



DAVID FAIRLAMB THE FIT FACTOR

NUTRITION CORNER

Keeping yourself fully hydrated before and during a half marathon can have a hugely positive effect on your body and mind's performance. Also replacing your fluids after will promote a quicker recovery.



Don't miss David's tips every Saturday in your Journal

IT'S just over a week until the world's biggest half marathon and one of the greatest runs in the world is back for its 37th year.

The run was devised by former Olympic 10,000m bronze medallist and BBC Sport commentator Brendan Foster, who was inspired after running in the Round the Bays Race in New Zealand in 1979.

On June 28, 1981, the first Great North Run was staged when 12,000 runners participated. By 2003, the number of participants had risen to 47,000. In 2014 the number of certified finishers made it the largest half-marathon in the world as certified by Guinness World Records – an incredible achievement!

Next Sunday there will be over 57,000 runners lining up on the 13.1-mile route from Newcastle to South Shields including the most decorated athlete in British athletics history, Mo Farah.

Here are my tips for the final week's preparation:

Hopefully you have put the effort and consistency with your training

and the hard work is done. This final week should be easy, leading up to the run day.

If you haven't managed this there is still time to run a good nine to 11 mile run – but do it today or tomorrow, no later.

Aim for a similar time of day and pace you are looking to run the following week, also try to keep the same nutrition/routine for the run day. This will help with your preparation. Completing this will also give you a physical and mental boost leading in to the run.

If you are behind on your training and think you can cram lots of miles in the final few days, forget it. You will end up tired and heavy legged before you even start.

For the final five to six days, I wouldn't change too



much. You know your body best and should do what your body is used to. You could add some more slow release carbohydrates into your diet such as porridge, sweet potatoes or brown rice in the final week.

Monday- Friday, take it easy maybe a four or five mile run at a slightly quicker pace than your race speed early in the week then add a walk and a light jog over the final few days. This should allow your body to be fully charged and

fresh for the run.

Rest on Saturday, keep yourself hydrated and make sure you are organised, for

example kit, number, pins and make sure you have read all the information about where you are starting and how to get to the bag bus if you are collecting your kit at the finish. The last thing you want to do is be hassled leading up to the run.

There is a world of difference going in to race day knowing the work has been done, you are organised and ready to enjoy the whole run/day experience.

Be prepared and look forward to the full weekend not just the Sunday.

There of plenty of events to watch on the Saturday at the Quayside, with the city games and kids' runs.

Motivational quote of the day

Champions train, losers complain



FITNESS TIP

Be smart, preparing for a run such as The Great North Run, takes time, dedication and knowledge. If your preparation hasn't been thorough, be sensible with your final week's training. Look to change your own expectations by taking the pressure off achieving any specific time, just aim to enjoy it!

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