

FUEL UP AND SLIM DOWN: 4 FAST MEALS TO TRY P90

women's running

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IT'S YOUR TIME!

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AND FIND YOUR MOJO

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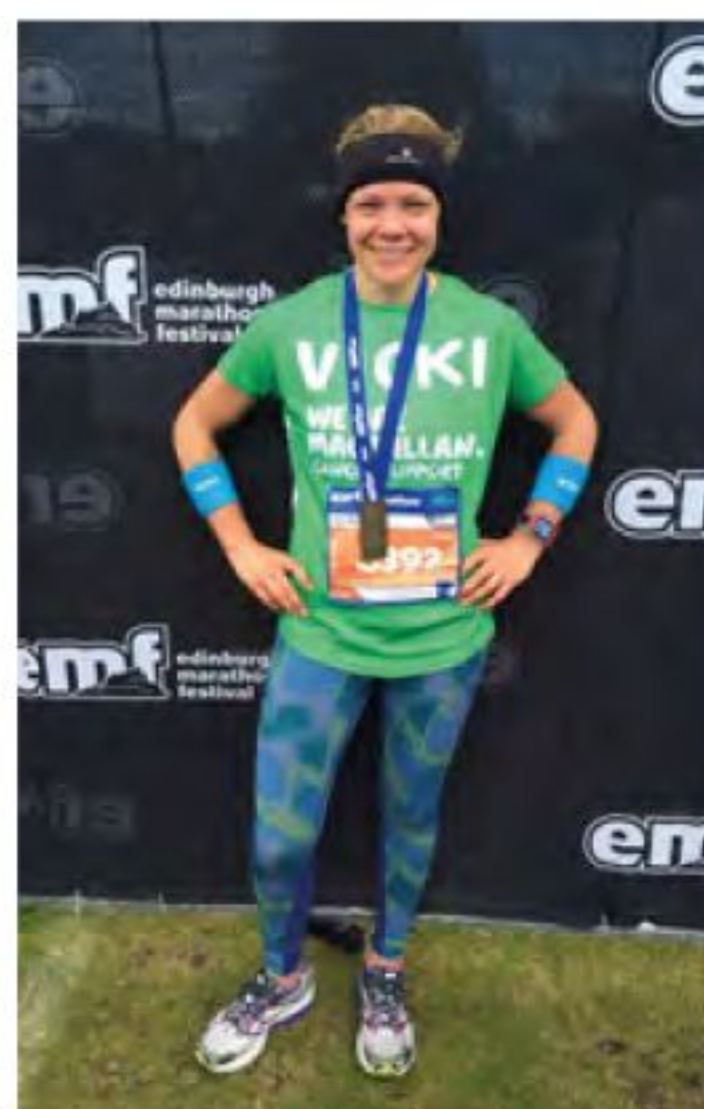


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— RUN FOR A — REASON

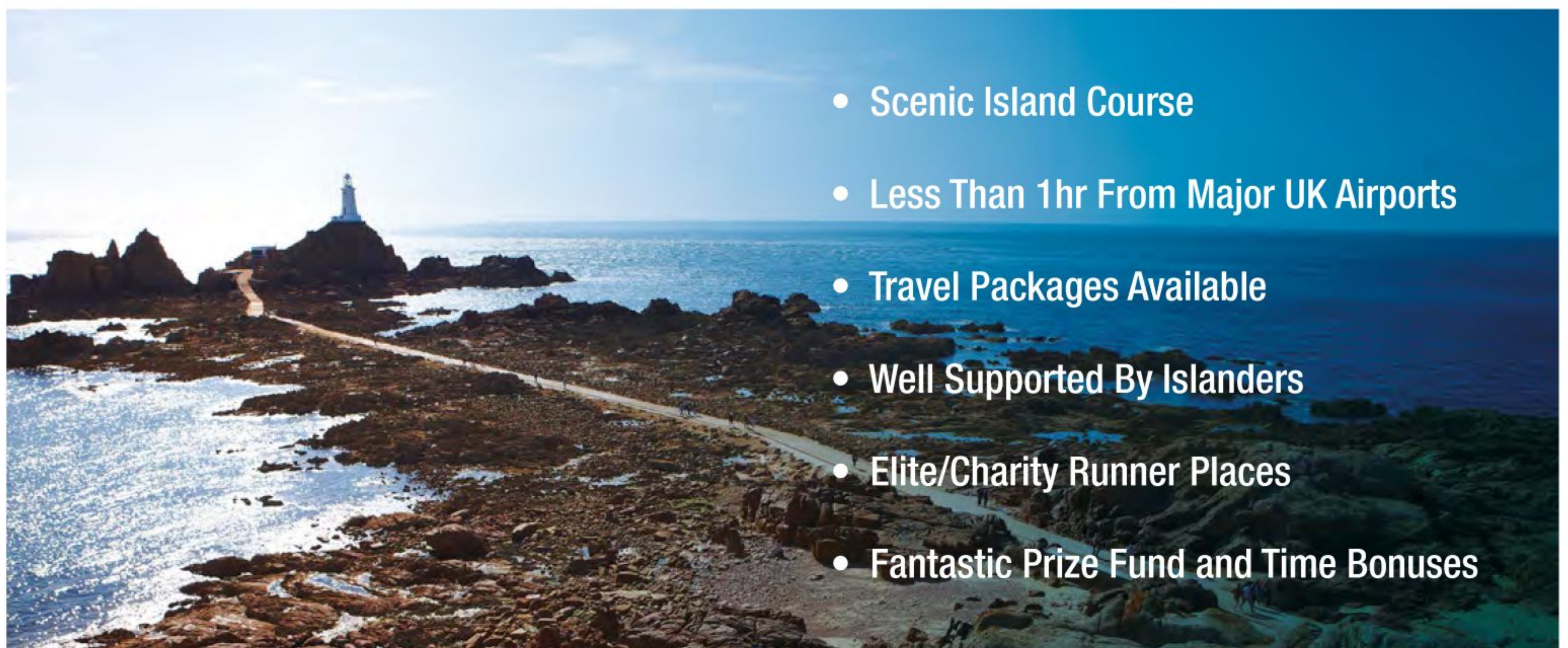
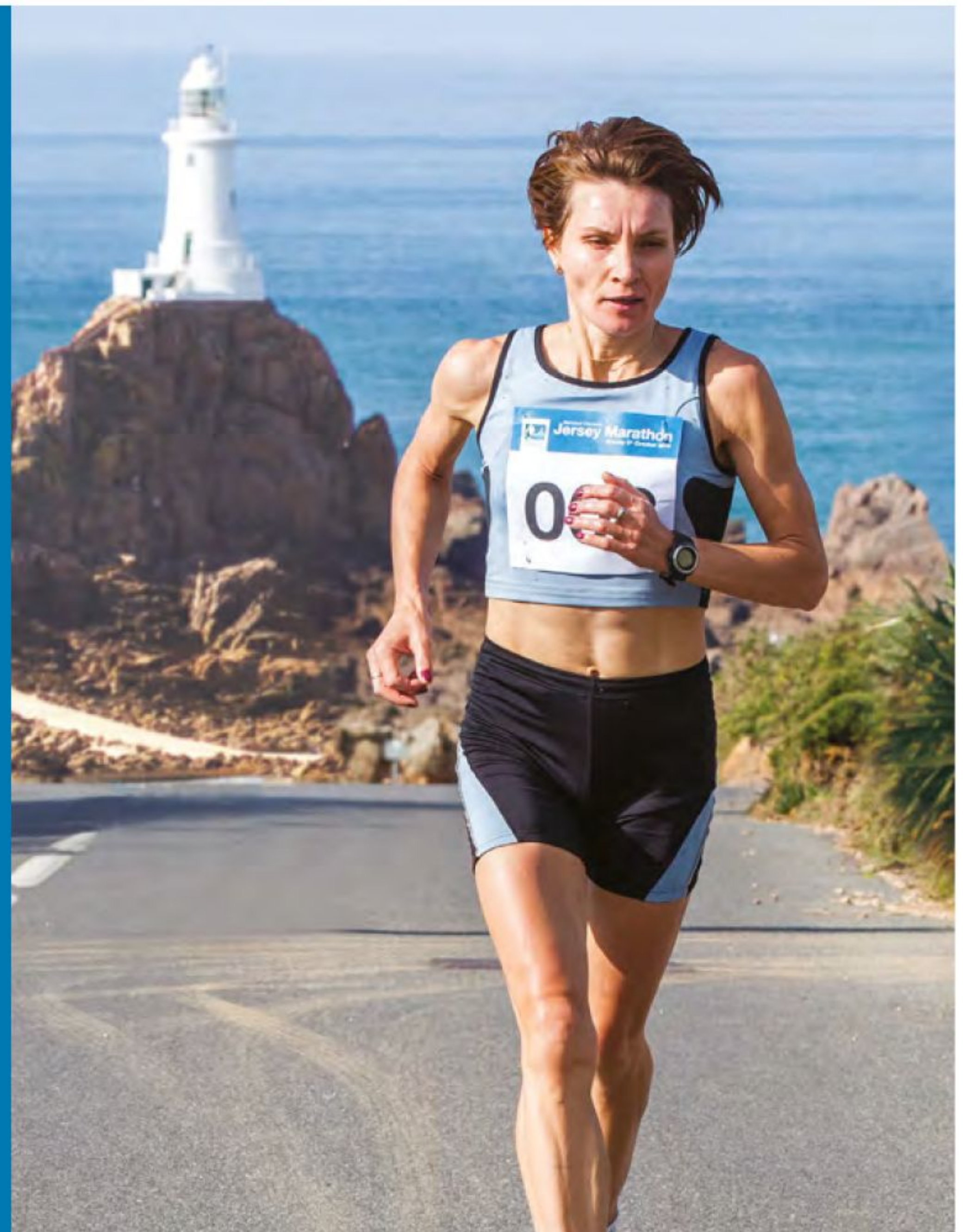
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Timeless classics

Sometimes, running is easy. You can go through weeks or months of consistent training, happily progressing from one run to the next. It's a fantastic feeling to know that all your efforts are being rewarded with improving fitness and rising energy levels.

Other times, things aren't so good. I'm going through one of those periods at the moment, as an old injury has flared up and no amount of rest seems to be settling it down. Frustrating as these harder times are, they aren't without their positives.

For example, being injured means you can appreciate some of the aspects of running that you might usually ignore when things are going well. When I'm in full training, I can't resist choosing races and pushing as hard as I can, recording my heart rate and keeping a spreadsheet (yep, I'm one of them) to log my results. But that does mean I shy away from running with others sometimes, or I smother chances to relax and enjoy running with pumping tunes and performance goals.

So in the last few weeks, while my running has been really limited, I've switched off the tracking apps, left my heart-rate monitor at home and just enjoyed being out walking, jogging and absorbing the beautiful surroundings where I live. I hope you'll be inspired to do the same, whether you're injured or not, with our features on running watchless (page 46) and on reclaiming your solo runs (page 60).

At times like this it can be tempting to cancel all your races, but I'd encourage you to go ahead (if possible) and just take a different view on them. Four of the *Women's Running* team were entered into the Battersea Park Race for Life on 10 June, and as bad luck would have it, we were all either injured or just lacking in fitness. So the team – our digital writer Jenny, ad sales executive Cristina, commercial editor Angie, and me – decided we'd power walk it as a group. The experience was incredible; we laughed and chatted our way round with thousands of other women and were moved to tears by some of the stories we heard on the day. Equally inspiring was my first taste of the Women's Running 10K series, where I joined hundreds of our readers on Southampton Common to raise money for Alzheimer's Society. And if you fancy taking part, there are still seven races left to go (see page 30). And remember – if you're not on top form, just leave the watch at home!



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Lizzie

Elizabeth Hufton
Editor

THIS MONTH, WE ASKED OUR CONTRIBUTORS... What's your favourite little bit of kit that helps you run?

'I love my EVB Sports shorts designed to help support the pelvic floor and lower back. It feels like they keep everything in place and I always seem to PB when I'm wearing them!'

Juliet McGrattan

'My vast collection of fancy dress hats! Some keep my head warm in winter, others provide shade in summer, and they encourage runners to come and chat to me, so that the miles fly by.'

