New Zealand
Sotheby's
INTERNATIONAL REALTY

Hawke's Bay
Marathon

Get Run Ready

EDUCATIONAL TOOLKIT
2023

Contents

Training and Preparation for an Event

Preparing for a running event is a great way to boost your weekly training and provide renewed motivation. Here are some tips and advice on how to train for a 10km, Half Marathon and Full Marathon.

CHOOSE YOUR TRAINING PLAN

Leading into your event, make sure you have got the timeframe set to achieve your goals and an ongoing weekly training plan designed. Make sure your running plan is both achievable and realistic, while still getting you to event day condition in time. Having a plan will help incorporate training into your lifestyle and set goals that you can use to track your progression. We recommend using a training plan and seeking support from a qualified running coach. The team at SQUADRUN have helped us with some tips towards our 'Get Run Ready' guide.

10km Distance

Time to complete training — If you are a beginner runner, you'll want to allow around eight weeks training to hit the 10km target – depending on your current fitness level.

What to aim for — For most everyday runners, a 10km could take 35 - 50 minutes to complete. A beginner's time could be anywhere between 50 - 70. Regardless of experience, a 10km is an achievable distance and the focus should not be too time specific but really just about achieving and enjoying the milestone.

Half Marathon Distance

Time to complete training — It can be done in less, but many half-marathon training plans will allow 12-16 weeks to reach the fitness required for the run.

What to aim for — Every runner is different but around 2 hours is a common goal for those training for a half-marathon. Being able to comfortably run 5km at the start of training is a good base for runners planning for a half-marathon to start from.

Full Marathon Distance

Time to complete training — Most marathon runners will require 15 - 20 weeks of training to successfully complete the hard run.

What to aim for — Like training for a half-marathon, it helps to have some experience running before you start training for a marathon. An average finishing time sits within 4 - 5 hours.

Train where you are at. Becoming a runner takes time. Consistently get out and gradually increase your running distances. Make sure that the majority of your runs are easy, walk if you need to. The key is to keep getting out and doing what is right for you.

10km Training Plan

GENERAL PREP PHASE

19 June

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**4km** @RPE 4-6	**2km** @RPE 4-6	REST/OFF	5min easy warmup **2min** @RPE 7 5min easy cooldown	REST/OFF	**4km** @RPE 4-6

26 June

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**3km** @RPE 4-6 + 4 lots of running 'strong' between lamposts (50-100metres)	**3km** @RPE 4-6	REST/OFF	5min easy warmup **5min** @RPE 7 5min easy cooldown	REST/OFF	**4km** @RPE 4-6

3 July

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**4km** @RPE 4-6 + 4 lots of running 'strong' between lamposts (50-100metres)	**4km** @RPE 4-6	REST/OFF	5min easy warmup **5min** @RPE 7 5min easy cooldown	REST/OFF	**4km** @RPE 4-6

10 July

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**4km** @RPE 4-6 + 4 lots of running 'strong' between lamposts (50-100metres)	**5km** @RPE 4-6	REST/OFF	5min easy warmup **10min** @RPE 7 5min easy cooldown	REST/OFF	**5km** @RPE 4-6

17 July

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**4km** @RPE 4-6 + 6 lots of running 'strong' between lamposts (50-100metres)	**5km** @RPE 4-6	REST/OFF	5min easy warmup **10min** @RPE 7 5min easy cooldown	**2km** @RPE 4-6	**6km** @RPE 4-6

24 July

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**4km** @RPE 4-6 + 4 lots of running 'strong' between lamposts (50-100metres)	**6.5km** @RPE 4-6	REST/OFF	5min easy warmup **15min** @RPE 7 5min easy cooldown	**3km** @RPE 4-6	**7km** @RPE 4-6

Rest or recovery day	*Easy Supplementary Mileage or Lactate Tolerance in Sharpen Phase*	*Mid Week Long Run*	*Easy Supplementary Mileage or Lactate Tolerance in Sharpen Phase*	*Rest or Supplementary Training*	*Easy Supplementary Mileage*	*Weekend Long Run*

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9: Very Hard Effort. Difficult to maintain this intensity. Can barely breathe and can only speak a few words at a time.
7-8: Vigorous Effort. This borders uncomfortable. Short of breath and can speak a sentence, but only a short one before you need to get your next breath in.
4-6: Moderate Effort. Can hold short conversations, still comfortable but more challenging than your Light Effort.
2-3: Light Effort. It feels like you can keep this going for hours. Easy to breathe and can carry a full conversation.
1: Very Light Effort. Not a lot of effort, more than you would for sleeping or sitting around at home.

