

Essentials

Clothing

- make sure you have comfy clothing for training and race day.
- Good set of running clothing
- Correct trainers, get fitted and have your gait checked.
- Prepare for both cold and hot weather
- Hat or Visor
- Sunglasses
- Band aids/ nipple plaster
- Sports bra
- Base layer
- Good running socks
- Sun cream
- Safety pins



Fuel

- Get used to using the same gels or food for both race day and training
- Try out different things for breakfast before runs
- Drink what you will on race day, water probably
- Know what you are going to eat before your race
- If you are using a bottle in the race, get used to using it in training

Where to go

Travel

- Plan how you are going to get to the event, and home from the event.
- Check road closures
- Check parking, book if needed
- Travel times
- Pay to Park?
- Walk from parking



Registration

- Where to go once parked
- Where to register
- Pick up number if needed
- Where is bag drop
- Where is the start and finish
- How long walk to start
- What wave you are in or what time you start

Preperation

Leading up to race day

- Make sure you have everything you need
- Keep calm and relaxed
- Take in the atmosphere
- Check, check and recheck your kit
- Eat properly
- Get a good breakfast
- Keep hydrated
- Pack your bag the night before
- Pin your number on and lay you kit out the night before



Race Day

Pre race

- Wear what is appropriate for the weather
- Get there in plenty of time
- Don't rush
- Anti chafing applied
- Nipple plasters
- Drink ready/ gels if using
- Watch has GPS
- Sunglasses or hat if needed
- Warm up
- Shoes are tied well



Post Race

- Change of clothes and shoes
- Get warm
- Get some food and drink in you within 30 minutes
- Compression socks in needed
- Cool down and stretch
- Bag for dirty/ wet clothes
- Towel and shower stuff if applicable

