

RUN THE CITY

BARFOOT &
THOMPSON
AUCKLAND
MARATHON

Presented by 



GET RUN READY

EDUCATIONAL TOOLKIT
2024

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TRAINING AND PREPARATION FOR AN EVENT

Preparing for a running event is a great way to boost your weekly training and provide renewed motivation. Here are some tips and advice on how to train for the 5km, One New Zealand 11km Traverse, Garmin Half Marathon & Barfoot and Thompson Marathon.

CHOOSE YOUR TRAINING PLAN

Leading into your event, make sure you have got the timeframe set to achieve your goals and an ongoing weekly training plan designed. Make sure your running plan is both achievable and realistic, while still getting you to event day condition in time.

11km Traverse

Training You should allow 12 weeks to complete the program.
Start when you can run 5km comfortably and are running 16-18km per week.

**11km
Event Goals**

- Make a change in your life and make running your thing.
- Complete the 12 week training program.
- Run 11km non-stop.
- Try and run the bridge, but why not stop at the top to take in the view.

Half Marathon

Training If you are moving up from the 11km distance allow 14-16 weeks for training.
Your training base should be at 24km+ per week before you start this program.

**Half Marathon
Event Goals**

- Completion
- Take it easy through the first 8km and then work into the 21km run.
- Aim to run the bridge with strength but don't run it too quickly.
- Save something for when you come off the bridge.

Marathon

Training Your training base should be at 40km+ a week before you start the program.
This should be a progression from the half marathon distance and you should allow at least 14-16 weeks for the training.

**Full Marathon
Event Goals**

- Take the first 8km super easy and build into the distance. The marathon doesn't really start until the 10km mark so concentrate on running those 10km with ease.
- Be comfortable running on the bridge. When you head out for the second half feel ready to go. The work really begins at the St Heliers turning point so make sure you leave something in the tank.

5km Training Plan

- To begin this Training Program you can start from nothing... its designed to have you running the 5k non stop by the end of this program
- Finish your session with 5-10 mins of foam rolling and stretching.

AUGUST | WEEK 1

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	Walk 2mins / Run 3mins Total: 30mins M.A. Undulating	X-Training (try a class - Pilates, Yoga or strength)	Walk 2mins / Run 3mins Total: 30mins M.A. - Flat	Rest Day	Walk 2mins / Run 3mins Total: 30mins M.A. Undulating	Rest Day

AUGUST | WEEK 2

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	Walk 2mins / Run 4mins Total: 36mins M.A. Undulating	X-Training	Walk 2mins / Run 4mins Total: 36mins M.A. - Flat	Rest Day	Walk 2mins / Run 4mins Total: 36mins M.A. Undulating	Rest Day

AUGUST | WEEK 3

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	Walk 2mins / Run 5mins Total: 35mins M.A. Undulating	X-Training	Walk 2mins / Run 4mins Total: 36mins M.A. - Flat	Rest Day	40mins Walk with 3x2mins Run M.A. in the middle	Rest Day

SEPTEMBER | WEEK 4

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A.	Walk 2mins / Run 6mins Total: 40mins M.A. Undulating	X-Training	Walk 2mins / Run 6mins Total: 40mins M.A. - Flat	Rest Day	Walk 2mins / Run 6mins Total: 40mins M.A. Undulating	Rest Day

SEPTEMBER | WEEK 5

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A. with 2x3mins Run M.A. in the middle	Walk 2mins / Run 6mins Total: 40mins M.A. Undulating	X-Training	Walk 2mins / Run 6mins Total: 40mins M.A. - Flat	Rest Day	Walk 2mins / Run 6mins Total: 40mins M.A. Undulating	Rest Day

SEPTEMBER | WEEK 6

MON	TUES	WED	THU	FRI	SAT	SUN
45mins Walk	Walk 2mins / Run 5mins Total: 35mins M.A. Undulating	X-Training	30mins Walk	Complete day off from exercise	40mins Walk with 3x2mins Run M.A. in the middle	Active Rest Day