Lisa Jackson

'I'm not a big fan of gadgets, but I always run with music, especially on long runs. When I'm getting tired all it takes is one of my favourite tunes to help me push that bit harder.'

Christina Macdonald



Music & Movement

What the *Women's Running* team is running to this month...

Jenny Bozon, digital writer – *Booyah*, Showtek ft. We Are Loud & Sonny Wilson
Cristina Lopez, advertising sales executive – *Cheerleader*, OMI
Tina Chantrey, consultant editor – *Fire Meets Gasoline*, Sia
Elizabeth Hufton, editor – *When Love Takes Over*, David Guetta ft Kelly Rowland



MEET THE EXPERTS

THE WOMEN'S RUNNING EXPERT PANEL HAS A WEALTH OF KNOWLEDGE AND EXPERIENCE TO HELP YOU GET THE MOST FROM YOUR RUNNING



JEFF ARCHER

is director of The Tonic, a fitness and wellbeing consultancy that teaches people to live healthily. He's a regular participant in half marathons and the odd marathon, and is the author of two books, *Teach Yourself Fitness* and *Teach Yourself Life Coach*. For more details, visit the-tonic.com.



ANNE-MARIE LATEGAN

has a BSc (Hons) in Human Movement Science & Rehabilitation. She specialises in functional training, body sculpting, and sports and orthopaedic rehabilitation. She has completed eight ultramarathons, including a 120K race, and trains clients at Ignite in London (ignitept.co.uk).



HAZEL SILVER

is a keen off-road runner and a freelance fitness journalist. She has written about health and exercise for publications such as *The Guardian* and *The Daily Telegraph* and regularly writes for our *Trail Zone* section. Hazel is lucky enough to live at the foot of the South Downs – trail running paradise!



CHRISTINE BAILEY

is a qualified nutritionist. She's also a professional chef, food and health consultant, and journalist. Christine advises runners, cyclists and sports clubs on nutrition and performance, and is the author of *The Intelligent Way To Lose Weight*. To find out more, visit advancenutrition.co.uk.



JULIET MCGRATTAN

is a GP and keen runner, so she is the perfect person to answer your health-related running questions. She has been running for six years and has taken part in many races, including the Helly Hansen Beauty and the Beast in the WR team, the Cross Bay Half Marathon and Virgin Money London Marathon.



PHOEBE THOMAS

has a busy life! As well as being a well-known actress, she's a qualified running coach and Advanced Personal Trainer. Through her business, *runningwithus*, she coaches runners of all levels. Phoebe races anything from 5Ks to marathons. For more info, visit runningwithus.com.



GEORGINA BURNETT

is a keen long-distance runner, accredited life coach, NLP practitioner and qualified personal trainer. Georgina coaches the mental and physical side of fitness, giving you the motivation to get out for that early run! Tweet her @healthymistress or visit footprintcoaching.org.uk.



STUART MAILER

initially trained as a sports therapist and gained his BSc (Hons) in Physiotherapy in 2005. He has a HN. Dip in Sports Therapy and a PG.Dip in Sports & Exercise Medicine. He is based at Kensington Physiotherapy & Sports Medicine. For further information, visit kenphysio.com.



BEN WALSH

is a personal trainer, an NSCA Certified Strength and Conditioning Specialist and a CST Coach. He has completed a BSc (Hons) in Food Science, as well as a diploma in Nutritional Therapy. He has also competed in triathlons. Visit cstsouthlondon.co.uk.



LISA JACKSON

is a clinical hypnotherapist, and author of *Running Made Easy* and *Adore Yourself Slim*. A fitness-phobe until 30, she has since run 67 marathons and is a wannabe member of the 100 Marathon Club. Visit quiet-medicine.co.uk and adoreyourselfslim.com.



JO SCOTT-DALGLEISH

is a nutritionist who works with runners, cyclists and triathletes to develop a personal nutrition plan that improves performance and boosts health. Jo is a full member of the British Association for Applied Nutrition and Nutritional Therapy (BANT). Visit endurancesportsnutritionist.co.uk.



LIZ YELLING

Liz is a two-time Olympic marathon runner and Commonwealth Games marathon medallist, with a marathon best of 2:28. She has also won the National Cross Country Championships four times. Liz, a mum of three, coaches runners of all levels. Visit yellingperformance.com.



Spotlight on... Jenny Bozon

Our digital writer has been battling injury but got herself in shape to run the 10K at the Geneva Running Festival (p102). We caught up with her..

What made you start running?

I started cycling around two years ago and began running as part of my training for sportives. I fell in love with it and started to get involved in my local parkrun before entering a couple of races.

What are your favourite places to run?

My favourite place to run has to be along the Thames towpath between Hammersmith and Putney Bridge, passing Craven Cottage Football Club and the various boat clubs. It's such a gorgeous scenic route – you really

have no excuse not to squeeze in a few miles before work with the river so close by.

What's the strangest thing you've had to do for Women's Running?

It's a tie between running around Battersea Park in a Santa Suit at the London Santa Run and swimming through an ice-cold bog in January at HellRunner. Sitting on the Tube, wrapped in a foil blanket, smelling of bog water and caked in mud, I must say, felt pretty strange...

What's your ultimate running goal?

To run a marathon. Since running my first half, I can't get over the thrill of it and the sense of achievement you feel in accomplishing something so great, after months of hard work. I've entered the ballot for next year's Virgin Money London Marathon, so fingers crossed...



Jenny (right) with editor Liz at this year's Race for Life

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WHAT OUR READERS ARE TALKING ABOUT ON

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"On a rest day today... I sometimes hate rest days but realise the benefits of them..."

Teresa Whatty

"This morning I watched the sunrise over the Grand Canyon then ran a 5km round Bright Angel Rim, then did a 30-minute walk down into the Canyon, all before 6am. What better way to start a day."

Lynn Munro

"Looking forward to joining you all [at the WR10K] in Sept after completing my third course of chemo following my third diagnosis of breast cancer - remember ladies always check your bumps for lumps!"

Sarah Cranmer

"Left my gear at home on a recent trip to Eastern Europe. I was really sorry, especially in Budapest where I saw many runners. In the Danube between Buda and Pest is Margarit Island with beautiful parks and a running track all the way round the island."

Pamela J Witte



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ON YOUR MIND

STAR LETTER

★★★

RUN OF DISCOVERY

I started running in January 2015. It was a New Years Resolution I made and one I normally break. I was booked in to run the Birmingham 10K with a few people from work, so this time round seemed so much more competitive and I needed to lose some weight. So I hit the training and whilst the idea sounded great at the Christmas party after a few glasses of wine, I found even running 2K almost killed me! I continued to run through the winter months, even snow didn't seem to stop my determination this time! After about two months I was running a slow but comfortable 5K. I was starting to feel great and noticed we were all losing weight too. Well, everyone but me! It was six weeks before race day and I pushed myself a little bit further over the following weeks and even reached an amazing 8K!

Then disaster struck and my knee gave way, there was no way I was going to be ready. I was so disappointed that all my hard work had gone out the window just because I'd pushed myself too hard on one run. I was also disappointed that I was the only person to have not lost any weight. So off I went to the doctor with my poorly knee and moaned about my weight for good measure. Next thing I knew, bloods were being taken and I was diagnosed with an underactive thyroid. I'd had a tumour removed two years previously and had assumed everything was fine. I'm now on medication which has sorted my thyroid issue and I'm back running. Thank you, running, for helping me identify my health problem and sending me a new-found joy! I promise to be more patient with you in future!

Joanne Maling, Knowle, Solihull

JOIN THE CLUB

I read with interest the letter from Julie Sherwin, *Summer Sales* [*Women's Running*, July 2015]. I could easily have written the first paragraph about myself (although I am 47!). I too enter races to keep focused and have wondered why some are so costly. I didn't think I'd be able to join a running club but last February, after 18 months of running on my own, I did and I LOVE it. Dolly Mixtures is a ladies only group that caters for ALL abilities. Not only that, it has introduced me to so many different local races that I never knew about when running alone. A lot of these are between £5 and £10 to enter and vary in distance and are always very friendly. I would urge Julie to give a running club a go, make new friends, pick up tips and save money on races, as a solo runner you probably only get to hear about the big costly races.

Suzanne Sheppard, Welshpool

Thanks for the tip Suzanne - we couldn't agree more, if you want tips about where to train and race, join a club!

ONE TOO MANY

I love getting my hands on each issue of *Women's Running*. I find it inspiring and motivational which really helps to get me out the door and onto those pavements! However, as I work as a nurse within addictions, I would like to clarify a piece of advice you published. On page 12 of the

July issue you suggest having a small glass of wine every night might be beneficial to health based on recent research. I feel you should have also pointed out that the health benefits found from this research can also be acquired from other (non-alcoholic!) sources. Furthermore, the current guidelines regarding alcohol intake recommend ensuring we have at least two alcohol free days a week (with no more than two to three units of alcohol for women recommended on the other five days). Just wanted to balance things up!

Jenny Brown, Glasgow

Thanks for this Jenny, and apologies for leaving this information out. It's also much easier to run the next day with a clear head, of course!

LAST BUT NOT LEAST

I ran my fourth 10K race today. I came last. I haven't been last before and it was my biggest fear about running in a race. No one wants to be last. But as I crossed the finish line I did not combust, there was not the expected fire and brimstone, there were no groups of super fit runners pointing and laughing, just lots of smiles and clapping from the people who were still milling about. I am not mortified by the experience. I would prefer not to be last, but the world hasn't crashed around my ears.

The last stretch was tough but the aptly named 'sweeper', (the person who checks everyone gets

round) pushed me with his encouraging words. Then in the distance I heard whooping. My friend's mum had come to be my support crew and then, there was Bex too, who after running the 10K herself ran the last bit again to spur me on. There were no official race medals left (the one I got was quite snazzy though) and Bex's dad gave me his. So now I have two medals for coming last. The kindness of friends and strangers made an enormous difference and people give it out in bucket loads.

If you're put off entering a race in case you come last, I can now officially tell you that it's no big deal. If you're last you will be the last winner because you ran the race instead of sitting on your bum eating a pie.

P.S. I won't be last next time.
Alicia Pope

STAR LETTER PRIZE

This month's Star Letter prize wins a Saucony PE Short, £30. As cool and comfortable as your favourite gym short, the PE Short was designed to move with you without riding up while you run. Featuring ultra-light, quick-drying shell and internal pocket for keys and money, this is a great short for Spring and Summer runs. Visit saucony.co.uk



WRITE TO US

Send your views to: *Women's Running*, 1st Floor, Gable House, 18-24 Turnham Green Terrace, London W4 1QP or email editorial@wildbunchmedia.co.uk

LETTERS MAY BE EDITED

HEALTH BOOST

Bite-sized fitness facts



44

The percentage of adults in the UK doing no moderate exercise



Flat belly foods

Want a flat belly for the summer? The answer is to eat foods that prevent abdominal bloating, according to nutritionist Dr Marilyn Glenville.

Glenville recommends eating fish and meat (but not salami), rice and oat cakes, plain Ryvita, oats and wholegrain wheat cereals that have no added malt; natural bio yogurt, eggs, potatoes (regular and sweet) and tomatoes.

Foods to avoid, apart from the obvious high-sugar choices, include malted products, yeast and dried fruits.

Active elderly folk live longer

We all know the benefits of regular exercise in our younger years and many of us hope it will keep us healthy as we age. However, a new study conducted by Oslo University Hospital has now shown that regular exercise in the elderly is as important to life expectancy as quitting smoking.

In the study, 5,700 elderly men in Norway were encouraged to do three hours of exercise a week. They lived five years longer than their sedentary counterparts.

The study found that both light and vigorous exercise extended life expectancy. However, doing less than an hour a week of light exercise had no impact. Current guidelines for exercise for the over 65s in the UK are to exercise moderately for 150 minutes per week.

SOURCE: SCIENCE DAILY

HEALTHY NUTRITION FOR LONG RUNS



If you regularly run long distances, then taking a few supplements or looking at your diet more carefully will help your body to recover. Fish oils help to reduce inflammation in your body, ideal after a long run. They also improve heart health - taking a fish oil supplement (1000mg daily) or eating oily fish such as salmon or mackerel can help.

