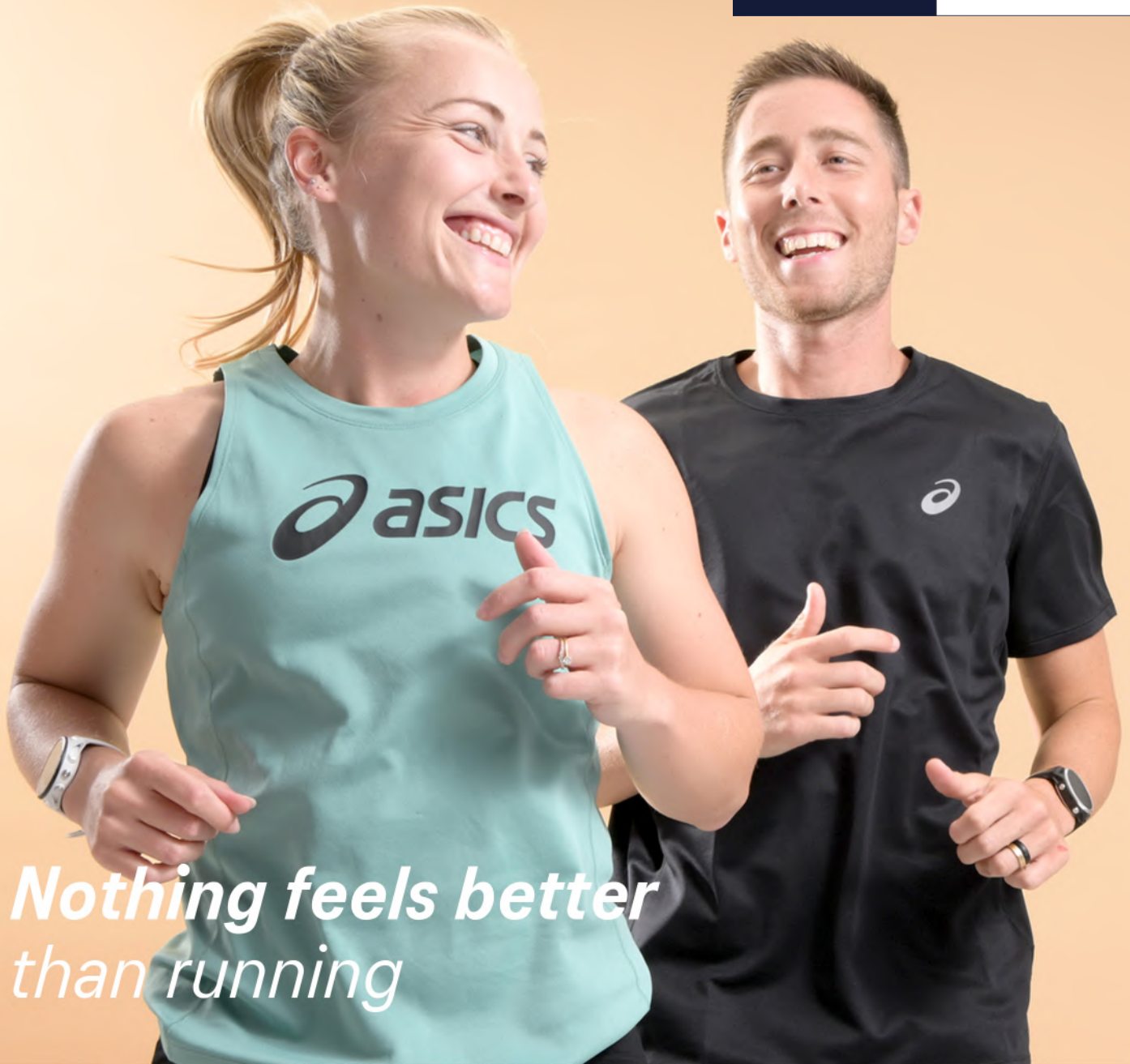


**Social Runner**  
*Race pack*



*Nothing feels better  
than running*

# Cape Town

15.04.2023

#SoundMindSoundBody

#TTOM2023

# Get ready for the world's most beautiful marathon.

*"The finish line always feels better when your people are cheering you on from the other side."*



There's no limit to my love for running - so much so that in 2020, I ran 12 consecutive marathons in 12 months!

I know what you're thinking: what would possess someone to commit to such a hectic journey? Sure, the feeling of accomplishment plays a part, but there's something much more pivotal that running brings me - namely: a truly powerful sense of community.

Through running, I've become friends with people I would otherwise have nothing in common with - people from different career paths, with different viewpoints to mine. Being so closely united by one singular passion is what keeps me returning to the road (or mountain!), day after day.

I hope that this race serves as an awesome opportunity for connection - either with participating loved ones, or strangers that become friends along the way. As for all the other stuff, this Race Pack is filled with fun articles, tips, and advice designed to help get you there.

