



## Slough Half Marathon support

Hi! Welcome to your first Slough Half Marathon support update, bringing you some hints and tips for things to focus on in preparation for the Half.

We'll also bring you local news and updates on how you can get involved every month, leading up to the big day in October.



### T-minus 7 months

**There are 7 months to go and here are our top 7 tips to running the Slough Half Marathon...**

#### **1. Build a base**

If you have a solid base under your feet, then when you get into the main part of your half marathon training, you'll only be adapting to the demands of the half marathon training workouts. Build up slowly and start conditioning as soon as possible as it'll help prevent injury and help you develop as easily as possible.

#### **2. Pick a plan**

12 weeks is a common length of many half marathon training plans.

If this is your first half marathon, we strongly recommend a plan of around 16-20 weeks. This will give you more time to acclimate to the training demands.



If the plan has you running every day and you know that's not going to happen, then that plan is not for you. Second, find a plan that matches your running fitness level. If the first long run in the plan is 8 miles and your current longest run is 4, select a different plan.

[Start with the NHS 'Couch to 5k' and progress from there.](#)

Did you know you can go from couch to half marathon in less than 20 weeks (5 months)

### **3. Think quality over quantity**

Running lots of miles each week is one way to prepare for a half marathon, but lots of miles can increase our chance of injury.

Increasing your VO2Max and pushing out your lactate threshold helps make you a more efficient runner as well as help fight off fatigue longer. A tempo run can range from 4 to 8 miles, and the types of tempos can vary.

Try and vary your training with intervals, fartlek and continuous training

### **4. Cross-train**

Doing non-running but aerobic cross-training as well as light resistance training on your off running days is a great way to optimize your running fitness. Cycling, swimming, using the elliptical machine or row machine are all great forms of cross-training. Light resistance training particularly targeting the core and upper body will greatly help you maintain good running form longer during your runs, helping to fight off fatigue.

### **5. Find a training group with**



You're much more likely to roll out of bed or head for a run after work when you know the gang is waiting for you. Also, having a buddy's encouraging word or just a pat on the shoulder during a tough run, can really make a difference in pulling through and fighting off fatigue.

Did you know? There are 3 running groups in Slough you could join for FREE. And as of the 16th April there will be 6 in total! To find out more about these simply follow Active Slough on their dedicated Facebook page – [Click here](#)

### **6. Research the race**

Scope out the route and the terrain in Slough.



Check out the elevation map (use Google). Just because the race is flat doesn't mean it won't have a few undulating areas.

## 7. Rest

Rest is just as important as a run workout. Your body needs time to rebuild and repair. Skipping rest days will tax your body's ability to recover and make you more prone to injury. Be sure to take your scheduled rest days, but also listen to your body.

If you're feeling worn down, have no energy, feel sore, tired, lethargic and or unmotivated, check your resting heart rate before getting out of bed.

If it's just a few beats higher than normal (and you don't have a cold or some other type of infection) you more than likely are overtraining and need a rest day.



## Nutrition

The number of calories you need to consume daily depends on the duration and intensity of your workouts. Keep in mind that you'll burn roughly 100 calories for every mile you run, depending on your size. If you run four miles, you'll burn about 400 calories more than you would have if you hadn't exercised.

You'll want to eat enough so you don't feel faint or weak toward the end of your workout.

As a rough suggestion for your daily meals:

- \* 60-70 percent of calories from carbohydrates (grains, pasta, bread, etc.)
- \* 20-30 percent of calories from fat sources (oils, avocados, nuts, etc.)
- \* 10-15 percent of calories from protein (fish, meat, chicken, beans, etc.)

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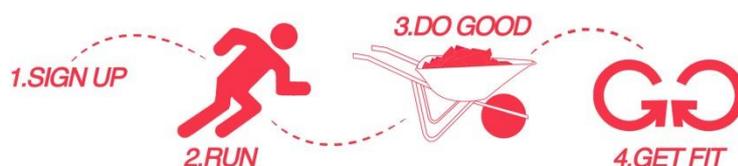


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To optimize your training, when you eat is almost as important as what you eat. Within an hour of finishing your run (and ideally within 30 minutes), you should refuel with a snack. Your post-run snack contains carbs and protein at a ratio of roughly 4-to-1. For example a slice of whole-grain toast with peanut butter and jelly, or some fruit with half a cup of yogurt.

## Hydration

In addition to getting you fit for race day, training provides you with the opportunity to practice your fluid-replacement strategies. You're going to need to drink regularly during long races (half-marathons and marathons) and, in hot weather, shorter races. Experiment with hydration during your training runs. Do you like drinking on the go, or do you prefer to stop running, take a few gulps, and then get moving again? Can you stomach a sports drink or do you prefer to stick to water? Use your training runs as dress rehearsals for race day.



## Why not try something a bit different?

**We're excited to announce that GoodGym is coming to Slough.**

GoodGym is a community of runners that combine getting fit with doing good. They stop off on our runs to do physical tasks for community organisations and to support isolated older people with social visits and one-off tasks they can't do on their own.

It's a great way to get fit, meet new people and do some good.

We're hoping to launch GoodGym in Slough in early June. If you are interested in getting involved then please sign up for FREE with your details so we can keep you in the loop with relevant updates!

[Sign up for more info](#)

We're happy to guide you or provide any information that you might need. Simply email us at [sloughhalfmarathon@slough.gov.uk](mailto:sloughhalfmarathon@slough.gov.uk)

Sign up to the brand new [Slough Borough Council Public Health e-newsletter](#). Stay in the know with key updates, news, campaigns and opportunities from across Slough. Public Health Slough "Helping you live healthier and happier lives."