Similarly, branched-chain amino acids (BCAAs) prevent muscle breakdown and help your body heal faster.

DID YOU KNOW?



Laughing lowers levels of stress hormones and strengthens the immune system

Your body uses 300 muscles to balance itself while standing still

SOURCE: ISPAHEALTH.COM



MIND YOUR BACK

80% of people in the UK will suffer from back pain at some point, according to the organisation Back Care (backcare.org.uk).

Ways to prevent back pain are to stay active (around 30 minutes five days per week); warm up before doing any exercise for at least five minutes; sleep on your side; invest in a supportive mattress; and drink plenty of water, as dehydrated muscles are more prone to injury and pain.

When lifting items, always bend your knees - never bend directly from the waist or twist when lifting.

SOURCE: THE TONIC

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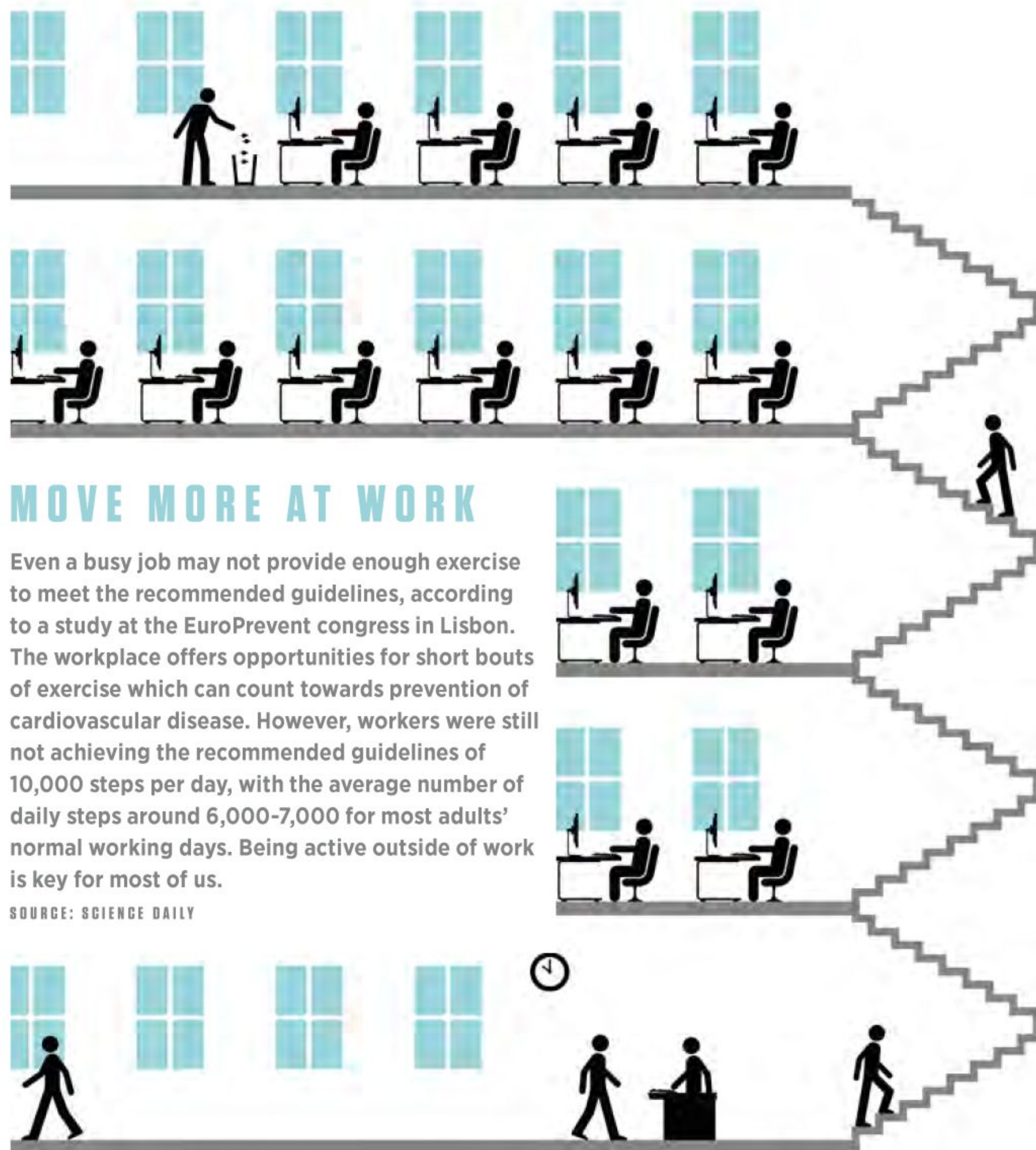
Juicing benefits

Have you tried juicing? It's a great way to increase your uptake of vitamins. Juicing can aid digestion, as juices are rich in enzymes and they also contain essential amino acids (building blocks of protein) that help with muscle recovery and digestion.

In addition, juices contain antioxidants that protect us from disease and premature ageing. Juicing enables you to add a wider variety of vegetables to your diet.

You can create your own juicing recipes by adding fruit and veg to your blender, but choose organic produce and keep an eye on portion sizes. Don't add too much fruit in one sitting unless you are juicing for more than one person.

Adding a scoop of flavourless protein will help your body recover after a hard run.



MOVE MORE AT WORK

Even a busy job may not provide enough exercise to meet the recommended guidelines, according to a study at the EuroPrevent congress in Lisbon. The workplace offers opportunities for short bouts of exercise which can count towards prevention of cardiovascular disease. However, workers were still not achieving the recommended guidelines of 10,000 steps per day, with the average number of daily steps around 6,000-7,000 for most adults' normal working days. Being active outside of work is key for most of us.

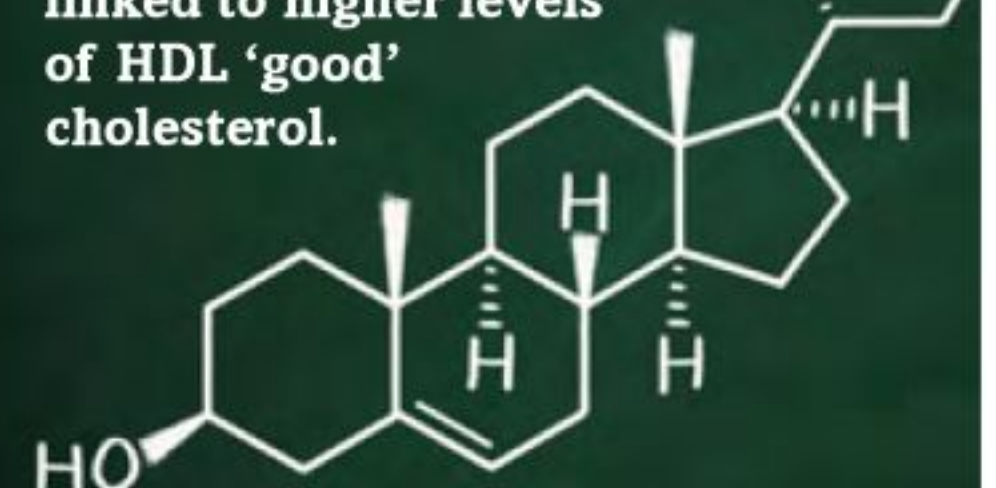
SOURCE: SCIENCE DAILY

RANDOM FACT

A typical fizzy drink can contain up to 10 teaspoons of sugar

Exercise linked to 'good' cholesterol

A healthy diet can help keep our cholesterol levels in check, but so can regular exercise. Cholesterol is a type of fat made in the body and found in some foods. There are two types of cholesterol – low-density lipoprotein (LDL) and high-density lipoprotein (HDL). LDL is 'bad' cholesterol as it can lead to a build up of fatty deposits in your arteries. HDL is good as it helps get rid of excess cholesterol from blood vessels. Low levels of HDL cholesterol can increase your risk of heart disease, but regular exercise is linked to higher levels of HDL 'good' cholesterol.



EAT TO BEAT STRESS

We all experience stress at some point in our lives, but did you know that eating certain foods can help to reduce stress? Our four top stress-busting foods are:

Brown rice – a good source of B vitamins that can help you cope with day-to-day pressures.

Asparagus – which contains the amino acid asparagines, thought to regulate the brain and nerve metabolism to keep you calm.

Wholegrains including porridge, brown bread and pasta – they release energy slowly, helping to avoid sudden mood swings.

Milk – contains calcium that helps to calm your mood.

SOURCE: THE TONIC

DID YOU KNOW?



The human eye can distinguish between 500 shades of grey

Not eating breakfast can lower your metabolic rate by up to 10%

SOURCE: ISPAHEALTH.COM



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Under pressure

I'm in my mid-40s and at a recent check-up I was told I have high blood pressure, high cholesterol and am at risk of type two diabetes. I know I need to make some lifestyle changes and would like to take up running, however the nurse advised against this. I am overweight, but only by a few stone – do you think it's worth a second opinion?

You can make some really positive changes to your health if you improve your lifestyle. It may be the level of your blood pressure that the nurse was concerned about. If this is the first time your blood pressure has been noted to be high then you'll need to have some further checks on it and investigations such as a heart tracing (an ECG). Starting a vigorous exercise regime with uncontrolled blood pressure can be dangerous. I would advise starting with a walking programme, returning for further checks and, when your blood pressure is controlled, there's nothing to stop you running. Build up slowly to protect your joints and don't forget to improve your diet.



Breathe easy

I've been running (on and off) for a few years, but this spring I have started feeling wheezy and coughing a lot when I'm out on a jog. It's not too bad but is putting me off going as much. Can I do anything about this?

If this is only happening when you run then it could be an exercise-induced asthma. This can develop at any age. You need to see your GP for an assessment and trial of treatment. If it's happening when you're walking too then it might simply be hay fever. Tree pollens are in the air at the beginning of spring and grass pollens as it turns to summer. Try taking an antihistamine and consider covering your mouth with a light scarf or buff.

DID YOU KNOW?



A recent survey of 2,000 British people by Breast Cancer Care showed that 65% are exercising every week while only 34% reported going to the pub.

Middle management

I had an emergency caesarean six months ago. My scar has healed well, I've lost most of my 'baby weight' and now I'd like to run again. The problem I have is that my stomach feels 'sensitive' – it isn't painful exactly but feels as though nothing is in the right place! How can I get rid of this sensation – are there exercises I could do to help?

There should be no problem running six months after a caesarean section, as everything will be healed up. It may be that your core and pelvic floor muscles are weak; pregnancy puts a lot of strain on them. I would advise you to work on these before you do too much running. Look at nhs.uk for advice on how to do pelvic floor exercises. Our website (womensrunninguk.co.uk) has lots of suggestions for core work you can do at home or try a Pilates class. It's worth taking the time to get your deep muscles strong after childbirth and then build up slowly with the running.



QUICK HEALTH FACT

ZZZ

If late evening is the only time you can fit in a run then don't worry – there's no evidence that your sleep quality is affected.



Got a question for Juliet? Email editorial@wildbunchmedia.co.uk
Please note, we're sorry but Juliet cannot answer questions personally.

THE NATURALLY FRUITY PROTEIN DRINK!