SEPTEMBER | WEEK 7

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A. with 5x3mins Run M.A. in the middle	Walk 2mins / Run 7mins Total: 45mins M.A. Undulating	X-Training	Walk 90sec / Run 7mins Total: 42mins M.A. - Flat	Rest Day	Walk 90sec / Run 7mins Total: 42mins M.A. Undulating	Active Rest Day

SEPTEMBER | WEEK 8

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A. with 5x3mins Run M.A. in the middle	Walk 90sec / Run 7mins Total: 42mins M.A. Undulating	X-Training	Walk 1min / Run 7mins Total: 40mins M.A. - Flat	Rest Day	Walk 1min / Run 8mins Total: 45mins M.A. Undulating	Active Rest Day

OCTOBER | WEEK 9

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	Walk 1mins / Run 7mins Total: 40mins M.A. Undulating	X-Training	Walk 1min / Run 8mins Total: 40mins M.A. - Flat	Rest Day	Walk 1min / Run 8mins Total: 40mins M.A. Undulating	Active Rest Day

OCTOBER | WEEK 10

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A. with 5x3mins Run M.A. in the middle	Walk 1min / Run 8mins Total: 40mins M.A. Undulating	X-Training	Walk 1min / Run 8mins Total: 40mins M.A. - Flat	Rest Day	Walk 1mins / Run 10mins Total: 44mins M.A. Undulating	Active Rest Day

OCTOBER | WEEK 11

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A. with 5x3mins Run M.A. in the middle	Walk 1min / Run 10mins Total: 44mins M.A. Undulating	X-Training	Walk 1min / Run 10mins Total: 44mins M.A. - Flat	Rest Day	RUN 5KM Non-stop	Active Rest Day

OCTOBER | WEEK 12

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	Walk 1min / Run 10mins Total: 44mins M.A. Undulating	Rest Day	20mins L.A. Run	Rest Day	Rest day. Have an easy 15mins jog. Check that you have all your race gear ready for the morning, and then relax for the rest of the day.	5km RACE DAY!

Lower Aerobic (L.A.) *Breathing should be nice and even and you should be able to hold a conversation.*

Mid Aerobic (M.A.) *Breathing should still be even but your heart rate and breathing rate will have increased, you should still be able to talk.*



11km Traverse Training Plan

REC (Recovery) *Comfort: No stress on the body - very comfortable running - easy talking speed, early on can be walking or walk/running.
Oxygen: Very comfortable breathing, similar to walking
Heart Rate: General avg heart rate sub 140bpm*

AERO (Aerobic) *Comfort: Comfortable - sustainable and steady - the feeling you can keep going even at the end of the run
Oxygen: Breathing steady and calm - able to talk, not puffing
Heart Rate: General avg heart rate 140-150bpm*

AERO/THRES (Aerobic Threshold) *Comfort: Running gets a little uncomfortable but sustainable and even going even at the end of the run
Oxygen: Air intake increased - puffing slightly
Heart Rate: General avg heart rate 150-160bpm*

JULY | WEEK 1
BASE | 19KM

MON	TUES	WED	THU	FRI	SAT	SUN
4KM @REC	5KM @AERO	X-Training (Running Strength)	3KM @AERO 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	6KM @AERO	Rest Day

SEPTEMBER | WEEK 8
BUILD | 26KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	7KM @AERO	X-Training (Running Strength)	2KM @AERO 2KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	10KM @AERO	Rest Day

AUGUST | WEEK 2
BASE | 20KM

MON	TUES	WED	THU	FRI	SAT	SUN
4KM @REC	5KM @AERO	X-Training (Running Strength)	3KM @AERO 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	7KM @AERO	Rest Day

SEPTEMBER | WEEK 9
OFF LOAD | 22KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	6KM @AERO	X-Training (Running Strength)	3KM @AERO/THRES 1KM @REC	X-Training (30mins-Walk/Swim or Bike)	6KM @AERO (finish) 1KM @AERO/THRES	Rest Day

AUGUST | WEEK 3
OFF LOAD | 14KM

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day or 40mins walk	5KM @AERO	X-Training (Running Strength)	3KM @AERO 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	5KM @AERO	Rest Day

SEPTEMBER | WEEK 10
BUILD | 27KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	7KM @AERO	X-Training (Running Strength)	1KM @AERO 1KM @AERO/THRES 2KM @AERO 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	10KM @AERO	Rest Day

