

FIT TO COMPETE

It is strongly advised that you train for the Newham London Run. If you have a family history of heart disease or sudden death, or are at risk from high cholesterol or high blood pressure, and particularly if you have symptoms of heart disease i.e. chest pain or discomfort on exertion, sudden shortness of breath or rapid palpitations, you should see your GP who can arrange for you to have a proper cardiac assessment.

It is important to fill in ALL the requested information on the back of the race number – including contact numbers for you on the day. DO NOT give your number to someone else to run in. By agreeing to the conditions of entry you are registering to this number and medical services will only hold your personal information.



YOUR TRAINING

Training should be increased gradually so that you do not suffer prolonged exhaustion. Separate days of long runs with one or two days of lighter running, or rest days, so your body can recover. Vary your training runs, the running surface, the pace and distance and also the running shoes you use. Always face oncoming traffic and BE VISIBLE at night wearing bright reflective clothing.



ILLNESS AND TRAINING

If you have had an illness – flu, a feverish cold or a tummy bug – then do not train until you have fully recovered, this could be as long as a month. Your training will need to start off light again to build back up to your previous fitness levels – attempting to “catch up” can lead to more injuries and more time out of your running shoes recovering!

If your training schedule is affected close to the event, consider postponing your run – there is always next year!

For interactive training plans and training advice visit: www.trainingroom.org

IMPORTANT HEALTH AND SAFETY NOTE: the basic guide when following a structured training plan is the following:

- 4 miles continuous running one month prior to a 10km race

If you are unable to do this then you should not take part in the event until you have sufficient fitness.

KEEP DRINKING

Fluid lost in sweat must be replaced otherwise your body becomes dehydrated and less efficient. Alcoholic drinks, tea and coffee can be dehydrating. Drink plenty of liquids after training. When you exercise you lose more than just water in sweat and need to replace those fluids and electrolytes so you may find a sports drink such as Powerade beneficial.

DO NOT drink excessively just before the run, during the run or gulp water after the race.

ON THE DAY

You should start the race well hydrated and if you are not then drink half a pint (250ml) of water or sports drink in the half an hour before the start.



TOP TIPS

- 1 Don't set off on your event day run too fast – pace yourself!
- 2 If you have any supporters – make sure you know where they are, it is easier for you to see them as you approach.
- 3 Have a healthy breakfast before you leave home for the event – energise yourself!
- 4 Take an old jumper to keep warm pre event start – this can be discarded in a bin at the start itself.
- 5 While training practice running with a water bottle.
- 6 Do not buy new running shoes less than 1 month from the event – wear shoes that you have worn in and that your feet are comfortable in.
- 7 Wear tried and tested comfortable running clothing on race day.

- **Start** – water will be available for runners at designated points (these will be signed) in the Event Village (Stratford Park).
- **Drinks Station** – water will be available for runners at approximately 5km on the course (please see the course map).
- **Finish** – water is available for runners in the finish chute after runners have finished their run.
- Powerade is in each runners finisher's pack.