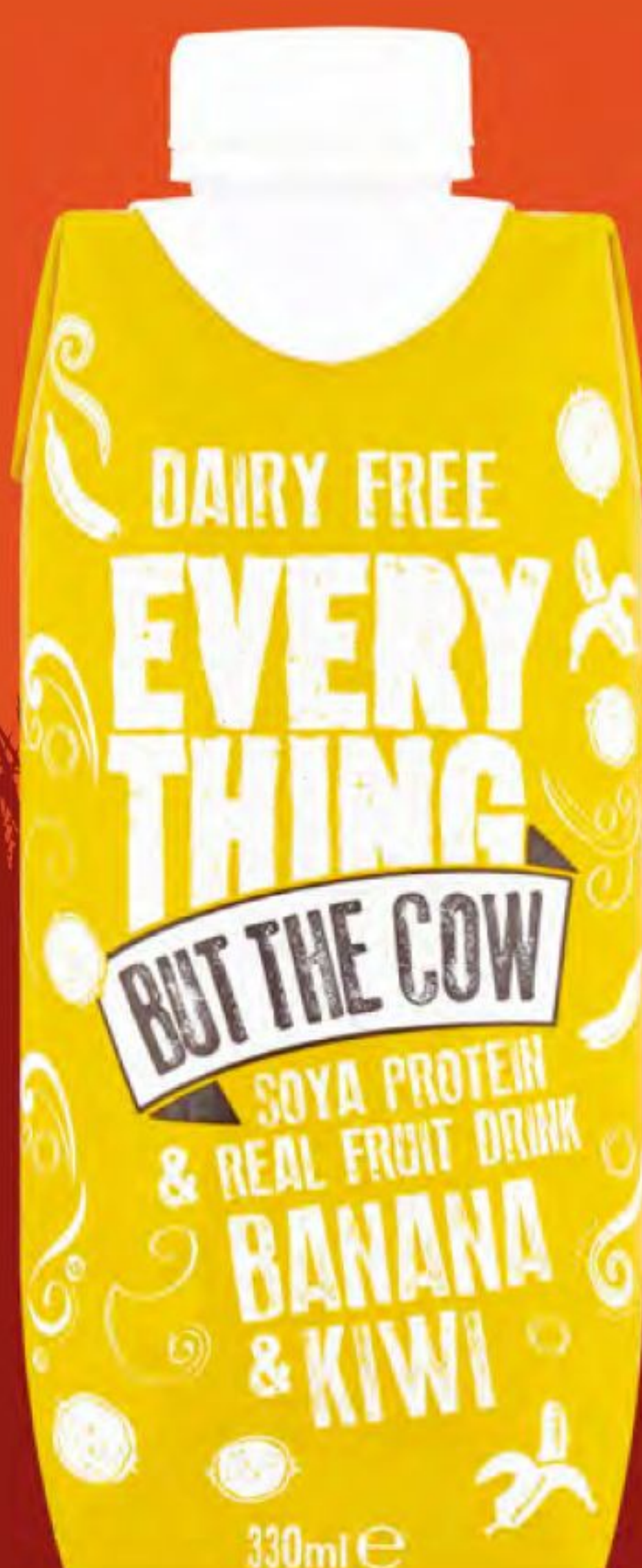
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FOOD IN THE NEWS

Confused about food? Jo Scott-Dalglish separates the wheat from the chaff

THE BIG QUESTION

I LOVE DRINKING SMOOTHIES. DO I NEED TO EAT WHOLE FRUIT AS WELL?

Purple reign: reigning in your smoothie intake, and replacing the blended stuff with real fruit and veg, ensures you're receiving all the nutrients you need

Who isn't tempted by those colourful bottles of fruit smoothie which seem to feature on the shelves of every coffee shop, lunch place and convenience store? After all, they usually promise to provide us with at least two of our five a day and they are just so easy to drink when we're in a rush before a run or at lunchtime. Look at the ingredients list and you'll usually see nothing but a list of different fruits. What could be healthier, right?

Compared with pure fruit juice or a soft drink, a smoothie may contain less sugar and it will also contain some fibre. But just drinking smoothies, while not eating any whole fruit, might not be best for your health. Much of the nutrient content of fruit comes from the skin or the flesh just below the skin and some of this may be lost in the smoothie-making process. The amount of fruit in a smoothie also makes it quite a sugar hit: 25g is typical in a 250ml bottle of smoothie. That's the equivalent of five teaspoons of sugar. So I suggest only choosing a smoothie two to three times a week and eating two pieces of whole fruit instead on the other days, plus plenty of vegetables.

Selecting a smoothie with yogurt will give you some protein as well, helping to slow down the release of sugar. Another good option is to choose a smoothie containing avocado and a green vegetable like kale or spinach. This lowers the sugar content and adds other nutrients like vitamin E, magnesium and folate. Making your own smoothies at home is even better, as you can include several vegetables and add nutritious nuts and seeds.

NOT ENOUGH WHOLEGRAINS

Researchers from Newcastle University analysing data from the National Diet and Nutrition Survey 2008-11 have found that over 80% of people in the UK are not eating sufficient wholegrains. The average consumed is 20g per day, whereas 48g per day – the equivalent to three slices of wholemeal bread – is needed to benefit health.

WATCH YOUR WEIGHT

A study published in the *American Journal of Clinical Nutrition* has shown that eating high-protein foods and low-glycaemic carbs can lead to weight loss, while high-fat meats and high-glycaemic carbs were more associated with weight gain.

Quick bites

DAIRY PRODUCTS & DIABETES RISK

A study of 27,000 people over 20 years has found that those consuming the most high-fat dairy products had a 23% lower risk of developing type 2 diabetes, possibly due to the type of saturated fat found in dairy products.

FOOD IN THE HOME

Research published in the *International Journal of Obesity* has revealed obese people are more likely to keep food in several different places in their homes, not just in the kitchen, making it harder to avoid eating. They also reported lower self-esteem than those in the study who were a healthy weight.



Jo Scott-Dalglish is a qualified nutritionist who works with runners, cyclists and triathletes to develop nutrition plans, improve performance and promote good health. Visit endurancesportsnutritionist.co.uk for details.



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Hot stuff

Words: Tina Chantrey

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Lifa Flow fabric wicks away sweat from your skin. The mesh racer back will also keep you cool as you work. Fitted with UV 30 protection and with a colour for everyone.

£30, hellyhansen.com



BROOKS EPIPHANY 3.5 SHORT III

Offering a light shell and moisture-wicking inner brief, plus a scalloped hem, these shorts will help you run effortlessly. Also featuring mesh panels at each side for increased breathability and a key pocket inside the inner brief.

£25, brooksrrunning.co.uk



SHOCK ABSORBER ULTIMATE RUN BRA

Shock Absorber tells us that coloured kit helps you workout harder/run further and so this pink bra puts you on trend for success! The Ultimate Run Bra reduces bounce by up to 78% and its friction-free comfort is undeniable.

£38, shockabsorber.co.uk



BAM ENDURO BRISK SHORTS

These shorts felt luxurious to run in, like a cosy second skin. The fabric is thick but it's also moisture-wicking, temperature-controlled, anti-bacterial, anti-static and UV-protective. Shorts for both speed and lounging around in.

£28, bambooclothing.co.uk



SUUNTO AMBIT3 RUN

Another great watch, allowing you to create a personalised workout then receive voice-coach guidance throughout. It also boasts a 15-hour battery life when GPS is set to five-second accuracy, as well as call and text notifications.

£199 (£249 with HR monitor), suunto.com



SOLE DUAL LAYER SOCKS

These socks, from orthopaedic footwear specialist Sole, have two layers of blended Tactel, Coolmax and Lycra that reduce friction on the skin, preventing blisters, as well as a TensorFit arch band to keep them in place.

£11.50, yoursole.co.uk



GO PROTEIN ISO FUEL ISOTONIC SPORTS ENERGY DRINK

Available in four flavours (we preferred orange), this carbohydrate and electrolyte drink will sit well in your stomach and boost your energy levels, bringing your racing times down.

£18.99, goprotein.com



FALKE HOT PANTS

We loved the super-soft and light elastic fabric of these shorts. There's a handy, secure zip pocket on the rear as well.

£45, falke.com



ICEBREAKER SPARK TANK

Looking for a top to cool you down as the heat rises? The Cool-Lite technology combines merino wool plus TENCEL to wick away sweat and the lightweight back mesh allowed the air to flow through to the skin.

£65, uk.icebreaker.com

women's
running
EDITOR'S CHOICE



GORE SUNLIGHT LADY PRINT SINGLET

Expect to be asked where you got this singlet from; it's stylish with draped fabric at the sides and a very distinctive, flattering print. It's lightweight with stretch material, giving you function that looks fabulous!

£54.99, goreapparel.co.uk



REEBOK ZPUMP FUSION

Made of just three components, including the air-filled cage that surrounds and molds to the contours of your foot. You put the trainer on, press the Pump button until fully inflated and have a fit adapted to your foot – brilliant!

£85, reebok.co.uk



NEW BALANCE FRESH FOAM BORACAY TRAINERS

These trainers offer comfort and cushioning for the neutral runner via no-sew material and an Ortholite Premium insole. You get a 4mm drop, which we found gave a natural ride. Smart trainers with great grip.

£95, newbalance.co.uk



GRID STK

This is the perfect hand-held foam roller, as you can take it to the office, a race, or if you are travelling – you can even use it sitting on the sofa. The AcuGRIP handles help you roll, release and relieve your knots – expect some pain!

£34.99, physicalcompany.co.uk



SAUCONY FREEDOM TANK

Great prints and ultra-lightweight fabric make this one of our favourite tanks so far this spring. It's loose fitting and has all-over Ventilite mesh for breathability.

£30, saucony.co.uk



MIO FUSE

Mio FUSE is a heart rate monitor and activity tracker that measures the blood flow and temperature under the skin to analyse your movements. It provides a daily assessment of heart rate, step count, distance travelled, speed, pace and calorie burn.

£130, mioglobal.com



SUNDRIED T-SHIRT

We love this Sundried Run t-shirt; it's made with 100% organic combed cotton so sits gently against your skin.

£30, sundried.com



NEW BALANCE ICE TANK

Essential sweat-activated technology keeps you cool and dry in this bright cherry tank that fits with a loose, stylish cut at the back. Odour resistance comes from NB's Fresh technology and UV protection comes in to its own in the summer.

£38, newbalance.co.uk



IFFLEY ROAD RUNNING TEE

This classic slim-fitting t-shirt is made from Dri-release fabric that is lightweight and breathable, but also feels soft against the skin. The curved back hem adds to overall style, and the in-seam pocket is an added bonus for a top.

£65, iffleyroad.com

"I was determined not to be fat and 40!"

Jo Sullivan, 40, from Nottingham, lost an impressive five-and-a-half stone through running and a healthy diet

"Until 2014, I was a total non-runner. I hadn't run a step since doing cross-country at school, and even then I hated it and would stop off for a cuppa at home on the way round! I was always on the heavier side and, at 6ft tall, just thought of myself as a 'big girl'. I danced through my teens but did no traditional sport at all.

"After starting work, the eating and drinking meant that my weight slowly crept up. I married my husband, Ian, in 1997, and we had two lovely boys – George, 15, and William, 11.

"Two years ago, Ian started going to our local parkrun (free, weekly, timed 5K runs that happen nationwide) in Colwick and the boys started going too. Ian kept encouraging me to come along, but I had no interest and preferred a lie-in. I wasn't a runner and that was that.

"But in October 2013, I had the wake-up call of my 40th birthday being too close for comfort! I was a size 18 and weighed in at 17st 9lb, and decided it was time to take my health and fitness in hand – I was determined not to be fat and 40. I started going to parkrun and walked at the back with our dog for the first few weeks.

PARKRUN PROGRESS

"In January 2014, I joined Weight Watchers and realised that I needed to do some proper exercise in conjunction with it, so my friend Rachel and I started going to parkrun together and would intersperse walking with very short bursts of gentle jogging. Even that puffed me out but over the following weeks, we found that we could run for longer stretches and I began to think that maybe I could one day be a runner.

"As my running improved, I bought myself better kit. I had a 38G chest, which was another reason I thought I couldn't run, but I got myself an excellent sports bra (Shock Absorber all the way) and it meant I could run comfortably.

"Between January and September, when I turned 40, we got our time down from 47 minutes to just over 30 minutes and we were finally able to run the whole 5K without stopping. We'd go to parkrun at 9am on a Saturday, followed by Weight Watchers at 10am for a weigh-in. It was so gratifying



Running helped Jo to lose an incredible five-and-a-half stone!



to see both my time and weight going down each week.

"The changes I made to my diet were subtle, but made a big difference. For a start, I became a meal planner. Each weekend, my husband and I would sit down with magazines and cookbooks and plan what healthy meals we were going to eat each night that coming week, and buy all the ingredients online. We'd always eaten a nutritious diet, but I started to cook using less fat – dry frying or grilling, and using less cream and butter. We'd eat as a family and the boys really embraced this new way of eating.

DRESS TO IMPRESS

"By September, the month of my 40th birthday, I'd got down to 12st 4lb, which is right in the middle of the range of the healthy BMI for my height. I walked into Ted Baker – a shop I would never have previously dreamed of walking into as they'd have nothing in my size – and bought a beautiful, blue, figure-hugging dress in a size 12 for my birthday party. I felt fantastic!

