



David Fairlamb

THE FIT FACTOR

NUTRITION CORNER

If you have been more sensible with your food while you have been training for the Great North Run, why not try to keep these healthier habits in your lifestyle on going. The benefits to your health and waistline could be dramatic

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

MANY of you will now be focused on Sunday September 9 as the greatest half-marathon in the world will be upon us again.

The Great North Run is now only five weeks away, and if you want to enjoy the run rather than dread it - give yourself a chance by executing the right training for the final few weeks.

Every year many people who haven't completed anywhere near enough training try to cram as much as they can in the last few weeks. This isn't ideal - however, there is still time to put some sensible training in before the run.

Here is a quick overview of the type of training and distances you should be covering leading up to the big day:

■ Aim to train at least three times a week, including one longer run.

■ It doesn't always have to be a run. Try different types of training eg Beach Bootcamp, circuit classes, spinning - this is all good general conditioning and will complement your running. Try running to and from the class for extra endurance.

■ Hills or steps training is ideal to help build strength and endurance in your legs. Make sure you warm up and cool down properly.

■ Add a shorter sharper session at a pace which is slightly quicker than you would be looking to run on GNR day.

■ If you are short of time, rather than missing a session, try to complete a home workout, targeting legs and core strength eg running on the spot, star jumps, lunges, squats, stomach exercises and the plank - they can all be performed in a small area. Doing some sort of exercise will keep you mentally

strong and make you feel good.

■ I would also recommend an extra session involving stretching such as yoga or pilates - this will aid flexibility and recovery.

■ Try to complete your longer training session on a weekend, preferably around the same time as the GNR itself. This way your body can get used to training at that specific time, and you can also experiment with your breakfast. Try and work out what meal suits you best.

■ With five weeks to go your longer run should now be up to 8-10 miles and around two weeks before aim to do your longest run.

These sort of distances leading up to race day will give you and your body the knowledge that you can complete the distance, boosting your confidence. The last two weeks should involve shorter quicker runs, therefore on the day you feel your pace is easier and you can relax into your running.



FITNESS TIP

Make sure your kit works well for you leading up to the Great North Run. Buying a new pair of trainers a week before, because you think you should, could be a big mistake. Train and compete in the kit that you are used to.

Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it