AUGUST | WEEK 4
BUILD | 21KM

MON	TUES	WED	THU	FRI	SAT	SUN
4KM @REC	6KM @AERO	X-Training (Running Strength)	1KM @AERO 1KM @AERO/THRES 1KM @REC 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	7KM @AERO	Rest Day

OCTOBER | WEEK 11
BUILD | 38KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	6KM @AERO	X-Training (Running Strength)	3KM @AERO/THRES 1KM @REC	X-Training (30mins-Walk/Swim or Bike)	6KM @AERO	Rest Day

AUGUST | WEEK 5
BUILD | 22KM

MON	TUES	WED	THU	FRI	SAT	SUN
4KM @REC	6KM @AERO	X-Training (Running Strength)	1KM @AERO 1KM @AERO/THRES 1KM @REC 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	8KM @AERO	Rest Day

OCTOBER | WEEK 12
BUILD | 44KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	5KM @AERO 1KM @AERO/THRES	Complete Rest Day	5KM @REC	Complete day off from exercise	Optional 20mins jog/turn the legs over	11km Traverse RACE DAY!

SEPTEMBER | WEEK 6
OFF LOAD/PACE | 17KM

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day or 40mins walk	6KM @AERO	X-Training (Running Strength)	4KM @AERO/THRES (finish) 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	5KM @AERO (finish) 1KM @AERO/THRES	Rest Day

SEPTEMBER | WEEK 7
BUILD | 24KM

MON	TUES	WED	THU	FRI	SAT	SUN
4KM @REC	7KM @AERO	X-Training (Running Strength)	2KM @AERO 2KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	9KM @AERO	Rest Day



Half Marathon Training Plan

REC (Recovery) *Comfort: No stress on the body - very comfortable running - easy talking speed, early on can be walking or walk/running.
Oxygen: Very comfortable breathing, similar to walking
Heart Rate: General avg heart rate sub 140bpm*

AERO (Aerobic) *Comfort: Comfortable - sustainable and steady - the feeling you can keep going even at the end of the run
Oxygen: Breathing steady and calm - able to talk, not puffing
Heart Rate: General avg heart rate 140-150bpm*

AERO/THRES (Aerobic Threshold) *Comfort: Running gets a little uncomfortable but sustainable and even
Oxygen: Air intake increased - puffing slightly
Heart Rate: General avg heart rate 150-160bpm*

THRES (Threshold) *Comfort: Running is uncomfortable but steady and sustainable
Oxygen: Air intake increased - puffing
Heart Rate: General avg heart rate 165bpm+*

JULY | WEEK 1
BASE | 27KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO	X-Training (Running Strength)	4KM @AERO 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	8KM @AERO	Rest Day

AUGUST | WEEK 2
BASE | 29KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO	X-Training (Running Strength)	4KM @AERO 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	10KM @AERO	Rest Day

AUGUST | WEEK 3
OFF LOAD/PAGE | 24KM

MON	TUES	WED	THU	FRI	SAT	SUN
5KM @REC	6KM @AERO	X-Training (Running Strength)	4KM @AERO/THRES (finish) 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	8KM @AERO with 1 min Paced 30sec/km faster every 2km	Rest Day

AUGUST | WEEK 4
BUILD | 31KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO	X-Training (Running Strength)	2KM @AERO 1KM @AERO/THRES 1KM @REC 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	12KM @AERO	Rest Day

AUGUST | WEEK 5
BUILD | 31KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO	X-Training (Running Strength)	2KM @AERO 1KM @AERO/THRES 1KM @REC 1KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	12KM @AERO	Rest Day

SEPTEMBER | WEEK 6
OFF LOAD/PAGE | 27KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO	X-Training (Running Strength)	4KM @AERO/THRES (finish) 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	8KM @AERO with 1 min Paced 30sec/km faster every 2km	Rest Day

SEPTEMBER | WEEK 7
BUILD | 35KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	X-Training (Running Strength)	2.5KM @AERO 2.5KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	14KM @AERO	Rest Day