31 July

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**5km** @RPE 4-6 + 4 lots of running 'strong' between lamposts (50-100metres)	**7km** @RPE 4-6	REST/OFF	5min easy warmup **15min** @RPE 7 5min easy cooldown	**4km** @RPE 4-6	**8km** @RPE 4-6

PEAKLOAD

7 August

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**5km** @RPE 4-6 + 4 lots of running 'strong' between lamposts (50-100metres)	**6km** @RPE 4-6	REST/OFF	5min easy warmup **20min** @RPE 7 5min easy cooldown	**4km** @RPE 4-6	**9km** @RPE 4-6

SHARPEN

14 August

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**6km** @RPE 4-6 + 6 lots of running 'strong' between lamposts (50-100metres)	**4km** @RPE 4-6	REST/OFF	5min easy warmup **15min** @RPE 7 5min easy cooldown	**3km** @RPE 4-6	**8km** @RPE 4-6

TAPER

21 August

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**3km** @RPE 4-6	**3km** @RPE 4-6	REST/OFF	**3km** @RPE 4-6	**EVENT DAY!** 	

Rest or recovery day	*Easy Supplementary Mileage or Lactate Tolerance in Sharpen Phase*	*Mid Week Long Run*	*Easy Supplementary Mileage or Lactate Tolerance in Sharpen Phase*	*Rest or Supplementary Training*	*Easy Supplementary Mileage*	*Weekend Long Run*

*Supplementary train can be on the May Do days and people are encouraged to remember that their training is only as good as their recovery so if they are still feeling tired/worked from a session they need to take a rest day and make sure they have recovered before doing the next one.

SQUADRUN

Half Marathon Training Plan

5 June	MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
	REST/OFF	**2km** @RPE 4-6	**4km** @RPE 4-6	**2km** @RPE 4-6	REST/OFF	**2km** @RPE 4-6	**7km** @RPE 4-6

GENERAL PREP PHASE 12 June	MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
	REST/OFF	**4km** @RPE 4-6	**4km** RPE@ 4-6	5min easy warmup **5min** @RPE 7 5min easy cooldown	**3km** @RPE 4-6	**3km** @RPE 4-6	**8km** @RPE 4-6

19 June	MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
	REST/OFF	**4km** @RPE 4-6	**4km** @RPE 4-6	5min easy warmup **10min** @RPE 7 5min easy cooldown	**3km** @RPE 4-6	**3km** @RPE 4-6	**9km** @RPE 4-6

26 June	MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
	REST/OFF	**4km** @RPE 4-6 + 4 lots of running 'strong' between lamposts (50-100metres)	**4km** @RPE 4-6	5min easy warmup **10min** @RPE 7 5min easy cooldown	**4km** @RPE 4-6	**4km** @RPE 4-6	**10km** @RPE 4-6

3 July	MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
	REST/OFF	**5km** @RPE 4-6 + 4 lots of running 'strong' between lamposts (50-100metres)	**5km** @RPE 4-6	5min easy warmup **15min** @RPE 7 5min easy cooldown	**5km** @RPE 4-6	**4km** @RPE 4-6	**12km** @RPE 4-6

10 July	MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
	REST/OFF	**5km** @RPE 4-6 + 4 lots of running 'strong' between lamposts (50-100metres)	**6km** @RPE 4-6	5min easy warmup **20min** @RPE 7 5min easy cooldown	**6km** @RPE 4-6	**5km** @RPE 4-6	**14km** @RPE 4-6

