

Preparing and Recovering from Run Ballarat

This weekend Run Ballarat will be held with a 12km or 6km run and a 6km walk – a good preparation and a good recovery is important for your health!

General Preparation

- If you are going to do any of the events, you should already be doing some physical activity and preferably, have covered the distance at least once before. If you have only run one or two kilometres before, doing 12 kilometres on the day isn't impossible but it won't be easy.
- If you have any niggling foot, ankle or leg injuries, get them checked out to make sure you won't be making them worse.
- Make sure you have medications such as asthma medications in a form you can carry with you.
- Check out your shoes. The last thing you want is to grind a hole in the ball of your shoe the day before the run and have to run in new shoes!
- If you do have new shoes, break them in a bit before the day – it will lessen the possibility of blisters!

The Day Before Preparation

- If you are planning on doing a hard run, do an easy session the day before or have a rest day. Lots of stretching is also a good idea.
- The night before have a good meal with protein and carbohydrate to fuel your body. Lots of water is also important to make sure you're fully hydrated. Avoid alcohol as it can be dehydrating.
- Set out your clothing and make sure everything is in order. The temperature is likely to be 16 degrees or lower so go for layers to make sure you stay warm.
- Fill your water bottles – at least one for the race or walk and one for when you finish. Unless you are likely to be on the course for more than an hour, water is all you need.
- Get a good night sleep – at least eight hours.

Morning of Event Preparation

- Get up a little early so you can have a good breakfast – some protein and lots of carbohydrates. Things like weetbix and yoghurt or porridge with milk, nuts and fruit are good breakfasts. If you like your morning cup of coffee, remember it's a dehydrating so have some water afterwards.
- A banana for breakfast is always a good idea – they're full of magnesium to ward off cramps.
- If you are racing, get to the start early so you can have a little warm up before you start to run – a gentle jog and some stretches is a good warm up.
- Make sure you have your ticket, bib and water bottles. Some people may also like to take a gel or food bar – this really only necessary if you're going to be out on the course for more than an hour.

Recovering from Event

- When you finish the run or walk, put your warm clothes on so you don't get too cold – your body temperature can drop quickly and you can get chilled.
- Do a short cool down – a fast walk and some stretches. Tend to any blisters – blister block is good.
- Have a drink – water or a diluted sports drink – and something to eat – carbohydrate and a little protein. You may like to have another banana. Avoid alcohol until you are fully hydrated.
- If you are stiff the next day, do a gentle walk and some stretches. A bath, massage, sauna or some acupuncture may also help you recover faster.