SEPTEMBER | WEEK 8
BUILD | 37KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	X-Training (Running Strength)	2.5KM @AERO 2.5KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	16KM @AERO	Rest Day

SEPTEMBER | WEEK 9
OFF LOAD/PAGE | 33KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	X-Training (Running Strength)	1KM @AERO 4KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	12KM @AERO 2 X 1KM @AERO/THRES in the middle	Rest Day

SEPTEMBER | WEEK 10
BUILD | 40KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	X-Training (Running Strength)	6KM @AERO 2 X 500M @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	18KM @AERO	Rest Day

OCTOBER | WEEK 11
BUILD | 38KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	X-Training (Running Strength)	6KM @AERO 2 X 500M @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	12KM @AERO 2 X 1KM @AERO/THRES in the middle	4KM @REC

OCTOBER | WEEK 12
BUILD | 44KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	Complete Rest Day	6KM @AERO 2 X 500M @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	18KM @AERO	4KM @REC

OCTOBER | WEEK 13
TAPER | 34KM

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	10KM @AERO	Complete Rest Day	6KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	12KM @AERO	Rest Day

OCTOBER | WEEK 14
RACE WEEK!

MON	TUES	WED	THU	FRI	SAT	SUN
6KM @REC	8KM @AERO last 2KM @AERO/THRES	Complete Rest Day	5KM @REC	Complete day off from exercise	Optional 20mins jog/turn the legs over	Half Marathon RACE DAY!



Marathon Training Plan

REC (Recovery) *Comfort: No stress on the body - very comfortable running - easy talking speed, early on can be walking or walk/running.
Oxygen: Very comfortable breathing, similar to walking
Heart Rate: General avg heart rate sub 140bpm*

AERO (Aerobic) *Comfort: Comfortable - sustainable and steady - the feeling you can keep going even at the end of the run
Oxygen: Breathing steady and calm - able to talk, not puffing
Heart Rate: General avg heart rate 140-150bpm*

AERO/THRES (Aerobic Threshold) *Comfort: Running gets a little uncomfortable but sustainable and even
Oxygen: Air intake increased - puffing slightly
Heart Rate: General avg heart rate 150-160bpm*

THRES (Threshold) *Comfort: Running is uncomfortable but steady and sustainable
Oxygen: Air intake increased - puffing
Heart Rate: General avg heart rate 165bpm+*

JULY | WEEK 1
BASE | 42KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	10KM @AERO	X-Training (Running Strength)	3KM @AERO 3KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	18KM @AERO	Rest Day

AUGUST | WEEK 2
BASE | 44KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	10KM @AERO	X-Training (Running Strength)	3KM @AERO 3KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	20KM @AERO	Rest Day

AUGUST | WEEK 3
OFF LOAD/PACE | 38KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	8KM @AERO	X-Training (Running Strength)	5KM @AERO/THRES (finish) 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	14KM @AERO with 1 min Paced 30sec/km faster every 2km	Rest Day

AUGUST | WEEK 4
BUILD | 47KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	10KM @AERO	X-Training (Running Strength)	2KM @AERO 1KM @AERO/THRES 2KM @REC 1KM @AERO/THRES 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	22KM @AERO	Rest Day

AUGUST | WEEK 5
BUILD | 49KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	10KM @AERO	X-Training (Running Strength)	2KM @AERO 1KM @AERO/THRES 2KM @REC 1KM @AERO/THRES 1KM @THRES	X-Training (30mins-Walk/Swim or Bike)	24KM @AERO	Rest Day

SEPTEMBER | WEEK 6
OFF LOAD/PACE | 38KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	10KM @AERO	X-Training (Running Strength)	6KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	14KM @AERO with 1 min Paced 30sec/km faster every 2km	Rest Day

SEPTEMBER | WEEK 7
BUILD | 54KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	4KM @AERO 4KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	26KM @AERO	Rest Day

SEPTEMBER | WEEK 8
BUILD | 54KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	4KM @AERO 4KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	26KM @AERO	Rest Day

SEPTEMBER | WEEK 9
OFF LOAD/PACE | 44KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	6KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	18KM @AERO 2 X 1KM @AERO/THRES in the middle	Rest Day