"My family and I are now committed parkrun fans and we run or volunteer every single week, rain or shine. I love the fact that we all go together. My youngest, having never been particularly interested in sport, now loves running so much that he's also joined an athletics club. We've met loads of lovely people through doing it, too, and we all go for a coffee afterwards.

"In January 2015, I started Jantastic (Macmillan Cancer Support's fitness challenge) and I run twice a week and swim once. I've also joined an improver's course with Notts Women Runners, with the ultimate aim of running a 10K. I love running with friends and we have a good gossip on the way round (I'm so proud that I can actually run and talk at the same time).

"I now fully consider myself to be a runner. It's not just my body that's changed, but my mindset. I always thought I was just a non-sporty person and that I could never run. But I've proved myself wrong and I'd say to people who are considering taking up running that anyone can do it. You just have to start slowly and patiently build it up. The feeling when you finally change how you think about yourself and how others view you is amazing!"

For more info on parkrun, visit parkrun.org.uk



*“We found
we could
run for
longer
stretches
and I began
to think that
one day I
could be a
runner”*





“Running helps me look after my new heart”

Louise McLellan is so grateful for the new lease of life her donor heart has given her, she's running the Great North Run this autumn

“I was born with various, complex heart defects. Nowadays children would have surgery at a young age but in 1970 there was nothing they could do, so I just got on with it. As a child I led a pretty normal life, but I couldn't really take part in PE – I could run but then I'd have to sit down; I did ballet classes but I had to keep stopping. But I had a good life really.

“When I was about 20, things started to deteriorate a bit. When I was 25, I had open-heart surgery in London to try to improve my circulation. I had a lot of rhythm problems, so although I held a full-time job I still couldn't do much in the way of exercise – the surgery was really stopping me going downhill rather than giving me a fantastic threshold in life. Still, I had a great life and met my husband at that time, and then we moved to the north of England with work. In 2008 I was transferred to [the care of] the Freeman's Hospital in Newcastle, and all through this period, over ten to 12 years, my health was deteriorating. I was very tired, and although I'd had a pacemaker fitted I still had rhythm problems, and was in and out of hospital with infections.

CHANGE OF HEART

“We couldn't have children. I had several miscarriages. It wasn't necessarily directly related to my heart, but being pregnant even for quite a short period probably didn't do the heart any good. But in 2005, we happily adopted a baby girl. A few years ago, I really started to deteriorate, feeling a lot more tired, needing to go from full time work to part-time work, and when I was coming home from after my morning work, I couldn't function for the rest of the day. Then I was told that really the only thing that could be done now was a heart transplant.

“I think we probably knew that all along, but hearing it is a massive thing. It's such a big operation to have and there's obviously a lot of emotion with how you get that heart

in the first place. I was assessed to make sure I was a 'good' recipient, but I wasn't put straight on the list – I was going to be put on in a few month's time.

“[At the time] I was having a lot of fluid building up, and I used to go into hospital on the weekend, and have some IV drugs that got the fluid off. On one of those occasions, in October 2013, the doctor came to see me as I'd had some blood tests as well. They told me that my other organs were going into failure, because my heart wasn't getting to them what they needed. I was told, 'You're not leaving this hospital until you have a new heart.' The next day I was put on the urgent transplant list. I was in hospital waiting for six weeks.

“And then I got the call. The nurses on the ward woke me up two o'clock in the

“I'm just trying to do everything I can and enjoying it”

morning and said, 'We think we might have a match but you're on standby.' So they took some blood and everything they needed, and morning came and I was still second in line for it. By 11 o'clock we were told by the coordinator that the person that was number one in line for the heart wasn't a match. I think we went down to theatre about midday. After the operation I spent two weeks in intensive care and a further two weeks in the ward.

“When I was ready to leave the rehabilitation programme, the physios came to me and said, 'You need to get back to life, you've got to make yourself targets,' and they give you paper to write your goals on. I only had one goal and that was that in 2015 I was going to do the Great North Run – I'd never run in my life!

“I was walking as I recovered and then, come the end of January 2014, I started running. I got to the end of the road – it was a struggle, because really I'd never used my legs, and I'd been in hospital for 16 weeks. The heart was great and would get me anywhere – it was just my legs that

didn't feel like cooperating!

“While in hospital, I'd cruelly said to my friend Nicola, 'You will do it with me won't you?' So she's coming with me every Saturday morning, we do our long runs, and she's loving it. Now I've done a few 10K's, we've done 11 miles so far, so we're getting there. I'm not the fastest, but I'm loving it.

RACING FOR LIFE

“I'd like to do the Great North Run in under three hours. I'm looking forward to it and I'm going to enjoy the training. I'm doing it on behalf of the Freeman Heart and Lung Transplant Association, and to raise organ donation awareness.

“A year or so before the transplant, we went to the Norfolk Broads, and walking from where we were staying to the village, which was a mile, was exhausting. I was at shuffling pace. We went again last year, ten months after my transplant, and we were cycling round Norfolk and running through the village. It's transformed my life. The biggest thing for me is that I was in a lot of danger of not seeing my daughter – who is nine now – grow into a teenager, let alone an adult.

“No one knows how long the new heart is going to last. They say before you have it done, you might only last five years, but I've met a lot of people since who've had them 28 or 30 years. I'm just trying to do everything I can and enjoying it.

“To anyone thinking about joining the organ donor register, I would just say: organ donation does transform lives. Make sure you inform your family, too.

“Every time I'm running, I do think about where the heart came from. All I know is it's from a young man in his early 20s. When someone comes to the end of their life, for a family to make that decision must be so hard. Obviously the donor has to sign the register, but I also know that the family has the last say. I'm so, so grateful to them and I'm doing all I can to look after it for him.”

Find out more about organ donation at organdonation.nhs.uk, and the Freeman Heart & Lung Transplant Association at fhltta.org.uk



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“Running is helping me deal with Mum’s cancer”

Mum of two **Nicki Napodano**, 36, is training to run three marathons in three weeks next year to raise money for Cancer Research UK after her mum was diagnosed with breast cancer

“About six weeks ago, my daughter was jumping all over Mum, as she does, and Mum said it was really painful for a couple of weeks afterwards. So she had a doctor’s appointment, but it was a couple of weeks before they could see her. The pain started to go down, so she was going to cancel her appointment, but when she went to the doctor and was referred to a specialist, it turned out she had stage three breast cancer.

“At the moment, the mass is too large to operate on, so she’s having chemo to reduce the lump and then they’ll do the surgery and remove the lymph nodes as well.

“When I run marathons usually it’s for myself, just for something to aim for, but I decided to put it to good use. I’m racing the Brighton Marathon next April, then I’ve applied for London through the ballot and if I don’t get in I’ll run Bournemouth on the same day; then I’ve got Milton Keynes the week after that, which I’ve run for the last two years.

“I didn’t realise how generous people can be. I’m already up to £680 in just a couple of weeks on my justgiving page. So many people have someone in their lives who has been through cancer or is going through it. It’s a cause that’s close to everyone’s hearts.

“I got into running as a way to switch off. My first daughter was an absolute angel, but my second and youngest is full of character. She didn’t sleep through the night until she was about six years old, and during the day she was all over the place, so I got into running just to cope. Running just made me feel more calm and able to deal with things a bit better. When you haven’t slept all night, going for a run just gives you more energy through the day.

“My first event was the London Kilomathon, which was 26,000m, just over 16 miles. I thought, ‘Ten miles on top of that, it can’t be that much.’ That’s how I got into doing marathon running, and after doing the first event you get a bit hooked. It keeps you on track to exercise daily and have a bit of a goal, otherwise it’s very easy



“So many people have someone in their lives who has been through cancer or is going through it”



not to exercise at all.

“The running is really helping with what we’re going through. It changes your mindset – you could wake up in the morning and be in a bad place or just feel sad or low and then you go out for a run and you come in and your thought process is really different. It helps you think about the day ahead as well, because you’ve switched off everything around you. When I’ve been running in the last few weeks, I’ve had more ideas for fundraising, because I’m not distracted by anything else.

“Mum was very apprehensive when I told her about my three marathons. She wasn’t

sure if I was taking on too much, but she’s very proud. I keep telling her every time someone’s donated, and she’s really pleased, and I think she’s a bit overwhelmed by how much people care.

“To me, running three marathons in three weeks is just mind over matter. Whether you run one marathon or ten marathons, one marathon is really hard mentally, and as long as you can tell yourself you can do it, you will do it – as long as you’ve done the training for it.

“I’m going to use the same marathon training plan I always do, from a *Women’s Running* book I got for my first marathon, because it works. I also do *Insanity* every morning because it helps build strength in your legs – the one I do at the moment is only 30 minutes, so it’s a killer but you can quite easily squeeze it in.

“In the weeks in between my marathons I’m just going to take it really easy. Once you’ve done the first marathon, you don’t need to put any long runs in, so it’ll just be taking it easy, recovering, with gentle runs throughout the week.

“As well as the fundraising, I’m doing this to raise awareness about breast cancer. My mum is like me – I hate feeling like I’m wasting someone else’s time so I’ll wait until something gets really bad. Mum noticed changes and she had pain but it wasn’t an actual lump, and because it wasn’t the classic sign you look for, she left it and left it. I want to highlight how important it is, with any changes, to put yourself first and go to the doctor – it doesn’t matter if it doesn’t turn out to be anything. Mum has a really aggressive form of cancer, and if she had left it two or three weeks longer, her prognosis would be totally different now. Don’t ignore it, don’t just hope it’ll go away, it could be something or nothing – just get it checked out.”

Donate to Nicki’s fundraising for Cancer Research UK at justgiving.com/Nicki-Napodano/ or text NNAP60 with the amount £1, £2, £3, £5 or £10 to 70070



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Race & fundraise for a child in some of the world's poorest countries.

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UK Registered Charity 1152275

*Applies only to events up to £100. Limited numbers available.

Last woman standing

The last of our six-woman team to run her marathon was Vicki Agnew, who took on Edinburgh on 31 May in fine style

Vicki Agnew, 37, lost 42lb through running. She's a mum to toddler Rory and trained for her debut marathon in Edinburgh. She finished in 3:43:40, meaning she can take a Good For Age place at next year's London Marathon

You were struggling with the taper – how did your last week go?

In my plan it said Monday to do a steady six miles, then do nothing else and that didn't really feel natural for me. I'd been in regular contact with [our coach] Anne-Marie and

she'd said just listen to your body. So I did the run on Wednesday then a two-mile walk on Saturday and that felt great.

What was your mindset like in that last week?

On the Thursday I had a really bad self-doubt day. The whole day I kept saying, "I don't think I'm going to be able to do a sub-four and I've now set myself the goal of 3:45 and I've put so much pressure on myself." The next day I woke up and just said to myself, "Right, you're not having another day like yesterday."

Talk us through the race...

[Before the race] I met the people from my Facebook running group for a photo and stuff, and then we went for a coffee and just sat and tried to relax. There was a real buzz about the place, there were so many people dropping their trousers and pinning on numbers, like a big changing room.

The first little while [of the race] is downhill but I had already worked out my pace, so I didn't want to go much faster than 8:20, and the slowest I wanted to go was 8:33, so I had my TomTom on the pace screen and just ran.

I had my name on my shirt and lots of people were cheering for me. At about ten miles, people had been saying, "Go Vicki! Keep going!" Then a lady said "Go Vicki!" And I said thanks, then she went, "*Women's Running* magazine will be really proud of you!" She's one of the people that followed me through seeing my twitter handle in the magazine – I think her name was Karen – so that was really good.

I reached a part of the course where there aren't really any spectators, so it's quite isolated, and no-one was volunteering to talk. Then my knee started giving me gyp. I have never had any knee trouble in all my



training. That was at mile 16. I kept thinking, "If see a First Aid person I'll ask them for a little stretch." It was a real battle.

There's a turnaround at mile 19 where you go into a big estate, and I thought, "If I can turn around then I'll know I'm on my way back," but when I got there, it was uphill, then uneven, and it went on a while. But then we turned around and – this is a bit mean – I saw people running the other way and it was quite nice seeing them. I was feeling sorry for them but thinking, "Thank God I'm on this side of the cones."

