

SPORTS AND CHALLENGES

TRAINING TIPS



- Buy kit that you're going to use as soon as possible and make sure you're comfortable with it.
- And be sure to test all your kit before your challenge to ensure it's comfortable on event day.
- Try and keep your training plan somewhere you'll see it every day, on your fridge or in your diary, as a reminder of what you have coming up and what you've already achieved!
- Write your training plan into your diary – if it's written down then it is harder to ignore on the days you are lacking motivation.
- The sooner you can start your training, the more you'll enjoy your challenge so try and get into a routine as soon as you're able to.
- To avoid injury during your training, be sure to warm up gently, stretch and warm down too.
- If you pick up an injury make sure you rest and see your GP or physiotherapist if needed. Don't try to make up for lost time when you've recovered.
- Avoid increasing your distance or mileage by more than 10% each week – this will help you to steer clear of injury.
- Rest days are just as important as training - make sure you give your body enough time to recover.
- Even on busy days, you might be surprised at how much you can fit in. How about trying to walk or cycle to work or visiting the gym at lunch time?
- Eat well and stay hydrated, even on rest days, to ensure you keep your strength up.
- Take up yoga, swimming or a team sport to stay active on quiet days to help you keep focussed on your training preparations.
- Why not use a training app to help monitor your progress and keep your training on track? We like Garmin Fit, Sports Tracker and Run Keeper.
- Buddy up – find a friend or team mate to train with. You're sure to feel motivated with someone by your side!
- Face your fears! There are sure to be some parts of your challenge that are intimidating, facing up to these in training will help you mentally and physically prepare for what lies ahead.
- Some days, training just doesn't go our way. Remember this when you're having a bad session and know that it will get better.
- Make sure you complete some training at the time your event will be taking place, it will help you get into a routine and will ensure you're prepared for that early morning start or late night finish.
- Don't wait until you are thirsty to drink water – sip little and often and aim for a small amount every 15 minutes.
- Don't try anything new on event day – whether it's kit, food or drink make sure you've tested everything out well in advance to avoid rubbing, blisters or upset stomachs.
- We're here to help so if you have any questions about your training or if you have any top tips you'd like to share, please do get in touch. Drop us a line on sporting@breastcancercare.org.uk