



## September 2008 – RVM Training Newsletter

By Bruce Deacon

### Rehearsing for the Big Day

With September upon us, there are many opportunities for tune-up races. Shorter races do a number of things to help you prepare. They give you a chance to check your fitness, while providing an amazing workout. You get to rehearse your pre-race routine, and to learn to overcome the race morning butterflies and jitters. Lastly, you work on your leg speed so that your race pace feels relatively easy come RVM.

Pick a race that fits your program, and make sure that you have a couple of days of rest heading into the event. Find a race that has a fast course that will let you run an encouraging time. Set realistic goals and adjust them to the weather conditions. The idea is to do all that you can to come out of the race feeling that your training is going well and that you are on your way to a great performance on RVM race day.

This is a chance to test-drive your pre-race meal. Now is the time to discover what foods don't work and which do. Ideally, you want foods with a low Glycemic Index (GI). The GI is a way to compare carbohydrates by how much they raise blood sugar levels. Sugar raises your blood sugar level very quickly and is a high GI food. Low GI foods raise the blood sugar levels slowly, fuelling you for a long effort. The Canadian Diabetes website provides a fuller description and a list of high and medium GI foods ([http://www.diabetes.ca/Section\\_About/glycemic.asp](http://www.diabetes.ca/Section_About/glycemic.asp)). Pick these foods, but keep an eye on fibre content. Make sure to drink 750-1000 ml of water in the morning prior to your race as you will have dehydrated during your sleep.

Spend some time after the race debriefing your run. Did you go out too fast? Were you able to get enough fluids as you ran? Was your warm up sufficient? Now is the time to rehearse for your big day.

### Training Smarts For the Last Six Weeks

You have months of training behind you, and there remains only 3 weeks before the taper begins. Tragically, this is when many runners lose their best races. Here are five tips to keep on track for your race day goal:

**1) Don't ignore injuries, aches and niggles.**

Be pro-active in dealing with aches and pains. Get the proper treatment that you need to nip injuries in the bud. Be sure to see a physiotherapist, massage therapist or chiropractor as soon as you start to get an unusual pain.

**2) Take a break if you need it.**

If you are feeling unusually fatigued, take a day or two off. Your fitness won't suffer and you will likely bounce back even stronger. Give your body the time it needs to recover from sickness.

**3) Test drive your race shoes and apparel.**

Now is the time to break in the shoes you intend to wear on race morning. Have you been dreaming of crossing the finish line in the newest of fall fashions, then now is the time to try them out. Those fancy new running shorts won't be too fancy if its race day that you discover they cause chaffing when worn in the rain.

**4) Stay the course!**

Now is not the time to try to squeeze in an extra workout. It is easy to get excited and to overtrain with only a few weeks to go. Keep your easy days easy, and your hard days hard. Don't run too fast on your recovery days.

**5) Pay attention to the little things.**

As kids start back to school and fall activities ramp up, it is easy to neglect the good habits you have developed over the past few months. Keep on top of the little things like stretching, hydrating, getting adequate sleep and taking time to rest. Manage your stress well as you get closer to the marathon.

We are rapidly approaching the time in the schedule when your ability to get significant improvements in your fitness starts to decline. By three weeks out, the objective become to stay healthy, well rested and injury free.

**Questions?**

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