My friends Paula and Stephen had come through from Glasgow, so at mile 20 or 21 I saw them, and they said afterwards that I looked really strong and I thought I must be the master of disguise, because I didn't feel it. That's when the really strong winds hit and there was one gust that almost stopped my stride.

I kept looking at my TomTom and thinking, "This sub-3:45 is still on the table." I got to mile 24 or 25 and it started funneling us into Musselburgh, the town we were finishing in, and the crowds were getting thicker and



Emotional journey: Vicki struggles to hold back the tears at the finish

thicker – they were incredible. We came round the corner and hit the metal plates they'd put down on the grass and that was even harder on my knee, so I crossed the line and then found the first bit of grass and just knelt down. Then a girl came over and said, "Are you OK?" I said I was, and she said, "Are you from the magazine?" At this point I had tears rolling down my face, and I said, "Yes – don't tell them I'm crying will you!"

Can you pick a highlight?

Definitely coming over the finish line. Since I managed my first 10K without stopping, I've always said to myself, "You don't ever need to stop unless it's the only thing left you can do." For me, being able to do a marathon and not stop was a huge achievement.

Was there anything you would have done differently?

I actually felt really well prepared training wise. But I would say the self-doubt, because on the day I was surprised at how much of a mental battle it was. Next time I'll know about that.

Was there anything else that surprised you about the race?

Just my knee giving out! My physio, who knows all my quirks, thinks it's because I run on the left-hand side down the camber quite a lot. Fortunately, it's right as rain now.

How did you feel in the first few days after the race?

I felt really proud of myself. I'm the kind of person who thinks, "I wonder what would have happened if my

knee was OK and the wind wasn't there," so I'm quietly ambitious. I'm always trying to think what can I do next. My body just felt like it'd been run over by a ten-ton truck and my knee was agony. But I had booked to see Debbie my physio on the Monday afterwards so I knew she was going to sort me out.

So what's your best recovery tip?

Debbie! I would say even just having a sports massage. Also, that night I had a hot bath with bath salts which helped me loosen up.

How have people you know reacted to your marathon?

They seem to be just bursting with pride and the reaction I've got through my friends in person and on Facebook, because I've been raising money for Macmillan. Just people having lots of confidence in what time I would do; people saying, "You'll smash it!" I've been overwhelmed by everybody's confidence in me and their encouragement and their reassurance.

Reflecting back on it now, what do think the whole experience has taught you?

It's given me an insight into what my body can do and more so what my head can do, because I think a lot of people probably would have stopped with the sore knee. And not to underestimate the training that's required and not to underestimate the distance.

What advice would you give to someone thinking of running a marathon?

I would say, do it but just respect the distance. Maybe even drive 26 miles and see how far you get.

Will you do it again?

Yes! I'm doing Loch Ness in September and now I've got my Good For Age place I'm doing London as well. 📍



"You don't ever need to stop unless it's the only thing left you can do"

RUN WITH US!

The *Women's Running* 10K Series 2015 is underway – and with seven great races to come, there's plenty of time to join in

By the time you read this, the first three races in this year's *Women's Running* 10K Series will have taken place, with the Blaise Castle race in Bristol just days away – but there are still lots of opportunities to join the team for a fun, friendly and female-centric day out this summer.

With races taking place up and down the country, from Glasgow down to London, you can use the series to run your first ever 10K or to try for a PB – or even run more than one event and see if you can better your own time! All the venues offer a pretty setting to run in and there are no tough hills to take on – it's just a chance to have a great Sunday out with friends, family and fellow runners. There's entertainment, kit to buy and competitions on the day, and your racing efforts will be guided by our team of pacers. Not up to 10K yet, or hoping to bring a first-timer friend with you? Then why not take up our 5K option, in association with This Girl Can.

STARTER'S ORDERS

The Series has already got off to a great start this year. More than 400 runners took to Bute Park in Cardiff on 31 May to kick off the events and even soggy weather couldn't put a dampener on the participants' spirits.

They were joined by comedy queen Ruth Jones, running the 5K, and her colleagues from Tidy Productions. Ruth gave runners a pep talk before the race, saying, "Just know you're going to have a great time. You can always walk. When you're running with everybody, there's just something about the camaraderie of the day, and all of these lovely women who have come together to run at the same time, at the same place, in this beautiful park in Cardiff, that will really get you along. Just enjoy yourselves."

At the sharp end of the race, Louise Flynn came first in 40:22, Amber Bullingham was second in 41:26 and Pille-Pinn Pedmanson was third in 44:22. Amber told us she'd taken up running in 2010 when she became a regular reader of *Women's Running*. "When I started running it was all alone, and reading your magazine made me feel I was part of a community," she said. She went on to encourage her sister to start running and was proud to see her over the start line of her first 10K. "I encouraged her to enter the *Women's Running* 10K because (after running Blaise Castle last year), I knew it would be a friendly, fun environment for her to get her first taste of a proper race."

After the event, runners took to Twitter to let us know how much they enjoyed it.

"Just wanted to say how much I enjoyed

today. The marshals were so encouraging, the run through the park and alongside the river was inspiring and I smashed my PB thanks to the 60-minute pacer. It was only the third time I had ever run as far as 10K and all of the organisation and everything I have mentioned powered me through," said Victoria McCallum.

"I ran the race last year and was a first time marshal this year... fab race and huge congrats to all the inspiring runners!" said Jolie Griffiths.

MORE THAN A RACE

Feeling inspired to follow in the Cardiff runners' footsteps? You can still race in Bristol (28 June), Milton Keynes, Nottingham, Liverpool, Glasgow and London. Whether you're walking your first 5K or looking for a 10K PB, you can be sure of a supportive welcome from the *Women's Running* team and your fellow runners. At each event, we guarantee you'll have a great experience, from our organised warm-ups to our dedicated pacing teams for the 10Ks, covering times from sub-50 minutes to sub-70 minutes. You'll find a retail area including bright and brilliant footwear from Skechers, our official shoe partner, and every finisher will receive a goody bag worth over £30 and a medal. 🏆



ONLINE ENTRY IS NOW OPEN! VISIT
WR10K.CO.UK

INSPIRATIONAL RUNNER



Ginny had three young children, along with a busy job running an estate agency business, when her mum Sheila was first diagnosed. She juggled her hectic life with meeting her mum's increasing needs. She ran both the Brighton Marathon and Virgin Money London Marathon this year to raise money for The Alzheimer's Society.

How would you describe your mother before she had the illness?

My father died two years before signs of my mother's dementia began, so my mother had a lot of anxiety and wasn't a happy person. But she had always been very independent. She enjoyed art classes and gardening.

How did having dementia change her?

Dementia is so gradual, you don't even realise it's happening. It began with lots of calls about paperwork and issues like the TV not working. Often it was a simple case of the TV not being switched on at the plug.

She started writing notes in an attempt to keep track of everything. The notes made little sense and I think confused her even more.

My mother was a prolific artist and one

"Dementia makes you feel very isolated"

Ginny Millard is a 51-year-old mum who lives in Westerham, Kent. Her mother, Sheila Cooper, had dementia for approximately ten years and passed away in 2010.

of the most poignant moments was when I asked her to draw my daughter. This would usually have been something she could do with ease. She could only produce a meaningless scribble.

What made you decide to care for her yourself?

In reality you have little choice. In the initial years I gradually took over tasks. Dementia is like childhood in reverse: the individual becomes more dependent. I took over all the paperwork, the management of the car (and ultimately the car keys), the laundry, the bed changing and the shopping.

In the more advanced stages, I was preparing food, washing and bathing her, dressing her and was responsible for all social interaction. When she reached a stage beyond my capabilities, I had to move her into a home.

What was your relationship with your mum like during her illness?

It changed and evolved with the disease. Initially I must confess to feeling irritated. My life was so busy – I was annoyed at being bothered to sort out minor issues. However, when I realised what was happening, I felt a great sense of duty.

When my mother no longer recognised me, you have to understand the relationship has evolved into something different. The prospect of visiting a loved one with dementia is not always a good one. However, I continued to visit my mother regularly and tried to turn each visit into a positive experience.

What made you decide to run the Brighton and London marathons?

I have always visited the gym and have been regularly running for about 10 years. Running has always been my escape. When I was 50 last year, I decided to give the marathon distance a try. To run Brighton Marathon three days after my 50th birthday would be a great goal.

Can you explain some of the hardest things about dealing with dementia?

You never know quite what you might have to deal with next. My mother wandered a few times and on occasions left something cooking on the stove. Few of my contemporaries understood what I was going through and I felt very isolated. Dementia is very often harder for families than it is for the person with the illness.

"Dementia is like childhood in reverse"



Ginny's mum, Sheila Cooper

Take part in the Women's Running 10K Race Series this year and help raise funds for The Alzheimer's Society. Visit wr10k.co.uk or for more information on dementia, visit alzheimers.org.uk

2015 RACE DATES

28-06	5-07	12-14	19-14	30-08	13-09	27-09
Blaise Castle, Bristol	South Willen Lake, Milton Keynes	Nottingham Embankment	Sefton Park, Liverpool	Strathclyde Country Park, Glasgow	Brockwell Park, London	Finsbury Park, London

All races are now on a Sunday and include a 5K option too! Enter early and save money! Save £3 if you enter 12 weeks before race day!

OUR 2015 PARTNERS

Lead Charity Partner



Alzheimer's Society* is our Lead Charity Partner for the *Women's Running* 2015 10K Race Series. Dementia not only affects the lives of those with the diagnosis, but it also has a huge impact on the lives of their loved ones. Currently there are few treatments and no cure, but with the right support it is possible to live well with dementia. The number of people affected by the condition is on the rise. Some 225,000 people will develop dementia this year – that's one person every three minutes. Alzheimer's Society reveals that over 850,000 people in the UK will have a form of dementia by 2015 and in less than ten years, this will grow to over one million people. It's crucial that we help support those living with the condition today and help find a cure for tomorrow.

To donate now, call 0845 306 08 98 or visit alzheimers.org.uk for more information and support. There is also a free National Dementia Helpline provided by Alzheimer's Society – call 0300 222 11 22.

Jeremy Hughes, chief executive of Alzheimer's Society, says: "We are absolutely delighted to be the chosen lead charity for the 2015 *Women's Running* 10K Race Series. Rather fittingly, regular exercise, including running, may well be one way to reduce your risk of developing dementia." Jeremy adds, "Events like this Race Series will help Alzheimer's Society raise vital funds to support people living with dementia today and find a cure for tomorrow."

*Registered charity number 296645



FOR MORE INFORMATION, VISIT
ALZHEIMERS.ORG.UK

Footwear Partner



We're pleased to announce Skechers Performance Division as our Footwear Partner for the *Women's Running* 2015 10K Race Series.

Supporting the runners of all abilities taking part in the series, Skechers will be retailing at WR10K events throughout the summer, so runners will be able to treat themselves to new performance shoes as a reward for reaching race day.

"We are very excited about the partnership with WR10K Race series. The partnership cements our continued commitment to the performance category and is ideally suited for our long-term Skechers Performance Division™ strategy. With an ever-growing elite and aspirant following we look forward to continued success in the world of performance running," said Will Cheung, Marketing Manager of UK and Ireland.

Skechers not only look great but they also know how to create a superior running shoe. The Skechers Performance Division designs and produces an extensive collection of technologically advanced performance footwear.

Their lightweight Skechers GOrun line is designed to give you a more natural running experience and has received numerous awards from running press over the past few years here in the UK.

Skechers' award-winning collection promotes a mid-foot strike which runs throughout the Skechers GOrun line. Their success can be seen in the fact that elite athletes worldwide are competing in Skechers footwear.



FOR MORE INFORMATION, VISIT
SKECHERS.CO.UK

Women's Sport & Activewear Partner



bellum active was founded on a love of health and fitness and they are passionate about what they do. So they've designed and created a range of stylish sports and active wear to suit the needs of all women who are inspired to perform and look their best using the latest technical fabrics.

As our Women's Sport and Activewear Partner for our WR10K Race Series this year, bellum active will be providing all pacers with brand new kit from its latest range. Giving you the chance to try out its gorgeous new gear, bellum active are giving ten lucky winners, participating in each of our WR10K races, the chance to win a pair of Active Power Run Pants (RRP: £34) and an Active Power Run Tank (RRP: £29).