SEPTEMBER | WEEK 10
BUILD | 56KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	8KM @AERO 2 X 1KM @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	28KM @AERO	Rest Day

OCTOBER | WEEK 11
BUILD | 54KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	8KM @AERO 2 X 1KM @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	18KM @AERO 2 X 1KM @AERO/THRES in the middle	6KM @REC

OCTOBER | WEEK 12
BUILD | 60KM

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	12KM @AERO	X-Training (Running Strength)	8KM @AERO 2 X 1KM @THRES in the middle 2 mins rest between	X-Training (30mins-Walk/Swim or Bike)	28/30 KM @AERO	4KM @REC

OCTOBER | WEEK 13
TAPER | 39KM

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	12KM @AERO	X-Training (Running Strength)	6KM @AERO/THRES	X-Training (30mins-Walk/Swim or Bike)	21KM @AERO	Rest Day

OCTOBER | WEEK 14
RACE WEEK!

MON	TUES	WED	THU	FRI	SAT	SUN
8KM @REC	8KM @AERO last 2KM @AERO/THRES	Complete Rest Day	6KM @REC	Complete Rest Day	Optional 20mins jog/turn the legs over	Half Marathon RACE DAY!





GET RUNNING PHILOSOPHY POINTS

1. EXPECTATIONS

Never lose sight of where your initial expectations sat with running, everybody is on their own journey with their own ability.

2. BODY LAG

Your body will adjust in mind and cardio before structurally adjusting, allow for the lag.

3. EVENT DAY

Expect highs and lows...everything in between, trust you will come out of the dips, build resilience, enjoy the journey and Smile!

4. IMPROVEMENTS

Improvement in running should come like a surprise birthday! Never searched out, but happy to see it.

5. NIGGLES AND INJURIES

Are often the body advising we are increasing our pace or load a little quick. Adjust accordingly, deload and get onto it quickly.

3 TRAINING TIPS THAT NEED TO BE PRACTISED

1. HYDRATE

Hydrate well in the days leading up to the event and the morning of the run. Drink at every station. Thirst is a sign that you haven't got your hydration right yet.

2. EAT

Base nutrition is super important for fitness gains, recovery and injury prevention. Ensure you are eating enough to fuel your training, including plenty of fruits, vegetables, natural carbohydrates and protein. For some simple and yummy recipe ideas, check out the resources at [NZ Avocado](#).

3. REST

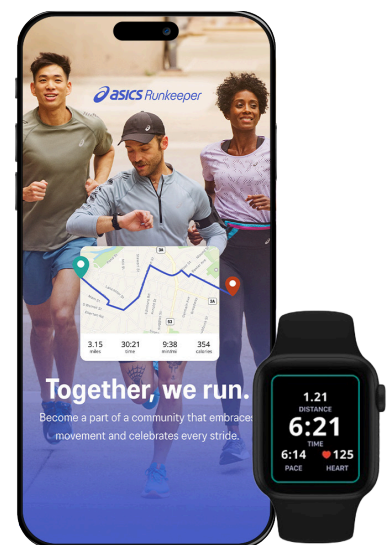
Rest gives your body an opportunity to adapt to your training. Rest can come in many forms including active rest (walk/x-train) or a sleep-in. Listen to your body!

TRACK YOUR FITNESS AND TRAINING IMPROVEMENT

Tracking your progress in running is useful to see improvement. Watching your distances and speed increase or your fitness develop, can be an exciting motivator. Try to log your distance and time every time you go for a run. Keep track of the rate at which they're changing to see your development, and to create more goals once your previous ones have been achieved. This can be tracked and recorded manually, with running watches or apps.

It's also important to make sure that you're consistent and gradually increasing the amount you are running each week.

