or fellow runners during the race who will be warning you about potential hazards on the course.

The other favorite gadget these days is a GPS device that monitors how far and how fast you have run. A lot of people buy GPS watches that sit on your wrist and tell you useful information such as time, distance and speed at a simple glance of your wrist. However, there are also a lot of free apps that you can download to your smart phone to monitor all aspects of your run, to ensure you remain on-track to achieve your target time.

Weekly Interval Session

This will be the last week of long intervals, because next week we will just do some short and sharp intervals to ensure you are fresh and ready for a good run on 3rd April.

Beginners:

- 15 min easy jog to warm up
- 5 min of gentle stretching
- 3 x 800m at race pace followed by 2-minute rest after each 800m
- 3 x 400m at slightly faster than race pace followed by 60 second rest after each 400m
- 10 min easy jog or brisk walk to cool down
- 5 min of gentle stretching

Intermediates:

- 15 min easy jog to warm up
- 5 min of gentle stretching
- 3 x 800m at race pace followed by 60 second rest after each 800m
- 4 x 400m at slightly quicker than race pace followed by 30 second rest after each 400m
- 10 min easy jog or brisk walk to cool down
- 5 min of gentle stretching

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

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