Enjoy the journey!

**David Fick**

*ASICS FrontRunner & Running Enthusiast*

# From Couch to Finish Line with Cross-Training



**Lauren Kupferman**  
ASICS FrontRunner

Whether you're running the TTOM2023 to reach new milestones or just make new memories: nobody wants to miss the finish line cut-off on race day - or twist an ankle getting there.

**That's why cross-training is key**, no matter what your race day goals look like. In case you're unfamiliar with the term, cross-training simply refers to the diversification of your exercise routine to aid your main sport and help keep you **injury-free**. In short, they're activities that complement (but not replace) your running regime.

I've included a few of my favourite cross training activities for you to add to your routine. Combine more intense exercises with less intense ones to make sure you're training **in a balanced, sustainable way**.

LAUREN'S CROSS-TRAINING GO-TOS			
	Option 1	Option 2	Option 3
<b>CARDIO</b> 3-4 times a week	1 hour hike	45 min HIIT class	1200 metre swim
<b>STRENGTH</b> 2-3 times a week (at least 2x lower body sessions)	45 min lower body workout ( <b>FOR EXAMPLE:</b> squats, lunges, hip thrusts, deadlifts, single leg activations)	20 min core workout ( <b>VITAL TO YOUR RUNNING FORM</b> )	30 min upper body workout ( <b>FOR EXAMPLE:</b> bench presses, push-ups, pull-ups, tricep dips)
<b>RECOVERY</b> 1-3 times a week	Nothing - Netflix and chill!	30 min sunset trail walk	20 min ocean/pool swim

Cross-training is the key to having the best race day experience possible, so don't be afraid to challenge yourself and try new things. Stretch well, hydrate well, recover properly - and most importantly, enjoy!

## ATT: Cape Town runners

Join the Must Love Hills Run Crew today!

Sign up **here** and stay in the loop on social.





# Top 3 Things to Do & See in Cape Town



**David Fick**

ASICS FrontRunner

Heading down to Cape Town for the TTOM2023? Here are my top five things to do and see in the breathtaking Mother City during race week - be warned though: if you're from out of town, you might just be tempted to stick around for good...



# 1

## Start the day with a salty sunrise swim

One thing Capetonians have in common: their shared love of a toe-numbing ocean dip. Get a salty dose of serotonin at the Dalebrook Tidal Pool in Kalk Bay or Saunders Rockpool in Sea Point. Otherwise, check out where the [Cold Water Social Club](#) will be dipping next.

# 2

## Meet some dolphins

Ever been kayaking with the ocean's favourite finned friends? Now's your chance! Get up close and personal with whales, dolphins, seals and more majestic marine life. [Go kayaking](#) in Sea Point, Hout Bay, Simon's Town, or Table Bay.

# 3

## Get a free workout

The only thing better than a workout is a free workout. Neighbourgood offers cool, super social classes for free - from [HIIT on Mondays](#) to rooftop [sunset yoga on Tuesdays](#). Keep tabs on [their Instagram](#) for more.

# No Pain, All Gain: How to Stay Injury-Free During Training



**Lauren Kupferman**  
ASICS FrontRunner

Whether you're training seriously or taking it a little easier, an unexpected injury ahead of race day can be a huge bump in the not-so-proverbial road.

While you can't always avoid accidents, you can minimise the risk of them significantly. **Here's how:**

## 1 Start slow & steady

Give your body time to adapt by gradually increasing your distance and intensity leading up to the race. This will help your body build solid strength and endurance over time.

## 2 Cross-training is key

I've said it before - I'll say it again! Mixing up your training routine is your #1 way of reducing your risk of injury. Revisit page 2 for more.

## 3 Hydration & nutrition

Fuel enough and drink enough water. Your body is your temple that needs essential nutrients to recover and stay strong.

## 4 Take rest days

Rest days won't just help you stay injury-free, they will also make your training sessions a lot more enjoyable since you won't be struggling through them. Take 1-2 rest days per week.

## 5 Listen to your body

If you experience discomfort while running, take a break. If it persists, consult a doctor. Remember: it's better to take time off to recover than to push through and risk further damage.



**GEL-CUMULUS™ 25**

► [Watch review](#)

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**GT-2000™ 11**

► [Watch review](#)

[Shop now](#)

**Which is the running shoe for you?**

***"Nothing feels better than  
feel-good movement."***



Well done on rising to the challenge and giving yourself the gift of movement. It's truly the best thing you can do for your body and mind.

I hope you found this Race Pack helpful and find the time to enjoy some of Cape Town's incredible attractions - whether you're local or just down for the race.

When the road feels unbearably long, remember that a stronger, healthier, happier version of you is waiting on the other side of the finish line. Keep running, stay positive and most importantly, **have fun along the way!**

***David Fick***



*Sound Mind, Sound Body*



***Win a trip to the  
ASICS Paris  
Marathon in 2024***

*Ts & Cs apply\**

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