 *asics Runkeeper*



NUTRITION & HYDRATION TRAINING TIPS

- Stay well fuelled around training runs to ensure you have adequate energy to support fitness improvement and recovery. This includes adding plenty of nutrient dense foods into your day and aiming for 2-3 litres of water or low carb hydration per day.
- Be sure to leave 60-90 minutes after eating, before your run and ensure your pre-run foods aren't super high in fat or fibre as this can cause stomach upset.
- The length of your training session will determine how many carbs per hour you require, remember sports drink can help meet your carb aims as well as hydrate and replace electrolytes.
- Taking on nutrition is a trained skill so start with small amounts of fluid and food and gradually train your stomach to accept larger quantities and build towards your hourly carbohydrate requirements.
- Use your long runs to plan, trial and execute your race day nutrition. Develop this months ahead of race day in order to be clear what you are working towards.
- Recovery is key to getting faster and maintaining a progressive training plan, aim for 20g of protein post run.
- Ensure you have adequate salt in your diet 1-2 days before race day. Use salt capsules to top up if needed and make sure you focus on hydration alongside this.

Pre Training	During Training	Post Training
Main meal approximately 2 hours before	Main meal approximately 2 hours before	Main meal approximately 2 hours before
High carb snack 30-60 minutes before	High carb snack 30-60 minutes before	High carb snack 30-60 minutes before
Remember to keep well hydrated	Remember to keep well hydrated	Remember to keep well hydrated

For a comprehensive nutrition training guide head to the PURE Nutrition Hub www.puresportsnutrition.com



NUTRITION & HYDRATION RACING DAY TIPS

- Have a main meal at least two hours pre-race, a high carb snack 30-60 minutes before and a final glucose top up (gel, lolly or chew) 15 minutes prior to race start.
- Start fuelling early into your run (within 15 minutes) and spread nutrition out evenly, over each hour, to provide consistent energy.
- If you are prone to cramp, take salt capsules hourly and maintain a minimum of 500ml plus of hydration per hour.
- Take your time at aid stations, slow down, refuel and reset before continuing. PURE Electrolyte Hydration Lemon and Superfruits will be on course at all aid stations.
- Avoid under fuelling, carbohydrate aims can be up to 90g per hour of mixed carb sources.
- Always take more fuel than you need and stick to your tried and tested race plan.



For a comprehensive race day nutrition guide head to the PURE Nutrition Hub www.puresportsnutrition.com



SIMPLE SOLUTIONS THAT INCREASE COMFORT FOR YOUR NEW BEST FRIENDS (YOUR FEET)

Running in comfort is important to all of us. Taking the time to make sure your shoes fit right allows you to enjoy running from the moment you set off. By equipping yourself with knowledge of what to look for when trying shoes on you will be set up for successful shoe shopping. A good fit will keep you running at your best, providing support where you need it while still allowing proper movement; while the wrong fit can slow your progress, causing discomfort, pain, and injury.

TIPS FOR GETTING THE RIGHT SIZE

1. When did you last have your foot measured? Feet change over time based on factors like ageing, pregnancy, weight, and injury.
2. Because feet swell with heat and activity, it is better to measure your feet during or at the end of the day.
3. Does the sockliner of the shoe match the shape of your foot? Remove the insert and stand on it to check. Be sure your toes and sides of your feet do not extend over the sides of the sockliner.
4. When trying a pair on, lace the shoes up snug but not too tightly - you should still be able to fit a finger under the knot.
5. How much space is at the end? Generally, there should be about a thumb width between the front of the shoe and your longest toe.
6. Factor in your socks. The thickness of your sock can play a significant role in the fit of your shoes, try and wear your usual running socks.
7. If you have one foot that is bigger, base the fit on your biggest foot.

We recommend visiting your nearest [Running Expert Specialist](#) for professional advice.

TIPS FOR GETTING THE RIGHT WIDTH

Finding the right fit is not only about length. It is equally important to ensure you choose the proper width for your feet. Just as with the wrong length, a poorly fitting width can cause discomfort. Sometimes when a shoe is too tight, it is not a bigger size that's needed, but a wider fit. Below are our tips for checking that you have the right width and knowing if you need shoes for wide feet.

