

RUN
THE
CITY

BARFOOT &
THOMPSON
AUCKLAND
MARATHON

GET RUN READY

EDUCATIONAL TOOLKIT
2023

CONTENTS

TRAINING PLANS & KEY PREPARATION TIPS & TOOLS.....	3
Training Plans for 5km, 11km Traverse, Half Marathon and Marathon.....	4
Get Running Philosophy Points.....	8
3 Training Tips that Need to be Practised.....	9
Tracking Activity/Runkeeper.....	9
NUTRITION & HYDRATION.....	10
Carbohydrates and Energy.....	10
Hydration.....	11
Common Running Challenges and Solutions.....	12
SIMPLE SOLUTIONS THAT INCREASE COMFORT FOR YOUR NEW BEST FRIEND (YOUR FEET).....	13
Making Sure Your Shoes are the Right Size and Width.....	13
Lacing Hacks that Improve Your Running Experience.....	15
YOUR DIY FOOTWEAR WARRANT OF FITNESS.....	17
How Do You Know When it's Time to Look at New Shoes?.....	17
The Importance of Resting Your Shoes.....	18
INJURY ALERT! STAY ON TRACK BY DOING THE RIGHT THING.....	19
Prevention is Key. Tips from our Medical Professionals on Avoiding Injury.....	19
Common Injuries that Runners Experience that You Need to be Aware of.....	20

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 the 5km, One NZ 11km Traverse, Garmin Half Marathon and Barfoot & Thompson Marathon.

CHOOSE YOUR TRAINING PLAN

Leading into your event, make sure you have got the time frame 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.

11km Traverse

Training You should allow 12 weeks to complete the program.
Start when you can run 5km comfortably and are running 16-18km per week.

**11km
Event Goals**

- Make a change in your life and make running your thing.
- Complete the 12 week training program.
- Run 11km non-stop.
- Try and run the bridge, but why not stop at the top to take in the view.

Half Marathon

Training If you are moving up from the 11km distance allow 14-16 weeks for training.
Your training base should be at 24km+ per week before you start this program.

**Half Marathon
Event Goals**

- Completion
- Take it easy through the first 8km and then work into the 21km run.
- Aim to run the bridge with strength but don't run it too quickly.
- Save something for when you come off the bridge.

Marathon

Training Your training base should be at 40km+ a week before you start the program.
This should be a progression from the half marathon distance and you should allow at least 14-16 weeks for the training.

**Full Marathon
Event Goals**

- Take the first 8km super easy and build into the distance. The marathon doesn't really start until the 10km mark so concentrate on running those 10km with ease.
- Be comfortable running on the bridge. When you head out for the second half feel ready to go. The work really begins at the St Heliers turning point so make sure you leave something in the tank.

5km Training Plan

- To begin this Training Program you can start from nothing... its designed to have you running the 5k non stop by the end of this program
- Finish your session with 5-10 mins of foam rolling and stretching.

AUGUST | WEEK 1

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	Walk 2mins / Run 3mins Total: 30mins M.A. Undulating	X-Training (try a class - Pilates, Yoga or strength)	Walk 2mins / Run 3mins Total: 30mins M.A. - Flat	Rest Day	Walk 2mins / Run 3mins Total: 30mins M.A. Undulating	Rest Day

AUGUST | WEEK 2

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	Walk 2mins / Run 4mins Total: 36mins M.A. Undulating	X-Training	Walk 2mins / Run 4mins Total: 36mins M.A. - Flat	Rest Day	Walk 2mins / Run 4mins Total: 36mins M.A. Undulating	Rest Day

AUGUST | WEEK 3

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	Walk 2mins / Run 5mins Total: 35mins M.A. Undulating	X-Training	Walk 2mins / Run 4mins Total: 36mins M.A. - Flat	Rest Day	40mins Walk with 3x2mins Run M.A. in the middle	Rest Day

AUGUST | WEEK 4

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A.	Walk 2mins / Run 6mins Total: 40mins M.A. Undulating	X-Training	Walk 2mins / Run 6mins Total: 40mins M.A. - Flat	Rest Day	Walk 2mins / Run 6mins Total: 40mins M.A. Undulating	Rest Day

SEPTEMBER | WEEK 5

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A. with 2x3mins Run M.A. in the middle	Walk 2mins / Run 6mins Total: 40mins M.A. Undulating	X-Training	Walk 2mins / Run 6mins Total: 40mins M.A. - Flat	Rest Day	Walk 2mins / Run 6mins Total: 40mins M.A. Undulating	Rest Day