Rest or recovery day	*Easy Supplementary Mileage or Lactate Tolerance in Sharpen Phase*	*Mid Week Long Run*	*Easy Supplementary Mileage or Lactate Tolerance in Sharpen Phase*	*Rest or Supplementary Training*	*Easy Supplementary Mileage*	*Weekend Long Run*

SPECIFIC PREP PHASE 17 July	MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
	REST/OFF	**6km** @RPE 4-6 + 6 lots of running 'strong' between lamposts (50-100metres)	**8km** @RPE 4-6	5min easy warmup **25min** @RPE 7 5min easy cooldown	REST/OFF	**5km** @RPE 4-6	**16km** @RPE 4-6

PEAKLOAD 24 July	MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
	REST/OFF	**6km** @RPE 4-6 + 6 lots of running 'strong' between lamposts (50-100metres)	**10km** @RPE 4-6	5min easy warmup **15min** @RPE 7 5min easy cooldown	REST/OFF	**5km** @RPE 4-6	**17km** @RPE 4-6

31 July	MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
	REST/OFF	5min easy warmup **1x2km** @RPE 7-8 5min easy cooldown	**7km** @RPE 4-6	5min easy warmup **20min** @RPE 7 5min easy cooldown	REST/OFF	**4km** @RPE 4-6	**18km** @RPE 4-6

SHARPEN 7 August	MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
	REST/OFF	5min easy warmup **2x1km** @RPE 8-9 w/ 2min recovery 5min easy cooldown	**5km** @RPE 4-6	5min easy warmup **5km** @RPE 7 5min easy cooldown	**5km** @RPE 4-6	**4km** @RPE 4-6	**15km** @RPE 4-6

14 August	MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
	REST/OFF	5min easy warmup **4x500m** @RPE 8 5min easy cooldown	**4km** @RPE 4-6	5min easy warmup **4km** @RPE 7 5min easy cooldown	REST/OFF	**3km** @RPE 4-6	**11km** @RPE 4-6

TAPER 21 August	MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
	REST/OFF	**3km** @RPE 4-6	**3km** @RPE 4-6	**3km** @RPE 4-6	REST/OFF	**EVENT DAY!**	

Rest or recovery day	*Easy Supplementary Mileage or Lactate Tolerance in Sharpen Phase*	*Mid Week Long Run*	*Easy Supplementary Mileage or Lactate Tolerance in Sharpen Phase*	*Rest or Supplementary Training*	*Easy Supplementary Mileage*	*Weekend Long Run*

RPE= Rate of Perceived Exertion
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9: Very Hard Effort. Difficult to maintain this intensity. Can barely breathe and can only speak a few words at a time.
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4-6: Moderate Effort. Can hold short conversations, still comfortable but more challenging than your Light Effort.
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1: Very Light Effort. Not a lot of effort, more than you would for sleeping or sitting around at home.

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SQUADRUN

Full Marathon Training Plan

TRANSITION PHASE

24 April

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**2km** @RPE 4-6	**4km** @RPE 4-6	**2km** @RPE 4-6	REST/OFF	**2km** @RPE 4-6	**9km** @RPE 4-6

1 May

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**3km** @RPE 4-6	**4km** RPE@ 4-6	**3km** @RPE 4-6	REST/OFF	**3km** @RPE 4-6	**10km** @RPE 4-6

8 May

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**3km** @RPE 4-6	**4km** @RPE 4-6	**3km** @RPE 4-6	REST/OFF	**3km** @RPE 4-6	**11km** @RPE 4-6

15 May

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**3km** @RPE 4-6	**5km** @RPE 4-6	**3km** @RPE 4-6	REST/OFF	**3km** @RPE 4-6	**12km** @RPE 4-6

22 May

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**3km** @RPE 4-6	**5km** @RPE 4-6	**3km** @RPE 4-6	REST/OFF	**3km** @RPE 4-6	**13km** @RPE 4-6

29 May

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**4km** @RPE 4-6	**6km** @RPE 4-6	**4km** @RPE 4-6	REST/OFF	**4km** @RPE 4-6	**14km** @RPE 4-6

