



David Fairlamb

THE FIT FACTOR

THE North East's greatest sporting spectacle, the Great North Run takes place two weeks tomorrow. This year is set to be the largest in the history of the event with 60,000 people running.

The traditional route route from Newcastle's Town Moor to South Shields' coastline is back after it was changed, due to covid restrictions last year.

The organisers, as always, will have the day running like clockwork. The tens of thousands will embrace the day and once again raise millions for their chosen charities.

If you are not involved in the event, going to any part of the course and soaking in the atmosphere and supporting this incredible event is worth doing. The enthusiasm, which comes in droves from the crowd, make this run unique and keeps the runners motivated throughout the 13.1 miles.

The Great North Run is

iconic and we should be proud to say it's ours.

For those taking part, if you have trained correctly and followed one of the numerous half-marathon plans available, your training should be pretty much done, including that long run where you are hitting the race distance.

Here are a few of my tips for the two weeks leading up to the run:

- Make sure you do a long run between now and Tuesday. Your body needs to know what it's like to hit the longer miles, training up to 7 miles is not going to help you in the last 4-5 miles if your body has never been there before. This way you can go into race day with confidence and enjoy it.

- Post your longer run, try to do a few shorter runs at a quicker pace than you will be attempting on the big day. Your body will then feel at a relaxed slower pace on race day.

- Try to run at your race-day

start time and keep your diet the same as on the Great North Run morning. If all your training runs have been evening-based, running at a different time of day can affect the way you feel therefore it's important to simulate race conditions the best you can.

- If you have a diet that works for you and it's tried and tested throughout your training, avoid suddenly changing it. Our bodies like consistency and if it works, don't change it.

- Make sure you have trained in the kit and trainers you are wearing on the day. The last thing you want is a new kit that rubs and trainers that give you blisters, because you haven't worn them in.

- From the Wednesday leading up to race day on Sunday, I would just do one light jog and a couple of walks to keep your body moving - this way you will be fresh and ready to give it your all on the big day.

GNR STATS

- Sir Brendan Foster, along with his team of original founders, staged the first ever Great North Run on a sunny day in June, 1981.
- From day one, the Great North Run was breaking records - with around 12,000

runners lining up on the central motorway it instantly became (and remains) the UK's biggest mass-participation running event.

- Since 1981 there have been more than 1.2 million finishers.
- £25m is raised for charity annually.

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

