



Post Race Newsletter

by Bruce Deacon

Well Done!!

The race is complete and you are likely feeling fully recovered. Hopefully, you also feel a deep sense of satisfaction at being one of the over 5,800 finishers in the 8k, Half or Marathon. CONGRATS!

Before life's busyness sweeps away many of the race day memories, it's worthwhile to do a bit of a post race debrief. This will help you learn more from the experience, and help you run even better in the future. So get out some paper or a writing journal, grab your favorite beverage, and spend some time thinking through your race. Here are some guiding questions:

1. Did you get to the race healthy and ready for your best run?
Sometimes we get a cold or pick up an injury at the worst possible time just by chance. However, sometimes we can think back to something that we did wrong. Were you getting enough sleep and managing stress well? Did you ignore vital signals from your body to cut back on training or take another rest day? Did you get that ache or pain looked at in a timely way or did you ignore it until it hobbled your running.
2. Did you do the right amount of the right training?
In retrospect, was there something you might have done differently with your training? Did you feel that you arrived fit enough to race to your goal?
3. Was your race strategy right?
Look up your race splits to determine whether you might have gone out too quickly. Ideally you want to go out a bit faster for the first half of the race, but if the last parts of

your race were much slower, you might have gone out too quick for the day. Remember that next year.

4. Were you positive throughout the race?

Great races are the ones where you can keep coming back to positive thinking even when the levels of discomfort rise. If that was a struggle, you might want to work on your mental game before the next big race.

It could be that in answering these questions that you find some key things you'll want to change for your next big race. Alternatively, you might decide to get a coach, join a running club, or check out a clinic at a local running store. You are welcome to continue to use the training programs posted on the GoodLife Fitness Victoria Marathon website. Alternatively, you might be ready for some one-on-one coaching with the race's online coach. If so, drop me a note at CoachBruce@runvictoriamarathon.com.

Taking the Next Step

While there are many other great fall races, often runners take a bit of a break after a full or half marathon to let their body recover. A bit of cross training helps get some of your strength back, and gives your body a change from pounding out the kilometers.

Take some time to get stronger. This is a great season to hit the weight room. Seek the advice of a personal trainer to help set up a strength program and strength specific goals. Maybe you'd been thinking of spending some calm time stretching out, but just didn't have the time while training for the marathon or half. Now's your chance to check out a stretching, yoga, or Pilates class.

For those runners ready to return to training, there are plenty of racing opportunities just around the corner. The Vancouver Island Race Series starts in early January. This is a classic series of races from 5k to half marathon. You might also want to pick a destination race this winter. There are many warm weather races and other fast races in the Pacific Northwest.

If you are out running at this time of year, be careful to be seen. Invest in reflective clothing or vests, flashing lights and head-lamps. It is better to be seen in clothes that clash, flash and shine than to be seen in a dark suite in a coffin.

Regardless of your goal or chosen activity, exercise is the best way to cope with the rush and stress of the holiday season. Take some time to stay active and get outside.

We hope to see you in 2018 at the next GoodLife Fitness Victoria Marathon Race Weekend.