Rest or recovery day	*Easy Supplementary Mileage or Lactate Tolerance in Sharpen Phase*	*Mid Week Long Run*	*Easy Supplementary Mileage or Lactate Tolerance in Sharpen Phase*	*Rest or Supplementary Training*	*Easy Supplementary Mileage*	*Weekend Long Run*

GENERAL PREP PHASE

5 June

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**4km** @RPE 4-6	**6km** @RPE 4-6	**4km** @RPE 4-6	REST/OFF	**4km** @RPE 4-6	**15km** @RPE 4-6

12 June

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**5km** @RPE 4-6	**7km** @RPE 4-6	5min easy warmup **5km** @RPE 7 5min easy cooldown	**5km** @RPE 4-6	**5km** @RPE 4-6	**17km** @RPE 4-6

19 June

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**5km** @RPE 4-6	**8km** @RPE 4-6	5min easy warmup **5km** @RPE 7 5min easy cooldown	**5km** @RPE 4-6	**5km** @RPE 4-6	**19km** @RPE 4-6

26 June

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**6km** @RPE 4-6	**8km** @RPE 4-6	5min easy warmup **6km** @RPE 7 5min easy cooldown	**6km** @RPE 4-6	**6km** @RPE 4-6	**21km** @RPE 4-6

3 July

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**6km** @RPE 4-6	**9km** @RPE 4-6	5min easy warmup **6km** @RPE 7 5min easy cooldown	**6km** @RPE 4-6	**6km** @RPE 4-6	**23km** @RPE 4-6

10 July

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**7km** @RPE 4-6	**10km** @RPE 4-6	5min easy warmup **7km** @RPE 7 5min easy cooldown	**7km** @RPE 4-6	**7km** @RPE 4-6	**25km** @RPE 4-6

Rest or recovery day	*Easy Supplementary Mileage or Lactate Tolerance in Sharpen Phase*	*Mid Week Long Run*	*Easy Supplementary Mileage or Lactate Tolerance in Sharpen Phase*	*Rest or Supplementary Training*	*Easy Supplementary Mileage*	*Weekend Long Run*

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7-8: Vigorous Effort. This borders uncomfortable. Short of breath and can speak a sentence, but only a short one before you need to get your next breath in.
4-6: Moderate Effort. Can hold short conversations, still comfortable but more challenging than your Light Effort.
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SQUADRUN

Full Marathon Training Plan

SPECIFIC PREP PHASE — 17 July

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**8km** @RPE 4-6	**11km** @RPE 4-6	5min easy warmup **8km** @RPE 7 5min easy cooldown	REST/OFF	**8km** @RPE 4-6	**28km** @RPE 4-6

PEAK LOAD — 24 July

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**9km** @RPE 4-6	**12km** @RPE 4-6	5min easy warmup **9km** @RPE 7 5min easy cooldown	REST/OFF	**9km** @RPE 4-6	**31km** @RPE 4-6

31 July

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	5min easy warmup **2x2km** @RPE 8-9 w/ 2min recovery 5min easy cooldown	**9km** @RPE 4-6	5min easy warmup **7km** @RPE 7-8 5min easy cooldown	REST/OFF	**6km** @RPE 4-6	**22km** @RPE 4-6

Rest or recovery day	*Easy Supplementary Mileage or Lactate Tolerance in Sharpen Phase*	*Mid Week Long Run*	*Easy Supplementary Mileage or Lactate Tolerance in Sharpen Phase*	*Rest or Supplementary Training*	*Easy Supplementary Mileage*	*Weekend Long Run*

SHARPEN — 7 August

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	5min easy warmup **4x1km** @RPE 8-9 w/ 2min recovery 5min easy cooldown	**6km** @RPE 4-6	5min easy warmup **5km** @RPE 7-8 5min easy cooldown	**5km** @RPE 4-6	**4km** @RPE 4-6	**15km** @RPE 4-6