SEPTEMBER | WEEK 6

MON	TUES	WED	THU	FRI	SAT	SUN
45mins Walk	Walk 2mins / Run 5mins Total: 35mins M.A. Undulating	X-Training	30mins Walk	Complete day off from exercise	40mins Walk with 3x2mins Run M.A. in the middle	Active Rest Day

SEPTEMBER | WEEK 7

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A. with 5x3mins Run M.A. in the middle	Walk 2mins / Run 7mins Total: 45mins M.A. Undulating	X-Training	Walk 90sec / Run 7mins Total: 42mins M.A. - Flat	Rest Day	Walk 90sec / Run 7mins Total: 42mins M.A. Undulating	Active Rest Day

SEPTEMBER | WEEK 8

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A. with 5x3mins Run M.A. in the middle	Walk 90sec / Run 7mins Total: 42mins M.A. Undulating	X-Training	Walk 1min / Run 7mins Total: 40mins M.A. - Flat	Rest Day	Walk 1min / Run 8mins Total: 45mins M.A. Undulating	Active Rest Day

OCTOBER | WEEK 9

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	Walk 1mins / Run 7mins Total: 40mins M.A. Undulating	X-Training	Walk 1min / Run 8mins Total: 40mins M.A. - Flat	Rest Day	Walk 1min / Run 8mins Total: 40mins M.A. Undulating	Active Rest Day

OCTOBER | WEEK 10

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A. with 5x3mins Run M.A. in the middle	Walk 1min / Run 8mins Total: 40mins M.A. Undulating	X-Training	Walk 1min / Run 8mins Total: 40mins M.A. - Flat	Rest Day	Walk 1mins / Run 10mins Total: 44mins M.A. Undulating	Active Rest Day

OCTOBER | WEEK 11

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A. with 5x3mins Run M.A. in the middle	Walk 1min / Run 10mins Total: 44mins M.A. Undulating	X-Training	Walk 1min / Run 10mins Total: 44mins M.A. - Flat	Rest Day	RUN 5KM Non-stop	Active Rest Day

OCTOBER | WEEK 12

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	Walk 1min / Run 10mins Total: 44mins M.A. Undulating	Rest Day	20mins L.A. Run	Rest Day	Rest day. Have an easy 15mins jog. Check that you have all your race gear ready for the morning, and then relax for the rest of the day.	5km

Lower Aerobic (L.A.)

Breathing should be nice and even and you should be able to hold a conversation.

Mid Aerobic (M.A.)

Breathing should still be even but your heart rate and breathing rate will have increased, you should still be able to talk.



11km Traverse Training Plan

REC (Recovery) *Comfort:* No stress on the body - very comfortable running - easy talking speed, early on can be walking or walk/running.
Oxygen: Very comfortable breathing - similar to walking
Heart Rate: General avg heart rate sub 140bpm

AERO (Aerobic) *Comfort:* Comfortable - sustainable and steady - the feeling you can keep going even at the end of the run
Oxygen: Breathing steady and calm - able to talk, not puffing
Heart Rate: General avg heart rate 140-150bpm

AERO/THRES (Aerobic Threshold)

Comfort: Running gets a little uncomfortable but sustainable and even
Oxygen: Air intake increased - puffing slightly
Heart Rate: General avg heart rate 150-160bpm

AUGUST | WEEK 1
BASE | 19KM

MON	TUES	WED	THU	FRI	SAT	SUN
4KM @REC	5KM @AERO	X-Training (Running Strength)	3KM @AERO 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	6KM @AERO	Rest Day

AUGUST | WEEK 2
BASE | 20KM

MON	TUES	WED	THU	FRI	SAT	SUN
4KM @REC	5KM @AERO	X-Training (Running Strength)	3KM @AERO 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	7KM @AERO	Rest Day

AUGUST | WEEK 3
OFF LOAD | 14KM

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day or 40mins walk	5KM @AERO	X-Training (Running Strength)	3KM @AERO 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	5KM @AERO	Rest Day

AUGUST | WEEK 4
BUILD | 21KM

MON	TUES	WED	THU	FRI	SAT	SUN
4KM @REC	6KM @AERO	X-Training (Running Strength)	1KM @AERO 1KM @AERO/THRES 1KM @REC 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	7KM @AERO	Rest Day

SEPTEMBER | WEEK 5
BUILD | 22KM

MON	TUES	WED	THU	FRI	SAT	SUN
4KM @REC	6KM @AERO	X-Training (Running Strength)	1KM @AERO 1KM @AERO/THRES 1KM @REC 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	8KM @AERO	Rest Day

