VIBE
Whole Health

Training for your first
Organized Race

Giving yourself a goal like running a organized race is an excellent way to gamify exercise and improve your mind and body health.

Gauge your running capabilities. Set your goals reasonably and stick to the plan. Change your plan as you acquire more information and learn how your body reacts to running longer distances.

Take rest days. Do not try and run everyday. Allow your body to heal. Cross train with lower impact exercises like swimming or cycling.

Follow a race preparation calendar, but make adjustments as needed. Just because a calendar has a long run on a Sunday doesn't mean you can't adjust it to a better day. Calendars are guidelines.

Tuesday

2M Race Pace Run

Keep to a routine. Wear the same clothing and running shoes. Eat the same protein bars and drink the same beverages. Discovering your new shoes causes blisters or the new protein gel causes stomache aches is not a good discovery during a race.

Find a pace and distance that reaches the limits of your fitness, but does NOT exceed it. If necessary, take walking breaks.

Use sun protection. If you sweat wear a hat instead of putting sunblock on your forehead - it'll drip into your eyes.
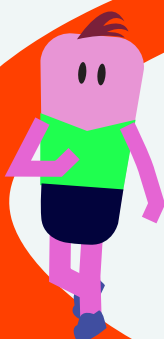
Hydrate well the day before a run. Hydrate before, during and after a run. Try and drink at least 16 ounces 2 hrs before the run and 6 ounces every 15 minutes during the run.

Invest in good running shoes, socks and underwear. These items will protect your body from injury and unneccessary pain. If you running clothes get too stinky wash them with Defunkify.

Do not run through pain. Letting a injury get worse will derail your plans and could cause permanent injury.