14 August

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	5min easy warmup **8x500m** @RPE 8-9 w/ 90s recovery 5min easy cooldown	**4km** @RPE 4-6	5min easy warmup **4km** @RPE 7-8 5min easy cooldown	REST/OFF	**3km** @RPE 4-6	**11km** @RPE 4-6

TAPER — 21 August

MON	TUES (Should Do)	WED (Must Do)	THU (Should Do)	FRI (May Do)	SAT (Should Do)	SUN (May Do)
REST/OFF	**3km** @RPE 4-6	**3km** @RPE 4-6	**3km** @RPE 4-6	REST/OFF	**EVENT DAY!**	

Rest or recovery day	*Easy Supplementary Mileage or Lactate Tolerance in Sharpen Phase*	*Mid Week Long Run*	*Easy Supplementary Mileage or Lactate Tolerance in Sharpen Phase*	*Rest or Supplementary Training*	*Easy Supplementary Mileage*	*Weekend Long Run*

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3 TRAINING TIPS THAT NEED TO BE PRACTISED

1. HYDRATE YOUR BODY

Pre-hydrate before a run, maintain your intake while running, and recover from your run with more fluids. To take in enough water while running, you should be drinking every 5km you run – or every 30 minutes.

2. EAT A HEALTHY DIET

Start your day with a healthy breakfast that will boost your energy. Carbohydrates, proteins, and energy-rich foods are integral to your dinner plate – make sure to be eating a well-balanced mix of meats, vegetables, and fruit daily.

3. GET ENOUGH REST

Training for running events is demanding on your body, making it important to give yourself time to recover and regain energy. So, you don't burn yourself out, you should have at least 2 days a week set aside for rest. Make sure to get enough sleep as well – 8 hours a night is a general rule that you should follow strictly. Your training is only as good as your recovery so make sure you're giving your body time to recover and adapt from what you're asking it to do.

TRACK YOUR FITNESS AND TRAINING IMPROVEMENT

Tracking your progress in running is useful to see improvement. Watching your distances and speed increase or your fitness develop, can be an exciting motivator. Try to log your distance and time every time you go for a run. Keep track of the rate at which they're changing to see your development, and to create more goals once your previous ones have been achieved. This can be tracked and recorded manually, with running watches or apps.

It's also important to make sure that you're consistent and gradually increasing the amount you are running each week.

Runkeeper™

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Nutrition & Hydration

Whether you have signed up for the Havana Coffee 10km, La Roche-Posay Half Marathon or New Zealand Sotheby's International Realty Marathon, a well-tailored nutrition plan will help you get the best out of your training and performance. Selecting fuel for your body can be a complex process, both in training and again on race day. To help you out; Marewa Sutherland, qualified Sport & Exercise Nutritionist from Pure Sports Nutrition has put together some tips to help you out.

CARBOHYDRATES AND ENERGY

Carbohydrates are a runner's best friend when it comes to energy and getting the most out of your training session or race. Your body has muscle stores to fuel up to 60 minutes of exercise and after this generally require 30-60g of carbohydrates per hour (and this can increase up to 90g for exercise over two hours).

Carbohydrate Examples:

- 250ml PURE Electrolyte Hydration: 12.5g (handy tip: this will be on course at aid stations so practice using in training)
- 1 PURE EnergyGel: 22-25g
- Banana: approx 20g
- Muesli bar: 20-30g
- 3 Jet plane lollies/10 Jelly beans: ~20g

Signs you're not meeting carbohydrate targets? Fatigue is an obvious one, specifically the inability to recover between training sessions or extreme muscle soreness/ injury. **It's also a great idea to use your long training sessions to practice your race-day nutrition so there are no surprises on the big day.**

HYDRATION

It's so important that you are well hydrated before, during and after running sessions. For runs less than 60 minutes, water is adequate for your energy needs. However, during high-intensity sessions, hot or humid conditions and exercise sessions over 60-90 minutes you will benefit from using sports drink to provide carbohydrates and replace fluids and electrolytes (salts) lost in sweat.

