



David Fairlamb THE FIT FACTOR

GNR NUTRITION CORNER

Avoid eating a huge breakfast just because it's GNR day and you have read you should eat two bowls of porridge. Do what your body is used to, keep to your own routine – everyone is different therefore listen to your body and this way you will feel comfortable at the start line.

GNR FITNESS TIP

In your mind, break the run down into smaller sections, eg a five-mile run followed by two four-mile runs, or even better, focus on one or two miles at a time. It's all about finding a way to stay positive and focused throughout the run.

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

THE world's biggest and, in my opinion, the best half-marathon, the Great North Run is upon us again. Tomorrow 57,000 runners will take part in the 13.1 mile run from Newcastle finishing on the beautiful South Shields coastline.

From the very beginning this event has been a celebration of what makes the North East great; thousands of supporters lining the course, hundreds of volunteers helping along the way and runners from around the world, many taking part for remarkable causes and charities, determined to cross that finish line. In the first year it was advertised as a local fun run with 12,000 people participating, the superb Great Run Company have since transformed it into one of the most iconic runs in the world. An amazing achievement by them and a huge boost, in so many ways, for the North East.

Yet again the run features top-class athletes and of course many celebrities who return year after year to sample the unique atmosphere, which accompanies them all the way round.

> Try to relax and enjoy your run



Here are a few of my tips to help you before, during and after the run:

Medical Advice

- If you don't feel well on the day or have recently had flu and are not 100% don't run. You can defer your entry until next year.
- Stick to the pace that is right for you, be sensible especially at the start, if you feel good you can always pick things up in the latter part of the run.

Saturday

Preparation is the key – make sure you have all your things ready the night before, such as:

- Your number/safety pins, vaseline and appropriate clothing to keep warm at the start.
- Kit – make sure you have worn it before and it is comfortable. Try to avoid wearing new gear on the day as you may well end up with blisters, rubbing rashes etc which can make things very uncomfortable.

- Know what time you need to leave in the morning, how you're getting to the start and away at the end.
- Have an easy relaxing day.

Sunday pre run

- Eat your usual pre-run breakfast, don't suddenly change it because it's race day and you've read that you should eat something alien to you.
- Get to the start in lots of time, make sure you're in the correct zone.
- Drink a sensible amount of water up to one hour before the start. Avoid over-drinking.

During the run

- Start off at a sensible speed. There are so many other runners, it is very difficult to keep the same pace as you are constantly dodging and changing position, this will fatigue your legs and upset your rhythm. You can also get caught up in the atmosphere at the start, your adrenaline kicks in and you set off too quickly. The last thing you want to do is suffer in the last few miles.
- There are a number of water stations en route, take a sensible

amount on board. If you are not used to sports drinks be aware they can upset your stomach, therefore take in moderation.

- Try to stay relaxed throughout the run. If you are struggling with your breathing, take some deep breaths through your nose and out through your mouth, slow your pace and re-focus.
- Remember when you go down the steep hill to the seafront at South Shields there are still 1.5 miles to go, so don't suddenly start sprinting, thinking you're near the end!

After the run

- Drink plenty of fluids and keep as warm as possible. Your body will cool quickly, so use the items in your finishing pack to keep you warm.
- Try to eat within 40 minutes of finishing. A combination of carbohydrate and protein foods will help bring your body back to normal and hopefully save any energy slumps over the following few hours.
- The day after, try an easy walk, to help loosen your legs. Remember fresh healthy food and plenty of water over the next few days will also promote your recovery.