

CALCUTTA RUN RACE DAY PREPARATION

Top tips for your first 5km / 10km race

ICONIC
HEALTH CLUBS
www.iconichealthclubs.ie



Be prepared: pack the night before. Avoid any last-minute panic by making a list of everything you need to bring, and set it out the night before the race. Here's some suggestions: running shoes; socks; sports bra; underwear; watch; sun cream; change of clothes for afterwards; €20 for emergencies; mobile phone; inhaler (if required); hairclips; iPod (charged); earphones; hat (optional); water bottle; extra throwaway layer (for warm-up); black sack (as a throwaway rainproof for warm-up); safety pins (for your race number), and blister plasters (just in case).



Dress for the occasion Wear whatever clothes you would normally wear when running. Don't try anything new on the day, especially runners as you might suffer from chaffing, blisters, and so on. If you are going to buy new runners make sure you have broken them in before race day.



Arrive early. Give yourself plenty of time to prepare for the race. We recommend you arrive an hour before the start time. This gives you plenty of time to collect your race number, have toilet stops, participate in the warm-up and soak up the atmosphere. The last thing you want is to tire yourself out racing to the start line.



Plan your food and drink. Eat lightly on the morning of the race at least two hours before the start. Good race day breakfasts are porridge, or cereal with milk, or toast with a banana. Avoid too much caffeine on race morning too, as it may have you running to the toilet. In the two days before your race, avoid alcohol, drink plenty of water and eat good healthy food. For a 10km, if you are well hydrated in the days leading up to the race, you should not need to drink lots of water on race morning.



Warm Up. Make sure to join in on the 10 minute warm up with the fitness team from 1escape health club one of our sponsors. Not only is it great fun but it will reduce the risk of you getting injured or getting a cramp on race day.

Finally, enjoy yourself and be proud of your achievement. Take some photos to remind you of the experience and to keep you motivated to keep up your fitness. Don't forget to check your goodie bag at the end finish line for your free 5-day pass to Iconic Health Clubs. There's no excuse now to not keep up the great work!

GOOD LUCK, FROM EVERYONE AT ICONIC HEALTH CLUBS