SEPTEMBER | WEEK 6
OFF LOAD/PACE | 17KM

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day or 40mins walk	6KM @AERO	X-Training (Running Strength)	4KM @AERO/THRES (finish) 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	5KM @AERO (finish) 1KM @AERO/THRES	Rest Day

SEPTEMBER | WEEK 7
BUILD | 24KM

MON	TUES	WED	THU	FRI	SAT	SUN
4KM @REC	7KM @AERO	X-Training (Running Strength)	2KM @AERO 2KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	9KM @AERO	Rest Day

SEPTEMBER | WEEK 8
BUILD | 26KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	7KM @AERO	X-Training (Running Strength)	2KM @AERO 2KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	10KM @AERO	Rest Day

OCTOBER | WEEK 9
OFF LOAD | 22KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	6KM @AERO	X-Training (Running Strength)	3KM @AERO/THRES 1KM @REC	X-Training (30mins-Walk/Swim or Bike)	6KM @AERO (finish) 1KM @AERO/THRES	Rest Day

OCTOBER | WEEK 10
BUILD | 27KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	7KM @AERO	X-Training (Running Strength)	1KM @AERO 1KM @AERO/THRES 2KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	10KM @AERO	Rest Day

OCTOBER | WEEK 11
BUILD | 38KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	6KM @AERO	X-Training (Running Strength)	3KM @AERO/THRES 1KM @REC	X-Training (30mins-Walk/Swim or Bike)	6KM @AERO	Rest Day

OCTOBER | WEEK 12
BUILD | 44KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	5KM @AERO 1KM @AERO/THRES	Complete Rest Day	5KM @REC	Complete day off from exercise	Optional 20mins jog/turn the legs over	One NZ 11km Traverse



Half Marathon Training Plan

REC (Recovery) *Comfort: No stress on the body - very comfortable running - easy talking speed, early on can be walking or walk/running.
Oxygen: Very comfortable breathing, similar to walking
Heart Rate: General avg heart rate sub 140bpm*

AERO (Aerobic) *Comfort: Comfortable - sustainable and steady - the feeling you can keep going even at the end of the run
Oxygen: Breathing steady and calm - able to talk, not puffing
Heart Rate: General avg heart rate 140-150bpm*

AERO/THRES (Aerobic Threshold)

*Comfort: Running gets a little uncomfortable but sustainable and even
Oxygen: Air intake increased - puffing slightly
Heart Rate: General avg heart rate 150-160bpm*

THRES (Threshold)

*Comfort: Running is uncomfortable but steady and sustainable
Oxygen: Air intake increased - puffing
Heart Rate: General avg heart rate 165bpm+*

JULY | WEEK 1
BASE | 27KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO	X-Training (Running Strength)	4KM @AERO 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	8KM @AERO	Rest Day

SEPTEMBER | WEEK 8
BUILD | 37KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	X-Training (Running Strength)	2.5KM @AERO 2.5KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	16KM @AERO	Rest Day

AUGUST | WEEK 2
BASE | 29KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO	X-Training (Running Strength)	4KM @AERO 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	10KM @AERO	Rest Day

SEPTEMBER | WEEK 9
OFF LOAD/PACE | 33KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	X-Training (Running Strength)	1KM @AERO 4KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	12KM @AERO 2 X 1KM @AERO/THRES in the middle	Rest Day

AUGUST | WEEK 3
OFF LOAD/PACE | 24KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	6KM @AERO	X-Training (Running Strength)	4KM @AERO/THRES (finish) 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	8KM @AERO with 1 min Paced 30sec/km faster every 2km	Rest Day

SEPTEMBER | WEEK 10
BUILD | 40KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	X-Training (Running Strength)	6KM @AERO 2 X 500M @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	18KM @AERO	Rest Day

AUGUST | WEEK 4
BUILD | 31KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO	X-Training (Running Strength)	2KM @AERO 1KM @AERO/THRES 1KM @REC 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	12KM @AERO	Rest Day

OCTOBER | WEEK 11
BUILD | 38KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	X-Training (Running Strength)	6KM @AERO 2 X 500M @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	12KM @AERO 2 X 1KM @AERO/THRES in the middle	4KM @REC

AUGUST | WEEK 5
BUILD | 31KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO	X-Training (Running Strength)	2KM @AERO 1KM @AERO/THRES 1KM @REC 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	12KM @AERO	Rest Day

OCTOBER | WEEK 12
BUILD | 44KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	Complete Rest Day	6KM @AERO 2 X 500M @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	18KM @AERO	4KM @REC

AUGUST | WEEK 6
OFF LOAD/PACE | 27KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO	X-Training (Running Strength)	4KM @AERO/THRES (finish) 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	8KM @AERO with 1 min Paced 30sec/km faster every 2km	Rest Day

OCTOBER | WEEK 13
TAPER | 34KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	Complete Rest Day	6KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	12KM @AERO	Rest Day

SEPTEMBER | WEEK 7
BUILD | 35KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	X-Training (Running Strength)	2.5KM @AERO 2.5KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	14KM @AERO	Rest Day

OCTOBER | WEEK 14
RACE WEEK!