The lucky winner from each event will be drawn one week prior to the event, so that you can wear your kit on race day!

Simply enter here:
womensrunninguk.co.uk/gear/winwednesday-kit-giveaway



FOR MORE INFORMATION, VISIT
BELLUMACTIVE.CO.UK

OUR 2015 PARTNERS

Headwear Partner



We are proud to announce BUFF® Headwear as our Headwear Partner for the WR10K Race Series. You'll be able to purchase a bespoke *Women's Running* 10K Original BUFF® at one of our ten races for a competitive price. BUFF® products are useful for rainy days, helping to keep your hair dry and are also perfect to help keep you cool on warm days. Versatile, fashionable and easy to wear – they look good too!



FOR MORE INFORMATION, VISIT
BUFFWEAR.CO.UK

Recovery Drinks Partner



We're proud to announce Everything But The Cow as our Recovery Drinks Partner for the *Women's Running* 10K Race Series, which means that, like our runners last year, you'll get to taste and enjoy this delicious healthy, protein drink after your 10K run. Everything But The Cow has over 20% real fruit and 7g of plant protein, providing the perfect balance of carbohydrates and protein for a pre- and post-workout recovery after your 10K. Because natural is best, they contain no artificial flavours, colours, stabilisers or sweeteners and being dairy, gluten and fat free they are lighter on your digestion as well. They provide a nutritious, convenient way to get protein on-the-go, especially within the essential 30-minute period post-exercise. Available in three delicious flavours from Tesco (selected stores).



FOR MORE INFORMATION, VISIT
EVERYTHINGBUTTHECOW.CO.UK

Hydration Partner



Following a successful partnership in 2014, *Women's Running* is proud to announce Saka Water is our official 2015 Hydration Partner for the 10K Race Series and is providing a generous supply of bottled water to help keep thirst at bay during and after your 10K race. Saka is a true natural mineral water, originating from a protected aquifer deep in the heart of the pristine and remote Koruglu Mountains.



FOR MORE INFORMATION, VISIT
SAKAWATER.COM

App Timing Partner

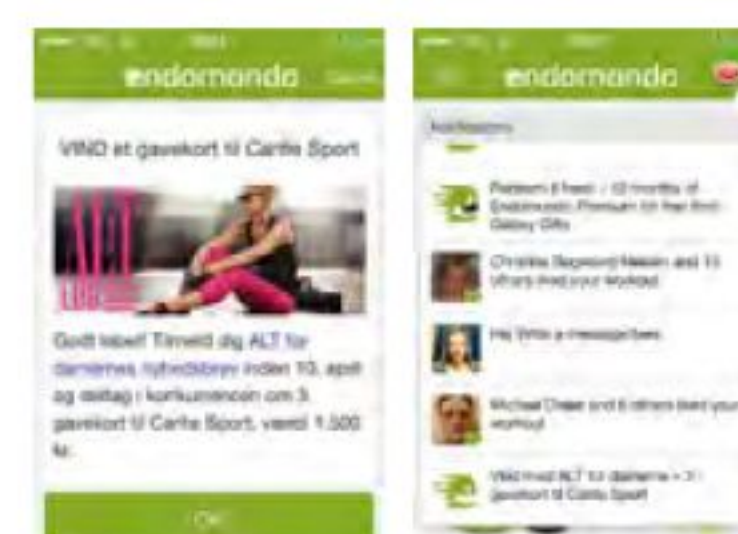


We are pleased to announce that Endomondo will be powering your training for the 10K series. You will have the only personal trainer you'll ever need right in your pocket. Whether you're running, walking, doing yoga, or something completely different to get ready for the 10K series, Endomondo will keep you motivated, and most importantly – keep what you're doing fun.

Track routes, share your workouts or even challenge friends all from one simple app. Join 25 million users and start freeing your endorphins.

Even better: we've partnered with Endomondo to give you access to the Premium version of the app!

Achieve your time goals during the *Women's Running* 10K Race Series with the help of Endomondo and see your PB's reach new highs.



FOR MORE INFORMATION, VISIT
ENDOMONDO.COM

Associate Charity Partner



We're pleased to announce that Send A Cow is our Associate Charity Partner. Send A Cow's programmes across seven countries in East Africa work alongside struggling farmers by providing livestock, tools, seeds and training, enabling families to secure their own futures from the land and lift themselves out of poverty.

FOR MORE INFORMATION, VISIT
SENDACOW.ORG/EVENT/WR10K

Protein Ice Cream Partner



We're pleased to have Wheyhey! as our Healthy Protein Ice Cream Partner for the WR10K Race Series. Packed with protein, free from sugar and low in fat, Wheyhey! is the perfect healthy treat. Each 150ml tub contains 20 grams of protein and on average 150 calories. Check out Wheyhey!'s Exotic Forest Fruit Smoothie Bowl recipe at womensrunninguk.co.uk.

FOR MORE INFORMATION, VISIT
WHEYHEY.COM

5K Partner



Women's Running is proud to announce that This Girl Can is our official 5K partner. This Girl Can is a national campaign developed by Sport England. It's a celebration of active women up and down the country who are doing their thing no matter how well they do it, how they look or even how red their face gets.

FOR MORE INFORMATION, VISIT
THISGIRLCAN.CO.UK



Baby boom


EXERCISE MAY FEEL LIKE THE LAST THING YOU WANT TO DO, BUT IS IT A GOOD IDEA TO RUN WHEN YOU'RE PREGNANT? **TINA CHANTREY** FINDS OUT

P

regnancy is an amazing time for a woman – but it can also be confusing and scary, with all the advice flying around for expectant mums. If you're a runner when you become pregnant, the big question is: "Should I stick at it?"

Running in pregnancy is safe for most healthy pregnant women, and regular aerobic exercise can help with both physical fitness and psychological well-being. The Royal College of Obstetricians and Gynaecologists (RCOG) suggests that all pregnant women participate in aerobic and strength-conditioning exercise as part of a healthy lifestyle during their pregnancy. They suggest previously sedentary women should begin with 15 minutes of continuous exercise three times a week, gradually increasing the frequency and duration to 30-minute sessions four to seven times per week.

However, due to the normal anatomic and physiologic changes of pregnancy and needs of the foetus, some tweaks to your normal running routine may be needed at different stages of your pregnancy.

"As an obstetrician, I agree that all adults, including pregnant women, should get at least 30 minutes of exercise on all or most days of the week. However, this will depend on your previous fitness level and obstetric history, as well as your current pregnancy," says Dr Nitu Bajekal, a consultant obstetrician and gynaecologist, as well as joint founder of Women for Women's Health UK (womenforwomenshealth.co.uk). 

MODERATION IS KEY

“For most healthy pregnant women, running is best done in moderation at all stages of pregnancy; think of being able to have a normal conversation as you run,” she says. The benefits are endless: running can stabilise blood pressure and body weight, it can help reduce risks such as gestational diabetes and pre-eclampsia, and it can reduce the risk of a caesarean delivery.

Running can also help you keep a positive body image and fight off antenatal depression. “It can give women a sense of control while their body morphs beyond recognition!” says Julie Woodman, a midwifery practice educator based in Portsmouth and experienced ultrarunner. It can help elevate mood, energy levels and promote better sleep. “It’s also good to do normal things, as pregnancy is a normal event in a woman’s life,” says Dr Bajekal. “Running can be invaluable in maintaining confidence and a sense of self.”

If you’ve never run before, taking it up for the first time during pregnancy is probably not advisable. But if you are keen, get specialist advice. “Start by exercising slowly and for short periods of time, initially just 10 to 15 minutes,

and stop if you feel breathless or have difficulty talking,” suggests Dr Bajekal.

“Fast walking would be a safer alternative,” suggests Julie, “and there is a link between daily vigorous exercise (more than five times per week, and this would include running) and growth restricted babies.” Frequency and intensity should be reduced significantly if you exercise this much.

LOOK AFTER YOURSELF

If you are able to continue running in pregnancy, fantastic! You can look after baby and you by being aware of the changes your body is going through. Pregnancy hormones (progesterone) make your tendons much more supple to allow for the growing uterus. Lumbar lordosis (the curve of your spine) is accentuated significantly by term, affecting your posture. Both of these can make you prone to injury. With hyper flexible tendons and extra weight, the arches of your feet can become flattened, which can further impact on running gait. “Add to that a gravid uterus bouncing on a bladder which is supported by muscles under the influence of progesterone, and you

WHEN TO STOP RUNNING?

Dr Nitu Bajekal suggests you let your doctor or midwife know if you have any of the symptoms below, or if you continue to feel breathless or lightheaded when you run:

- Vaginal bleeding
- Fluid leaking from your vagina
- Breathless/dizzy
- Chest pain
- Tummy pains/contractions
- Any concerns

“It’s also good to do normal things, as pregnancy is a normal event in a woman’s life”





**“Running
can give
women
a sense
of control”**

KEEP ON RUNNING WITH THESE TIPS FROM DR BAJEKAL

- Exercise tolerance is reduced in pregnancy, which means you may get out of breath and tired more easily
- Avoid inclines and tough terrains, including high altitudes
- Wear a bra with good support as breasts can change in size during pregnancy
- Wear comfortable running shoes
- Ideally, run with a friend
- Keep hydrated
- Eat a healthy diet with whole grains, fresh fruit and vegetables
- Start off slowly, and gradually increase your level of activity
- Avoid running in hot or humid weather or icy conditions
- Stop running if breathless and can't talk easily
- Be careful about falls and joint injuries

may find leakage of urine problematic,” says Julie.

Pregnant women are prone to anaemia, particularly in the first two trimesters, which can affect the body's ability to deliver oxygen to the muscles. “Coupled with a growing foetus pushing up into the diaphragm, you may find you become much more breathless,” she adds.

GOOD INTENTIONS

“It was my intention to run through both pregnancies,” says running coach Liz Yelling, who is a double Olympian and Commonwealth medalist. “But I soon found out not all pregnancies are ‘normal’. During my first I was diagnosed with placenta previa at 20 weeks, and I was advised not to run, so I continued to put on my running kit and get out the door but for a walk instead.”

During her second pregnancy with twins, Liz found it impossible to run after 24 weeks due to her size and extreme breathlessness, related to increased blood volume

and anaemia. “You just have to go with what feels right sometimes and remember that the health of the baby comes first,” she says.

“For me, running when pregnant helped with evening out hormonal fluctuations and morning sickness, it helped me stay mentally sane and got me out in the fresh air.”

A CHANGED WOMAN

What about after the birth? When is it safe to run again? And will it make you a different, even better runner?

“Pregnancy and birth itself won't actually improve running performance but over time, seeing as birth improves women's tolerance levels, you may experience an overall improvement in your running,” says Dr Bajekal.

Childbirth, whether a vaginal or a caesarean delivery, is very demanding on a woman's body. “It's important to rest adequately, eat healthily and gently ease yourself back into a running routine, accepting it will take some

time for most women,” she adds. “Six weeks rest is ideal before commencing running, provided there are no other birth complications. However, it’s really important to stress that for many women even this may be too early. They should not feel let down and should instead listen to their bodies and seek medical advice if needs be.”

“Take time to enjoy your baby and then gradually return, firstly creating a routine with walks and then doing some run walks, before running,” suggests Liz. “I always think that it takes nine months to make a baby and nine months to get your body back... so don’t force it.”

If there are any complications during your pregnancy, such as bleeding, threatened miscarriage, pain, and signs of preterm labour, strenuous exercise is not recommended. It is also important to be cautious if you have had obstetric issues in your previous pregnancies.

“If in doubt about whether you should continue to run check with your doctor or obstetrician first,” advises Dr Bajekal. However, if running is something you’ve always done and there are no obstetric conditions affecting your pregnancy, it’s fine to continue and it will contribute towards a healthy pregnancy. Continue to listen to your body and err on the side of caution. “Don’t forget your body is already working incredibly hard making another person!” says Julie. ■



“Take time to enjoy your baby and then gradually return”

Mums on the Run



“My golden rule was to listen to my body”

Tanya Brady was a GB international rower before she became a runner and mum to Orla, six

I ran throughout my pregnancy. My final run was the day before I gave birth; I had an elective caesarian as Orla was breech. As soon as I found out I was pregnant, I cut down to four or five miles of gentle running, stopping all long runs and speed/hills/ reps sessions. I made sure all my routes were flat and on smooth surfaces.