Practical hydration tips:

- Aim to drink 2-3L (depending on your size) per day around training.
- Hourly fluid requirements while running begin at 300-500ml per hour at a minimum and can be upwards of 1L depending on your personal sweat rate, run intensity and weather conditions.
- A simple way to measure your sweat rate over a session is to weigh yourself right before and after your run. The difference in weight is the amount of fluid you have lost. To replace this aim to drink 1.5 times the amount of weight lost. Example 500g weight loss after a session requires approx 750ml extra fluid straight after.
- Your urine colour can be an indicator of hydration status, you want to see a pale shade of yellow meaning you are nice and hydrated (remember some foods and multi-vitamins can change urine colour).
- Depending on your fluid intake you can meet approximately half of your hourly carbohydrate aims from your sports drink alone. E.G. 500ml of PURE Electrolyte Hydration contains 25g carbohydrate. Use this as a base for working out your remaining carbohydrate aims and nutrition choices

COMMON RUNNING CHALLENGES AND SOLUTIONS

- **Stomach discomfort or emergency toilet stops.** Ensure you are leaving 60-90 minutes after eating before your run and also that your pre-run foods aren't super high in fat or fibre (slows digestion). Make sure your run-nutrition choices are made of fast-absorbing carbohydrates like sucrose, glucose and maltodextrin. Be aware of ingredients such as added fructose.
- **Trouble eating or drinking while running.** Taking on nutrition is a trained skill so start small amounts of fluid and food and gradually train your stomach to accept larger quantities. A hydro-pack is a great way to allow you to drink small amounts over your run. In terms of food, cut any solid food into bite-sized pieces and spread intake out over each hour.
- **Cramp.** Ensure your fitness is to your running challenge and make sure you stay hydrated, including replacing electrolytes (salts) lost in sweat. Remember cramp is easier to prevent rather than cure.
- **Hitting the wall.** Start fuelling early into your run (within 15 minutes) and spread nutrition out evenly over each hour. Remember the first hour also requires nutrition if you are running longer than 60-90 minutes.

Simple Solutions that Increase Comfort for Your New Best Friends (Your Feet)

Running in comfort is important to all of us. Taking the time to make sure your shoes fit right allows you to enjoy running from the moment you set off. By equipping yourself with knowledge of what to look for when trying shoes on you will be set up for successful shoe shopping. A good fit will keep you running at your best, providing support where you need it while still allowing proper movement; while the wrong fit can slow your progress, causing discomfort, pain, and injury.

TIPS FOR GETTING THE RIGHT SIZE

1. When did you last have your foot measured? Feet change over time based on factors like ageing, pregnancy, weight, and injury.

2. Because feet swell with heat and activity, it is better to measure your feet during or at the end of the day.

3. Does the sockliner of the shoe match the shape of your foot? Remove the insert and stand on it to check. Be sure your toes and sides of your feet do not extend over the sides of the sockliner.

4. When trying a pair on, lace the shoes up snug but not too tightly - you should still be able to fit a finger under the knot.

5. How much space is at the end? Generally, there should be about a thumb width between the front of the shoe and your longest toe.

6. Factor in your socks. The thickness of your sock can play a significant role in the fit of your shoes, try and wear your usual running socks.

7. If you have one foot that is bigger, base the fit on your biggest foot.

We recommend visiting your nearest Running Expert Specialist for professional advice.

TIPS FOR GETTING THE RIGHT WIDTH

Finding the right fit is not only about length. It is equally important to ensure you choose the proper width for your feet. Just as with the wrong length, a poorly fitting width can cause discomfort. Sometimes when a shoe is too tight, it is not a bigger size that's needed, but a wider fit. Below are our tips for checking that you have the right width and knowing if you need shoes for wide feet.

1. If you notice your shoe is bulging or stretching on the outside of the forefoot it is a sign wide shoes are needed. Your foot must have room to flex and spread out in width without binding.

2. Remove and stand on the shoe sockliner. Is your foot spilling over the sides? If so, it is a sign to size up in width.

3. A running shoe upper should not be tight or too loose around the foot. When standing in the shoes the upper should be snug but without pressure around your forefoot.