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO last 2KM @AERO/THRES	Complete Rest Day	5KM @REC	Complete day off from exercise	Optional 20mins jog/turn the legs over	Garmin Half Marathon



Marathon Training Plan

REC (Recovery) *Comfort: No stress on the body - very comfortable running - easy talking speed, early on can be walking or walk/running.
Oxygen: Very comfortable breathing, similar to walking
Heart Rate: General avg heart rate sub 140bpm*

AERO (Aerobic) *Comfort: Comfortable - sustainable and steady - the feeling you can keep going even at the end of the run
Oxygen: Breathing steady and calm - able to talk, not puffing
Heart Rate: General avg heart rate 140-150bpm*

AERO/THRES (Aerobic Threshold) *Comfort: Running gets a little uncomfortable but sustainable and even
Oxygen: Air intake increased - puffing slightly
Heart Rate: General avg heart rate 150-160bpm*

THRES (Threshold) *Comfort: Running is uncomfortable but steady and sustainable
Oxygen: Air intake increased - puffing
Heart Rate: General avg heart rate 165bpm+*

JULY | WEEK 1
BASE | 42KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	10KM @AERO	X-Training (Running Strength)	3KM @AERO 3KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	18KM @AERO	Rest Day

SEPTEMBER | WEEK 8
BUILD | 54KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	4KM @AERO 4KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	26KM @AERO	Rest Day

AUGUST | WEEK 2
BASE | 44KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	10KM @AERO	X-Training (Running Strength)	3KM @AERO 3KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	20KM @AERO	Rest Day

SEPTEMBER | WEEK 9
OFF LOAD / PACE | 44KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	6KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	18KM @AERO 2 X 1KM @AERO/THRES in the middle	Rest Day

AUGUST | WEEK 3
OFF LOAD / PACE | 33KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	8KM @AERO	X-Training (Running Strength)	5KM @AERO/THRES (finish) 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	14KM @AERO with 1 min Paced 30sec/km faster every 2km	Rest Day

SEPTEMBER | WEEK 10
BUILD | 56KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	8KM @AERO 2 X 1KM @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	28KM @AERO	Rest Day

AUGUST | WEEK 4
BUILD | 47KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	10KM @AERO	X-Training (Running Strength)	2KM @AERO 1KM @AERO/THRES 2KM @REC 1KM @AERO/THRES 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	22KM @AERO	Rest Day

OCTOBER | WEEK 11
BUILD | 54KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	8KM @AERO 2 X 1KM @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	18KM @AERO 2 X 1KM @AERO/THRES in the middle	6KM @REC

AUGUST | WEEK 5
BUILD | 49KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	10KM @AERO	X-Training (Running Strength)	2KM @AERO 1KM @AERO/THRES 2KM @REC 1KM @AERO/THRES 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	24KM @AERO	Rest Day

OCTOBER | WEEK 12
BUILD | 60KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	8KM @AERO 2 X 1KM @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	28/30 KM @AERO	4KM @REC

AUGUST | WEEK 6
OFF LOAD / PACE | 38KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	10KM @AERO	X-Training (Running Strength)	6KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	14KM @AERO with 1 min Paced 30sec/km faster every 2km	Rest Day

OCTOBER | WEEK 13
TAPER | 39KM

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	12KM @AERO	X-Training (Running Strength)	6KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	21KM @AERO	Rest Day

SEPTEMBER | WEEK 7
BUILD | 54KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	4KM @AERO 4KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	26KM @AERO	Rest Day

OCTOBER | WEEK 14
RACE WEEK!

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	8KM @AERO last 2KM @AERO/THRES	Complete Rest Day	6KM @REC	Complete Rest Day	Optional 20mins jog/ turn the legs over	Barfoot & Thompson Marathon





GET RUNNING PHILOSOPHY POINTS

1. EXPECTATIONS

Never lose sight of where your initial expectations sat with running, everybody is on their own journey with their own ability.

