



**Preparing for endurance sports**  
**Race day preparations**

# Agenda

- Week before
  - Taper your training
  - Work out your race pace
  - Carbo load
  - Prepare mentally
  - Assemble your gear
  - Get enough rest
- On the day
  - Arrive at the race in good time
  - Eat right
  - Warm up
  - Have a great race

# Peta McSharry

- Trained in remedial Sports Massage
- Teach sports massage and sports & cycling first aid
- Am an endurance person
  - Did my first triathlon at 15 and competed in the SA Games at 19
  - Completed several marathons including one ultra (35 miles)
  - Endurance cyclist, last year did 1400km in 15 days
- I've run some good marathons
- I've learnt plenty from some bad ones

# Week before

- Taper your training
  - Takes 2 weeks for your body to adapt to the training you've done
  - If you haven't done it, it's too late to fit it in
  - Don't panic, the atmosphere on the event will get you through
  - You will benefit more from getting some rest
  - 2 oceans marathon, cold 3 weeks before – did not finish training
    - Cracking time – the rest did me good
- Choose your pace according to your ability
  - Easy to get carried by friends or at the start
  - Use split times to monitor your pace
    - Do split times in Excel and store in ziploc bag
    - Buy wristband with split times on

# Week before

## ■ Carbo load

- If you don't have a carbo-loading programme:
  - Complex carbohydrates for 3 days before race
  - 500-600g per day
    - 100g spaghetti only has 62g of carbs
    - Can use drinks to supplement quantities
    - Fruit smoothies also good but careful on day before if your stomach is sensitive

## ■ Prepare mentally

- Done some of this in your training days
- Find some tricks you can use when the going gets tough

# Week before

## ■ Assemble your gear

- Make a list of things you need to take on the event
- Put them out the night before and mark off on your list
- This will let you have a good nights sleep rather than worrying that you have forgotten something
  - Race number
  - Safety pins
  - Socks, shoes, shorts, race top
  - Water bottles / gel pack
  - Gels, food supplements
  - Petroleum jelly
  - Race watch, heart rate monitor
  - Sunglasses
  - Hair clips/ hair elastic band
  - Sunscreen (P20 – great sports sunscreen)
  - Warm clothing for afterwards
  - Flipflops (for afterwards)
  - Black bin bag / waterproof gear if it is raining
  - Post race protein drink
  - Ziploc bag with toilet paper & split times

# Week before

- Get enough rest
- Stay off your feet
  - Watch TV, read, sleep
  - Nothing physical (2-5km runs depending on your programme)
  - The more you rest the fitter you get
- If pre-race nerves affect your sleep the night before
  - You will only lose fine motor skills and some lack of concentration
  - But will retain endurance abilities
  - If you have a few good nights sleep in the week before the race you'll be fine

# On the day

- Arrive at the competition in good time
  - Travel to the start
    - Find out the best places to get on the tube for a quick exit
    - e.g. the front or back of the train to Greenwich closest to the exit
    - How long it takes to walk to the start line
  - If you can't do a recce, use the TfL site to work out your times to get there
  - Leave some time for delays to the start, to have a pit stop and to drop off your bag which will be taken to the finish line

# On the day

- Eat a pre-race breakfast
  - This is what you have been doing in your training
  - 2-3 hours before the start
  - Enough time for it to get through your system
- Warm up
  - You may wait at the start for 10-15 minutes
  - Keep warm and do some jogging on the spot and a bit of stretching
  - Use a black bin bag to keep warm, you can throw it away at the start or use an old T-shirt which you can ditch

# On the day

- Have a good race
  - Drinking
    - Don't forget to fuel up every 15-20 minutes
    - Watch for drinking too much plain water, especially the slower runners
  - Break the stage into manageable parts
    - 2 x 10 mile stages
      - Focus on managing your speed
      - Use your split times as a guide to keeping to your natural pace
      - Focus on timing for each mile
      - Fuel up at the right times, you may not need it now, but it will be useful later
    - 1 x 6 mile stage
      - Mental tricks to get you through
        - ones to focus the mind
        - others to distract the mind

# Mental tricks

- Focus the mind
  - Count your steps, this gives you a good rhythm
  - Positive talk, focus on what you've done well so far in the race
  - 6 miles to the end – you know you can run 6 miles
  - Break up into smaller parts, 1 mile at a time
- Distract the mind
  - Pick a route you run frequently, e.g. last 2 miles home – imagine you are running in slow motion and try and picture as much detail as you can as you “run past”
- Reward system
  - For every mile run in the last 6 miles = 1 beer / chocolate

# Other little tips

- Cut your toe nails
- Men – use plasters on your nipples
  - Stops them from chaffing and bleeding
  - Or put on loads of petroleum jelly
- Put on some sunscreen
- Vaseline on all the chaff spots
  - Under arms, inner thigh, nipples
- Don't do anything new in the race if you have not done it in training

# Questions?

# Contact

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