1. If you notice your shoe is bulging or stretching on the outside of the forefoot it is a sign wide shoes are needed. Your foot must have room to flex and spread out in width without binding.
2. Remove and stand on the shoe sockliner. Is your foot spilling over the sides? If so, it is a sign to size up in width.
3. A running shoe upper should not be tight or too loose around the foot. When standing in the shoes the upper should be snug but without pressure around your forefoot.
4. A women's standard foot width is B, a wide fit is a D and wider again is 2E. Some brands also do a 2A fit for the narrower foot type. For men, the standard fit is D going up to a wide fitting 2E and the widest a 4E. In New Zealand the most common shoe width sizes for women in running shoes is a D fit and for men is a 2E.
5. The differences between narrow, standard, wide and extra wide are a couple of millimetres and proportional to the size of the shoe.
6. Shoe boxes and labels will only identify widths other than standard. Within the shoes, wide and narrow widths are identified on the label, underneath the tongue – i.e. T005N(2E).

Click [here](#) for more information on Finding the Right Fitting Footwear



TIPS ON THE RIGHT LACE OPTION

Lacing plays an important role in your running toolkit. It not only affects your running performance and overall comfort, but simple changes in lacing styles can often correct common issues like heel slippage and blisters.

As foot types and running styles vary, there are a variety of lacing techniques that are tailored for runners.

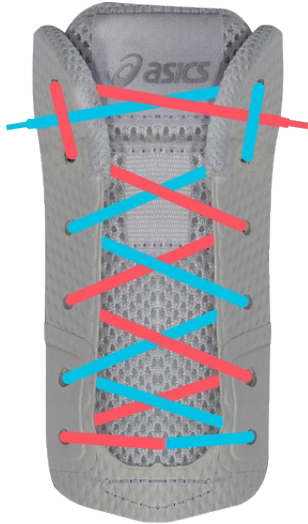
While some of these tips can help address minor issues, we always recommend seeking advice from a medical professional if your problems persist.



LACING TECHNIQUES TO ADDRESS COMMON ISSUES

If you are feeling discomfort or a lack of performance, there are a handful of lacing techniques which can help give you a more comfortable fit that supports your foot type and running style.

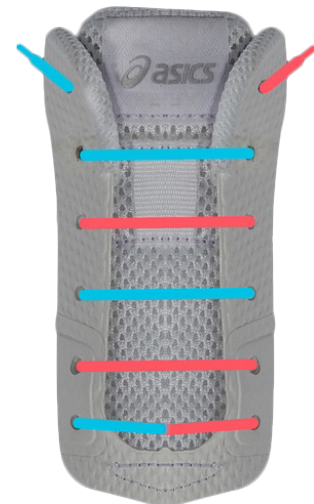
It is important to note that changing your lacing technique can fix some issues, but if your shoe is not the right fit for your foot or foot type, it can't rid the problem. Always make sure you have got a combination of the right shoe and lacing style.



“MY HEEL KEEPS SLIPPING OR MOVING AROUND IN MY SHOE.”

Heel blisters or excessive wear in the back of your shoes are common signs of heel slippage.

A “heel lock” style of lacing will prevent your heel from slipping, ensures your laces do not become loose and reduces excessive movement of your foot in the shoe. This helps reduce friction that causes blisters and excess wear.



“MY SHOES ALWAYS FEEL LIKE THEY ARE TOO TIGHT.”

If you feel like your shoes are too tight on the top of your foot, a “parallel” or “straight bar” style of lacing that evenly distributes the laces for better comfort may help.

If a change in lacing style does not alleviate the tightness, make sure that your shoes are the right fit for your foot size, width and foot type.



“I FEEL PAIN IN MY TOES.”

If you often get black toenails and feel pain in your toes, try a lacing technique that lifts the toe box, giving your toes more space.

Finally, ensure your race-day lace is secure and won't come loose during your event.

For a step-by-step breakdown of all lacing techniques click [here](#).

YOUR DIY FOOTWEAR WARRANT OF FITNESS

COMMON SIGNS OF SHOE WEAR

It is always important to keep in mind how your shoes are performing. Running in old, worn out shoes does not just affect your comfort. It may increase your risk of repetitive injuries as well. But how do you know when it is time to change your running shoes?

To help you get the best performance and avoid injuries, we have put together some helpful tips to figure out when to replace your running shoes.

While it is important to keep in mind the mileage of your shoes, you can also learn a lot from looking at your common wear patterns on your shoes. Signs you need new running shoes can include:



A worn outer sole:

The outer sole has worn through the tread pattern making it smooth, or right through to the white midsole.