2. BODY LAG

Your body will adjust in mind and cardio before structurally adjusting, allow for the lag.

3. EVENT DAY

Expect highs and lows...everything in between, trust you will come out of the dips, build resilience, enjoy the journey and Smile!

4. IMPROVEMENTS

Improvement in running should come like a surprise birthday! Never searched out, but happy to see it.

5. NIGGLES AND INJURIES

Are often the body advising we are increasing our pace or load a little quick. Adjust accordingly, deload and get onto it quickly.

3 TRAINING TIPS THAT NEED TO BE PRACTISED

1. HYDRATE

Hydrate well in the days leading up to the event and the morning of the run. Drink at every station. Thirst is a sign that you haven't got your hydration right yet.

2. EAT

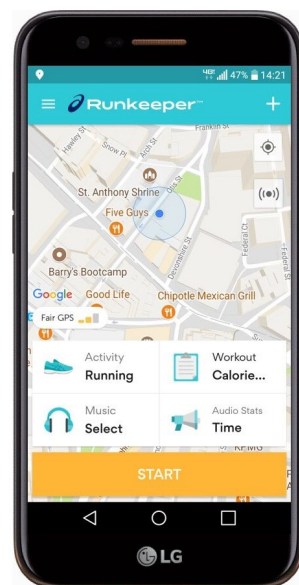
Base nutrition is super important for fitness gains, recovery and injury prevention. Ensure you are eating enough to fuel your training, including plenty of fruits, vegetables, natural carbohydrates and protein.

3. REST

Rest gives your body an opportunity to adapt to your training. Rest can come in many forms including active rest (walk/x-train) or a sleep-in. Listen to your body!

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 Garmin watches or the ASICS Runkeeper app.



NUTRITION & HYDRATION

Whether you have signed up for the 5km, One NZ 11km Traverse, Garmin Half Marathon or the Barfoot & Thompson 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.**

RECOVERY

Recovery is a key part of training and essentially getting fitter as you head towards race day. Rehydration, carbohydrates and protein need to be prioritised within 30 minutes of completing your training so you can get the most out of your session.

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.

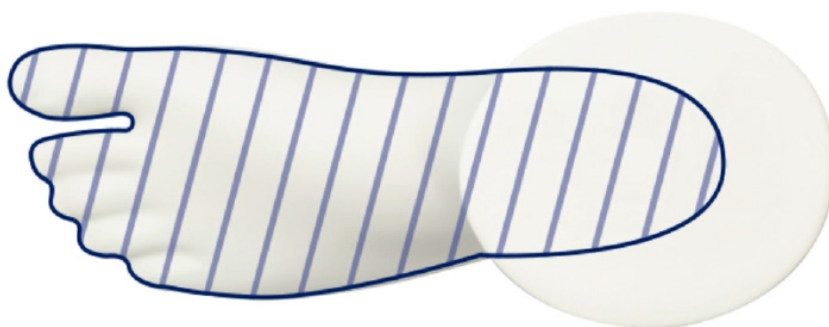
We recommend visiting your nearest [Running Expert Specialist](#) for professional advice.

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.

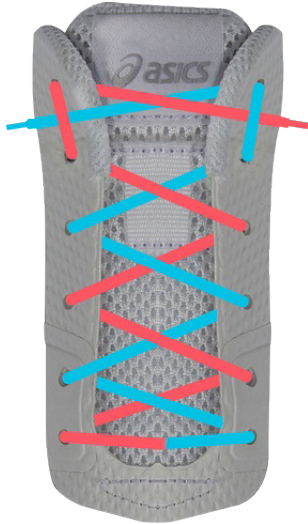
While some of these tips can help address minor issues, we always recommend seeking advice from a medical professional if your problems persist.



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.

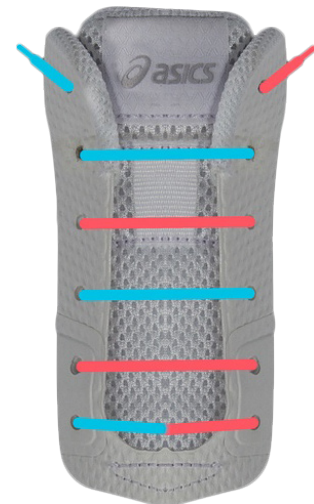
It is important to note that changing your lacing technique can fix some issues, but if your shoe is not the right fit for your foot or foot type, it can't rid the problem. Always make sure you have got a combination of the right shoe and lacing style.



“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.