4. A women's standard foot width is B, a wide fit is a D and wider again is 2E. Some brands also do a 2A fit for the narrower foot type. For men, the standard fit is D going up to a wide fitting 2E and the widest a 4E. In New Zealand the most common shoe width sizes for women in running shoes is a D fit and for men is a 2E.

5. The differences between narrow, standard, wide and extra wide are a couple of millimetres and proportional to the size of the shoe.

6. Shoe boxes and labels will only identify widths other than standard. Within the shoes, wide and narrow widths are identified on the label, underneath the tongue — i.e. T005N(2E).

Click here for more information on Finding the Right Fitting Footwear

Tips on the Right Lace Option

Lacing plays an important role in your running toolkit. It not only affects your running performance and overall comfort, but simple changes in lacing styles can often correct common issues like heel slippage and blisters.

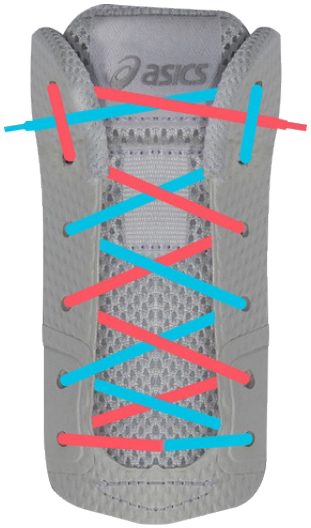
As foot types and running styles vary, there are a variety of lacing techniques that are tailored for runners.

While some of these tips can help address minor issues, we always recommend seeking advice from a medical professional if your problems persist.

LACING TECHNIQUES TO ADDRESS COMMON ISSUES

If you are feeling discomfort or a lack of performance, there are a handful of lacing techniques which can help give you a more comfortable fit that supports your foot type and running style.

It is important to note that changing your lacing technique can fix some issues, but if your shoe is not the right fit for your foot or foot type, it can't rid the problem. Always make sure you have got a combination of the right shoe and lacing style.



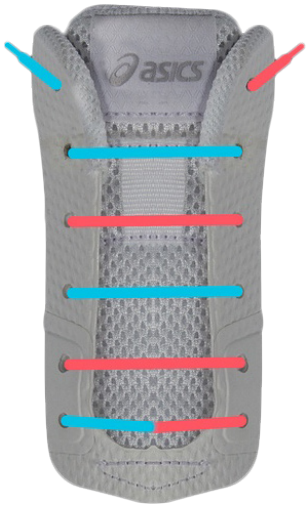
"My heel keeps slipping or moving around in my shoe."

Heel blisters or excessive wear in the back of your shoes are common signs of heel slippage.

A "heel lock" style of lacing will prevent your heel from slipping, ensures your laces do not become loose and reduces excessive movement of your foot in the shoe. This helps reduce friction that causes blisters and excess wear.

"My shoes always feel like they are too tight."

If you feel like your shoes are too tight on the top of your foot, a "parallel" or "straight bar" style of lacing that evenly distributes the laces for better comfort may help. If a change in lacing style does not alleviate the tightness, make sure that your shoes are the right fit for your foot size, width and foot type.



"I feel pain in my toes."

If you often get black toenails and feel pain in your toes, try a lacing technique that lifts the toe box, giving your toes more space.

Finally, ensure your race-day lace is secure and won't come loose during your event.

For a step-by-step breakdown of all lacing techniques click here.

Your DIY Footwear Warrant of Fitness

COMMON SIGNS OF SHOE WEAR

It is always important to keep in mind how your shoes are performing. Running in old, worn out shoes does not just affect your comfort. It may increase your risk of repetitive injuries as well. But how do you know when it is time to change your running shoes?

To help you get the best performance and avoid injuries, we have put together some helpful tips to figure out when to replace your running shoes.

While it is important to keep in mind the mileage of your shoes, you can also learn a lot from looking at your common wear patterns on your shoes. Signs you need new running shoes can include:

A worn outer sole:

The outer sole has worn through the tread pattern making it smooth, or right through to the white midsole.