Changes to the midsole:

The midsole feels hard and collapses easily under pressure. You may see creases running lengthwise across the midsole. The shoe may also look distorted when looking from behind when placed on a flat surface.



A weak heel:

The heel counter becomes moveable and less supportive. Your shoes should stay sturdy and hard when pressed on at the heel.



Upper integrity:

Your foot feels like it is moving all over the place when inside the shoe or the mesh starts to perish.



Uneven shoe soles:

One or both shoes no longer stand up straight when placed on a flat surface. Also, one sole may be more worn down compared to the other. Your body may overcompensate for this, resulting in injury.

We recommend visiting a [Running Expert Specialist](#) to do a shoe warrant of fitness.

THE IMPORTANCE OF RESTING YOUR SHOES

Did you know your running shoes need to rest and recover just like you do? As you run you compress the materials in the midsole of your shoe, if the materials don't have enough chance to recover after a run they will not perform as well as they can next time out.

SUGGESTIONS TO GET THE MOST OUT OF YOUR SHOES

1. Let them rest for ideally 48 hours after a run .
2. Rotate a couple of pairs of shoes. This allows them to recover and means you'll get more life out of each pair if you are running regularly.



WHY ELSE WOULD YOU DO THIS?

The more your shoes respond to your needs and support your training the more enjoyable running becomes.

Stat Attack: 50% of runners in NZ rotate between 2 & 3 pairs of shoes (Data taken from 2019-2020 Auckland and Queenstown event participant survey's compiled by ASICS NZ)

RIGHT SHOE, RIGHT RUN



INJURY PREVENTION TIPS

Like any physical activity, running puts strain on your body, particularly if it is something new to you. It is not uncommon to develop running related injuries especially when you are starting out, so it is important to actively look out for potential signs. Any aches should never go unattended, and a quick recognition and response to pain means a quicker recovery.

No matter what the injury is, consulting a medical professional is the best way to improve your injury properly and safely towards a full recovery.

To boost your knowledge of injury prevention, we sought expert insights from industry professionals, Podiatrist Justin Chong from Bigfoot Podiatry and Dr Chris Bishop, Clinical Podiatrist and Biomechanist.

RUNNING INJURY PREVENTION TIPS

1. Increase your distance and speed safely

The key is to start slow. Building capacity in the tissue to manage a gradual increase in loads is a safe way to ensure your body does not suffer and run into injury.

Here is what Justin recommends for runners looking to increase distance or speed:

- **Incorporate an effective stretching and strengthening program into your training.**
- **Start slow and ease into your training moderately.**
- **Ensure your shoes give you the level of support and cushioning you need.**
- **Mix your surfaces up to give the body a rest and make it more resilient.**
- **Change shoes that are worn out.**

2. Be aware of your surface

Harder surfaces require the muscles and joints to disperse a higher impact – meaning that constant impact on harder surfaces could create gradual weakness in the tissue and lead to running injuries.

If you are opting to run on a harder surface, make sure you are supplementing your running with strengthening to ensure your body can bear the impact. Running on a mixture of harder and softer surfaces like roads and gravel paths, is ideal to help the body adapt after injury and alter the loads in training.

3. Make sure you have always got supportive footwear.

Chris recommends looking out for these signs of wear in your footwear:

- **Grip**
- **Feel**
- **Stability**

It is important that irrespective of the surface you run on, there is sufficient grip and traction to avoid slippage.

“When the grip of the shoe’s outsole wears down, the shoe starts to feel hard under foot, or they don’t feel as stable as they used to,” Chris points out. “This signals the time for a replacement.”

COMMON MISTAKES WHEN RUNNING

Too much, too soon

It is a notorious problem for runners: pushing yourself just a little too far before your muscles are strong enough.

A lack of stretching and strengthening

It is important to make sure your muscles are conditioned to handle the repetitive strain of running – and that means stretching and strengthening. Implementing a routine to improve the biomechanics of your body will do wonders for your performance when running.

Waiting too long for treatment

Justin recommends that sometimes runners seek treatment too late and neglect their injuries in the hope that the pain will go away. By the time they see a medical professional, their running injuries can become even more problematic.