



David Fairlamb

THE FIT FACTOR

NUTRITION CORNER

Avoid eating a huge breakfast just because it's Great North Run day. Do what your body is used to, keep to your own routine, everyone is different therefore listen to your body. Stick with the routine that works for you.

FITNESS TIP

In your mind break the run down into smaller sections eg a 5 mile run followed by two 4 mile runs, or even better, focus on 1 or 2 miles at a time. It's all about finding a way to stay positive and focused throughout the run

THE Great North run is upon us again, 60,000 determined and dedicated runners from all over the world will make their way from Newcastle across the Tyne Bridge to South Shields in the world's biggest and best half marathon.

This year we hope to see Sir Mo Farah run his last race after an awe inspiring career, including 4 Olympic gold medals and a 6 time winner of the Great North Run.

Talking of inspirations alongside Mo in the same run will be 102-years-old, Bill Cooksey who hopes to become the oldest person to finish the Great North Run.

The centenarian, who walks about two miles a day to keep fit, will tackle the half marathon is raising funds to support his local NHS Trust charity and will be accompanied by two others, a huge good luck to Bill and everyone else taking part tomorrow.

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

Don't just run the race take pleasure in being in it

Motivational quote of the day

leave in the morning and how you are getting to the start and away at the finish.

■ Have an easy relaxing day if possible.

■ Sunday pre-run

■ Eat your usual pre-run breakfast, avoid suddenly changing it because it's race day and you

have read that you should eat something alien to you.

■ Get to the start in plenty of time, making sure you know where you are starting from

■ Drink a sensible amount of water up to 1 hour before the start. Avoid drinking too much if you are not used to it.

■ During the run

■ Please 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



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

breaths through your nose and out your mouth, slow your pace and re focus.

■ Remember when you go down the steep hill to the seafront at South Shields there is still 1.5 miles to the finish therefore avoid suddenly start sprinting thinking you are 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 designed 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, this will help loosen your legs.

■ Remember fresh healthy food and plenty of water over the next few days will also promote your recovery.

Good luck to you all and stay positive throughout the run.

rhythm.

You can also get caught up in the atmosphere at the start, your adrenaline kicks in and you set off too quickly, be aware. The last thing you want to do is suffer badly during the last few miles.

■ There are a number of water stations on route. It looks like it's going to be a warm day therefore use them, take a sensible amount on board. If you are not used to sports drinks be aware they can upset your stomach so take in moderation.

■ Try to stay relaxed throughout the run, if you are struggling with your breathing take some deep