Changes to the midsole:

The midsole feels hard and collapses easily under pressure. You may see creases running lengthwise across the midsole. The shoe may also look distorted when looking from behind when placed on a flat surface.

A weak heel::

The heel counter becomes moveable and less supportive. Your shoes should stay sturdy and hard when pressed on at the heel.

Upper integrity:

Your foot feels like it is moving all over the place when inside the shoe or the mesh starts to perish.

Uneven shoe soles:

One or both shoes no longer stand up straight when placed on a flat surface. Also, one sole may be more worn down compared to the other. Your body may overcompensate for this, resulting in injury.

We recommend visiting a Running Expert Specialist to do a shoe warrant of fitness.

The Importance of Resting Your Shoes

Did you know your running shoes need to rest and recover just like you do? As you run you compress the materials in the midsole of your shoe, if the materials don't have enough chance to recover after a run they will not perform as well as they can next time out.

SUGGESTIONS TO GET THE MOST OUT OF YOUR SHOES

1. Let them rest for ideally 48 hours after a run .

2. Rotate a couple of pairs of shoes. This allows them to recover and means you'll get more life out of each pair if you are running regularly.

WHY ELSE WOULD YOU DO THIS?

The more your shoes respond to your needs and support your training the more enjoyable running becomes.

Stat Attack: 50% of runners in NZ rotate between 2 & 3 pairs of shoes (Data taken from 2019-2020 Auckland and Queenstown event participant survey's compiled by ASICS NZ)

Injury Prevention Tips

Like any physical activity, running puts strain on your body, particularly if it is something new to you. It is not uncommon to develop running related injuries especially when you are starting out, so it is important to actively look out for potential signs. Any aches should never go unattended, and a quick recognition and response to pain means a quicker recovery.

No matter what the injury is, consulting a medical professional is the best way to improve your injury properly and safely towards a full recovery.

To boost your knowledge of injury prevention, we sought expert insights from industry professionals, Podiatrist Justin Chong from Bigfoot Podiatry and Dr Chris Bishop, Clinical Podiatrist and Biomechanist.

RUNNING INJURY PREVENTION TIPS

1. Increase your distance and speed safely

The key is to start slow. Building capacity in the tissue to manage a gradual increase in loads is a safe way to ensure your body does not suffer and run into injury.

Here is what Justin recommends for runners looking to increase distance or speed:

- Incorporate an effective stretching and strengthening program into your training.
- Start slow and ease into your training moderately.
- Ensure your shoes give you the level of support and cushioning you need.
- Mix your surfaces up to give the body a rest and make it more resilient.
- Change shoes that are worn out.

2. Be aware of your surface

Harder surfaces require the muscles and joints to disperse a higher impact – meaning that constant impact on harder surfaces could create gradual weakness in the tissue and lead to running injuries.

If you are opting to run on a harder surface, make sure you are supplementing your running with strengthening to ensure your body can bear the impact. Running on a mixture of harder and softer surfaces like roads and gravel paths, is ideal to help the body adapt after injury and alter the loads in training.

3. Make sure you have always got supportive footwear.

Chris recommends looking out for these signs of wear in your footwear:

- Grip
- Feel
- Stability

It is important that irrespective of the surface you run on, there is sufficient grip and traction to avoid slippage.

"When the grip of the shoe's outsole wears down, the shoe starts to feel hard under foot, or they don't feel as stable as they used to," Chris points out. "This signals the time for a replacement."

COMMON MISTAKES WHEN RUNNING

Too much, too soon

It is a notorious problem for runners: pushing yourself just a little too far before your muscles are strong enough.

A lack of stretching and strengthening

It is important to make sure your muscles are conditioned to handle the repetitive strain of running – and that means stretching and strengthening. Implementing a routine to improve the biomechanics of your body will do wonders for your performance when running.

Waiting too long for treatment

Justin recommends that sometimes runners seek treatment too late and neglect their injuries in the hope that the pain will go away. By the time they see a medical professional, their running injuries can become even more problematic.