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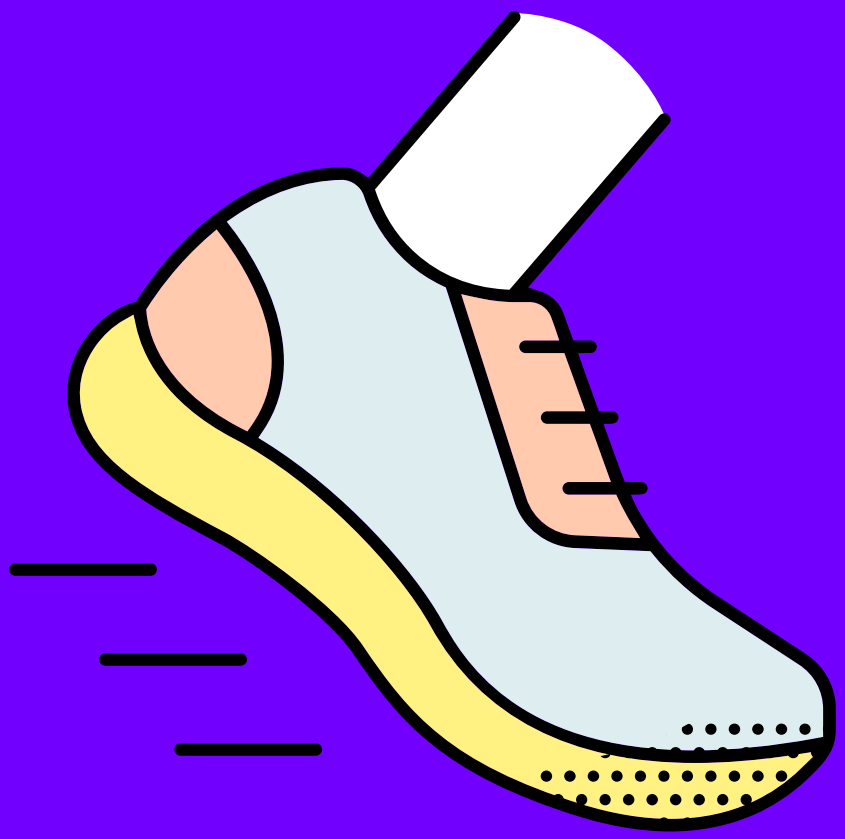
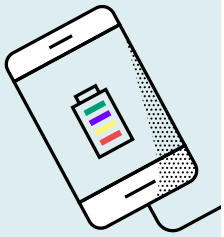


TIPS FOR RACE DAY

By Phil Roberton - Fitness Aspirations

1 Prepare your equipment the day before

If you look on social media the day before a race, you will see photos of runners laying their equipment on the floor. Not only will you have a great Instagram picture, but it's a great way to visually check you've got everything.



2 Don't try anything new on race day

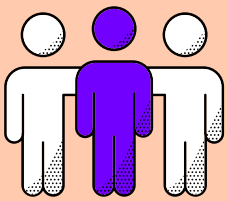
On race day you will often see runners wearing brand new clothes and trainers whilst fuelling with food and drinks brands that they haven't tried before. I strongly encourage you not to try out anything for the first time on race day!

Use your longer training sessions as an opportunity to practice your routine, wear in your trainers and keep everything as consistent as possible to prepare you for race day.

3 Don't start too quickly

A common mistake that runners make is starting too quickly. A mixture of nerves and adrenaline, often causes an increase in pace. Although you are in a 'race' you are only racing yourself, so stick with your pace and don't allow other runners to dictate your game plan.

4 Support



Having friends and family to support you along the route on race day is really important. They provide such a boost in motivation, especially when you are starting to fatigue. Make sure you know where they will be. Having strangers calling out your name also helps hugely so print your name on the front of your running vest.

5 Enjoy!

You've done the hard work, now enjoy the day. Weeks and months of training are behind you. Trust your preparations, race your own race, and visualise how good you'll feel when you cross the finish line.