

CFB ESQUIMALT NAVY RUN 2020

BE RACE READY!

You've done the training and you're pumped for the big day! Check out the following race ready tips and reminders for both new and experienced runners.



RUN/WALK JUNE 13-21





Preparing Nutritionally for the Race

When you begin a run, you should feel neither starved nor stuffed. You don't want to eat immediately before running because it could lead to cramping or side stitches, but running on an empty stomach may cause you to run out of energy and leave you feeling fatigued during your run.

The ideal pre-run snack is easy to digest and provides instant fuel. Foods higher in carbohydrate content are best, because carbs break down into glucose, the body's main source of energy during a run.

Here are some nutritious pre-run meal suggestions:

- Banana and almond butter
- Turkey on whole-wheat bread
- Oatmeal and berries
- Pineapple and banana smoothie with almond milk
- A whole-grain bagel with ¼ avocado or 1-2 tablespoons of nut butter

The ideal pre-run meal is generally 300 to 400 calories, consumed around two hours before you hit the road. If you've eaten a larger meal, you may need to wait up to four hours before running to prevent stomach discomfort, although 30 minutes is usually enough after a light snack.

Injury Prevention Strategies

Running programs are widely available online. This one is a great example and was created by Canadian Physiotherapist, Blaise Dubois and his company The Running Clinic:

1. Start and end with a 5 minute walk.
2. Run minimum 4x/week.
3. Choose a cross country surface without hills.
4. Use a cross training activity to complete your training regimen.
5. Depending on your symptoms:
 - Go back one workout;
 - Repeat the same workout;
 - Skip one or two workouts.

For more running programs visit therunningclinic.com

Don't skip out on your warm-up!

A dynamic warm-up will increase the range of movement of your joints and will activate muscles – reducing your risk of injury and allowing you to run with better form:

WARM UP	
Leg Swings • forward/backward • side to side • hip circles	5 per side, per direction
Walk with alternating calf raise	5 per side
Walking Lunges	5 per side
High Knees	30 seconds
Butt Kicks	30 seconds



It's also important to stretch afterward

If you have an area that feels tight—the calves, hamstrings, hip flexors, calves and quads tend to be tight after running—a quick cooldown stretching routine may be in order:

Quad - While standing or lying down, bend knee and grab ankle to feel stretch in front of thigh.

Calves - Place foot against wall or support and lean weight forward to stretch the calf.

Hamstring - Kneel with one leg straight in front. Lean forward to intensify stretch in back of thigh.

Adductor - Kneel with one leg straight to the side. Widen stance for a greater stretch in inner thigh.

Glutes - Lie back and cross right ankle over left knee. Grab around left thigh and pull leg in towards chest. Feel stretch in right glute muscles.

We would like to give a special thank you to Jocelyn Richard from the Esq Base Hospital and Tiana Smith from PSP Fitness for this injury prevention information.





Mental Fitness – Running Meditation

As individual activities, running and mindful meditation are each scientifically proven to elicit a number of benefits. Running is great for your cardiovascular health, while mindful meditation helps reduce stress and anxiety.

When done separately from your running routine, meditation also makes you more focused, which can improve your running performance.

But next time you go for a run, you may want to try combining these two activities!

In mindful running, you focus on eliminating distractions and being mentally connected to your physical movement. Ultimately, it's about tuning into your body.

Ready to try running meditation?

There are multiple ways to go about it, so we recommend picking whatever practice speaks to you in the moment. But if you don't know where to start, here are a few options:

Choose a mantra. A mantra is a word or sound that is repeated in the practice of meditation in order to help concentration. The possibilities are endless, but power words and phrases such as “I am strong,” “Just keep running,” or simply “Right left, right left” are always winners.

Focus on your breath. As you are running, use your breathing pattern as an anchor and become aware of its natural rhythm. You can also play around with your breathing patterns and different counts, or try to match your breathing to your foot strikes.

Become aware. Instead of letting the mind wander, focus on becoming aware of the sights, sounds and sensations you are experiencing during your run. Is there a breeze? What does it feel like? How does your entire body feel in motion? What are the sights you are passing by in your training? Make a mental list of everything you are seeing and feeling.

Guided meditations.

If you're having trouble with diving into running meditation on your own, consider a guided meditation for runners. You can find examples online, but the Headspace app in particular has these three options: Run Easy, Run Smart, and Keep Running.

Adapted from:
<https://www.headspace.com/meditation/running-meditation>

Post-Race Refuelling Snack

While a lot of attention is often focused on what to eat before you go for a run, don't forget to properly fuel afterward for a quicker recovery. Your food choices will depend on your fitness goals, but aim for a combination of carbohydrates (to replenish your energy stores) and protein (to rebuild your muscles).

Also, we recommend eating as soon as you can after finishing your run, preferably within 20-30 minutes, but don't wait longer than 2 hours. Here are some examples of quick and nutritious snacks:

- 1/2 a whole grain bagel with 2 tablespoons of nut butter;
- A protein shake – add some frozen fruit or nut butter for flavour and extra nutrition;
- Hummus with carrots, bell peppers and celery;
- A banana with plain Greek yogurt – try it straight up or blended into a smoothie!



Lastly, remember to rest and get a good night's sleep!

This is when most of your muscle repair will occur.