My golden rule was to listen to my body. I was also careful about not overheating. I believe that my body and mind would have been far more confused by stopping exercising than by pregnancy, as it is something that I have done since being a teenager.

As an experienced endurance athlete and qualified personal trainer, I trained myself, focusing on keeping everything ‘normal’. This didn’t stop surprised, and probably critical, looks from strangers when they saw me running with a bump. I told myself that they knew nothing about me, or my background, and tried not to get fazed, but it did make me question myself occasionally.

Running during pregnancy was definitely a good thing for me. The better state of mind I could be in pre-birth, the better for everyone concerned! If you stay fit during pregnancy, you will be better able to cope with the demands of a newborn baby.



“My times improved post-baby”

Jen Elkins, mum to Skye, 14 months, is pregnant with her second baby

I ran throughout my first pregnancy, including an off-road coastal marathon and a half marathon. I even ran 5K on the treadmill the day I had Skye!

I believe that carrying on running, although slowing down, was best for me. It gave me time to think about other things rather than just being pregnant! I felt really strong throughout my pregnancy, although some days I felt I needed rest. Rest days were more important while pregnant and I listened to my body.

I retained my fitness, so after birth I got back to full fitness fairly quickly. I was also a much nicer person to be around when I ran; it’s what I love so taking it away from me would have made me very grumpy!

I started running after four weeks post-birth, and running with a running buggy, which helped me regain my fitness and spend time with my daughter. My times actually improved post-baby and I have become stronger and faster (over short distances as time to train is limited now).

I’m 26 weeks and will continue to run as long as I can. I run five times a week but they are short 20-30 minute runs, so I don’t take too much from my body but keep up my fitness. A few weeks ago I was first lady at Southsea parkrun – I was pleased with that!



“Strength of mind from running helped me give birth”

Caroline Hendriks is mum to Rocky, three, Otto, five, and George, seven

I was more cautious during my first pregnancy as I had suffered a miscarriage. I trotted, rather than ran, until it became too uncomfortable – then I swapped runs for swims. I was stressed in case I lost the baby but doing some exercise helped my frame of mind and kept me moving.

I was much more confident during pregnancies two and three and ran until about 20 weeks. I was slower and looked cumbersome, but I didn’t care. I was doing something I’ve always enjoyed. Then, reluctantly (because I prefer the outdoors) I moved on to the treadmill and did uphill walking. Throughout all three pregnancies I combined running with swimming, which helped me remain sane, until the day before I gave birth.

This helped reduce stress, maintain fitness, kept me toned and hopefully helped to combat the image of pregnant women sitting around, eating for two. It helped me to maintain a sense of self. I have always run, so it felt natural to continue to do so during pregnancy. Although my first two labours were long and hard, my strength of mind (practised frequently as a competitive runner!) certainly helped and I’m sure I made a faster recovery post-birth as a result of my fitness.

Run to Beat MS



Brendan Foster Photography

The MS Society is the leading national charity dedicated to beating MS. We fund research and fight for better treatment and care to help people take control of their lives.

Join us and become an MS Superstar.

Great
North Run
13 September

Royal
Parks Half
11 October

Berlin
Marathon
27 September

Great
South Run
25 October

MS

Multiple Sclerosis Society

Call

0845 481 1577

Email

running@mssociety.org.uk

Visit

www.mssociety.org.uk/running

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Get your first run right

HEADING OUT FOR YOUR FIRST EVER RUN? DON'T TRIP YOURSELF UP – TAKE THE ADVICE OF SEASONED RUNNER, **WR EDITOR ELIZABETH HUFTON**

Taking your first steps as a runner is a life-changing moment, but it's easy to be put off straight away if you don't know what to expect. Make sure you form a good running habit that will last a lifetime by heeding these hard-learned lessons.

I wish I'd known...

... that no-one would stare at me

I put off going for my first run around the park because I was convinced everyone would stare at me. I couldn't get my head around the idea of just walking down the street and then suddenly but casually picking up into a run. Within minutes of starting it became obvious that this was nothing to worry about at all – miraculously people were too absorbed in their own lives to give a second glance to a student puffing round the park. I didn't learn from it either – the same fear kept me from joining a gym for ages, but if anything people are even less concerned with what you're doing in there. Well, unless you're one of those guys making 'special' noises in the free weights area, that is...

I wish I'd known...

... that it's OK to walk after a couple of minutes

My first run experience might sound familiar to you. It consisted of ambling down to the park trying to look nonchalant, then on arrival, launching into an all-out sprint for as long as I could. This quickly slowed to a jog, of course, which was again sustained as long as possible. The result? About six minutes of running at rapidly decreasing speed, followed by dizziness, and an undignified and sudden halt as the fear of a fainting finally got the better of me. This could all have been solved by following a more sensible run/walk approach. When you are new to running, far better to follow a planned run/walk pattern and get a decent 20 to 30 minutes in with regular breaks, than put yourself off for life with a run like mine. I now regularly use a run/walk pattern to manage injury risk and make sure I can stay out longer.



I wish I'd known...

... that pain doesn't always equal gain

Injury is a known risk of running but can often be avoided. Unfortunately, us runners tend to be our own worst enemies in this respect: when things start hurting, we keep going, believing that it's not hurting, it's not working. Nothing could be further from the truth.



Generalised aches and pains after you run are to be expected, especially when you are building up volume, but running through pain day after day is asking for trouble. If you continually run through all-over aches, chances are you're over-

training and will end up ill and fatigued. If you're running through a specific, sharp pain, you're on the way to an injury that could lay you off for weeks – so take a couple of days' break straight away.

I wish I'd known...

... how to choose decent running kit

Good running shoes are a must if you plan on covering more than a mile at a time. Thankfully my mum was already a runner and impressed this on me when I started, otherwise I might have followed the same route as some people I know who start off running in tennis shoes or Converse All Stars – not a great idea, as your shins will soon tell you.



However, it took me two or three years to appreciate that wearing proper running apparel might be a good idea too. In the mean time I went out dressed like I was about to redecorate the house, in old cotton t-shirts and ill-fitting leggings from C&A. You don't have to spend a fortune on kit but buying just a simple, wicking t-shirt and tights will see you through your first year comfortably.

I wish I'd known...

... that it gets easier, really quickly

Your first run could be a revelation, as you uncover a natural talent you never knew you had. More likely you'll be shocked by the realisation that you are horribly unfit. Even people who are already fit from cycling, swimming





or other sports can have a nasty surprise when they try running for the first time, because it causes your heart rate to shoot up quickly, meaning you feel out of breath

and wonder if you'll ever be able to run more than five minutes at a time. Good news: you will! Stick at your running, do it two or three times a week, and you will improve quicker than you can imagine. If you want to remind yourself how well you're doing, keep a diary of your training from day one and note down landmarks, like running a full mile or 15 minutes in one go for the first time. You'll be running 10K before you know it!

I wish I'd known

... how awesome running would make me feel – I would have started earlier!

Hopefully, if you've got as far as reading this, you're already in love with running. If you're still at the stage where you're just thinking about giving it a whirl, but are lacking confidence, then just get out there and give it a go. You'll feel energised, fit, ready to conquer anything – and the health benefits go on and on. So stick at it and you won't regret it! 



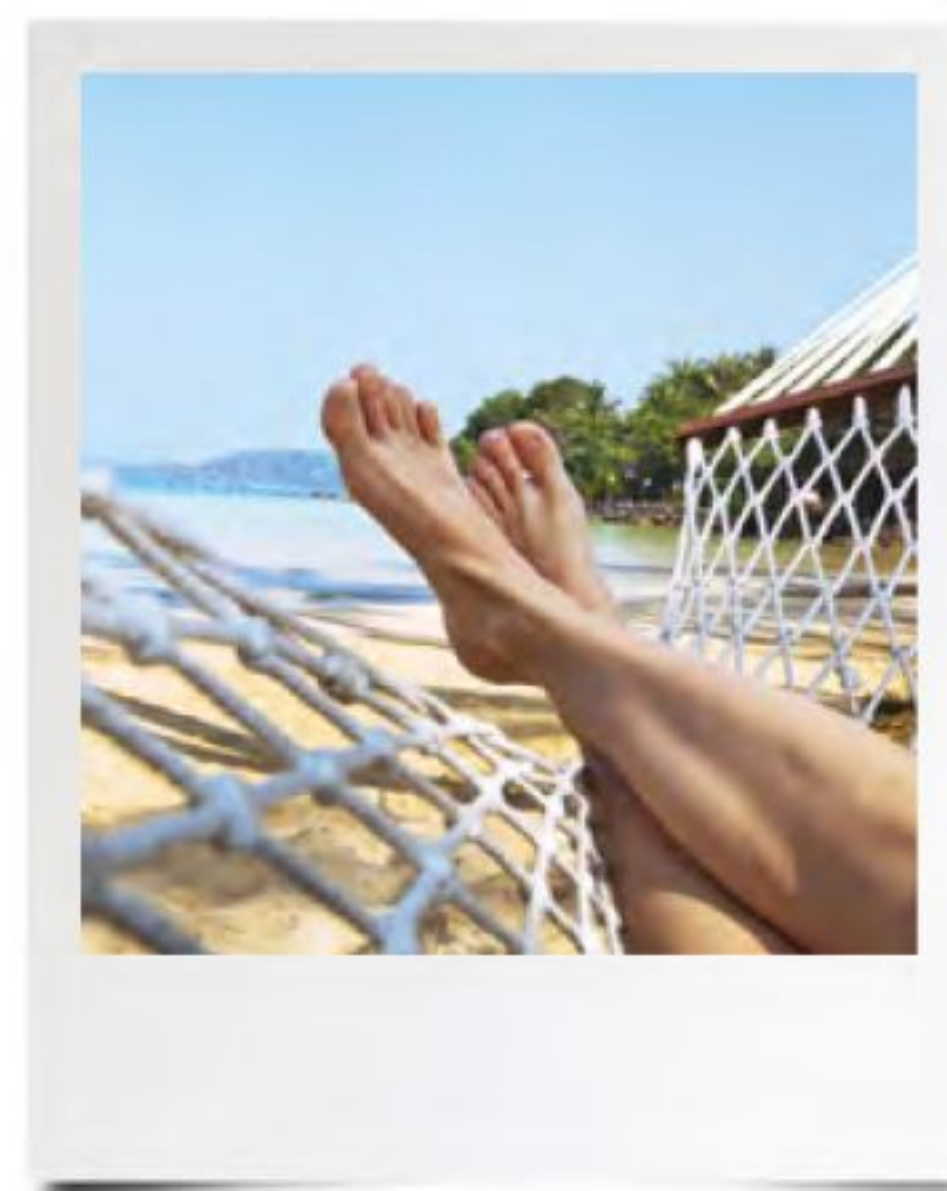
*Make sure you
invest in good
running shoes
before you set out*

9 STEPS TO SANE HOLIDAY RUNNING

Vowed to run while you're away? Lisa Jackson shows you how to pack in training with time for sunbathing, sightseeing and afternoon siestas



Don't know about you, but when I go on holiday the first thing I pack isn't my passport, but my running kit. The trouble is, a few too many times my breaks abroad have become breaks from running too, meaning my fitness has declined in direct proportion to my expanding waistline. Take the two-week holiday I went on to Zimbabwe in January. I promised myself I'd run almost every day and yet, having failed to research running routes or groups properly beforehand, found myself back home with the marathon season about to kick off with only two sessions under my belt. So I went in search of some strategies to ensure that, from now on, my intended runs become a reality. Here's what the experts suggested...



1

DON'T BE OVER-AMBITIOUS

Yes, you may have ten hours a day you don't usually have at your disposal when you're working and commuting, but holidays are meant for kicking back a bit and getting some much-needed R&R. "Plan two to three runs per week at the very most – and make them short as you're more likely to do them," says personal trainer Shelley Baker.

2

PLAN YOUR ROUTE IN ADVANCE USING STRAVA OR MAPMYRUN

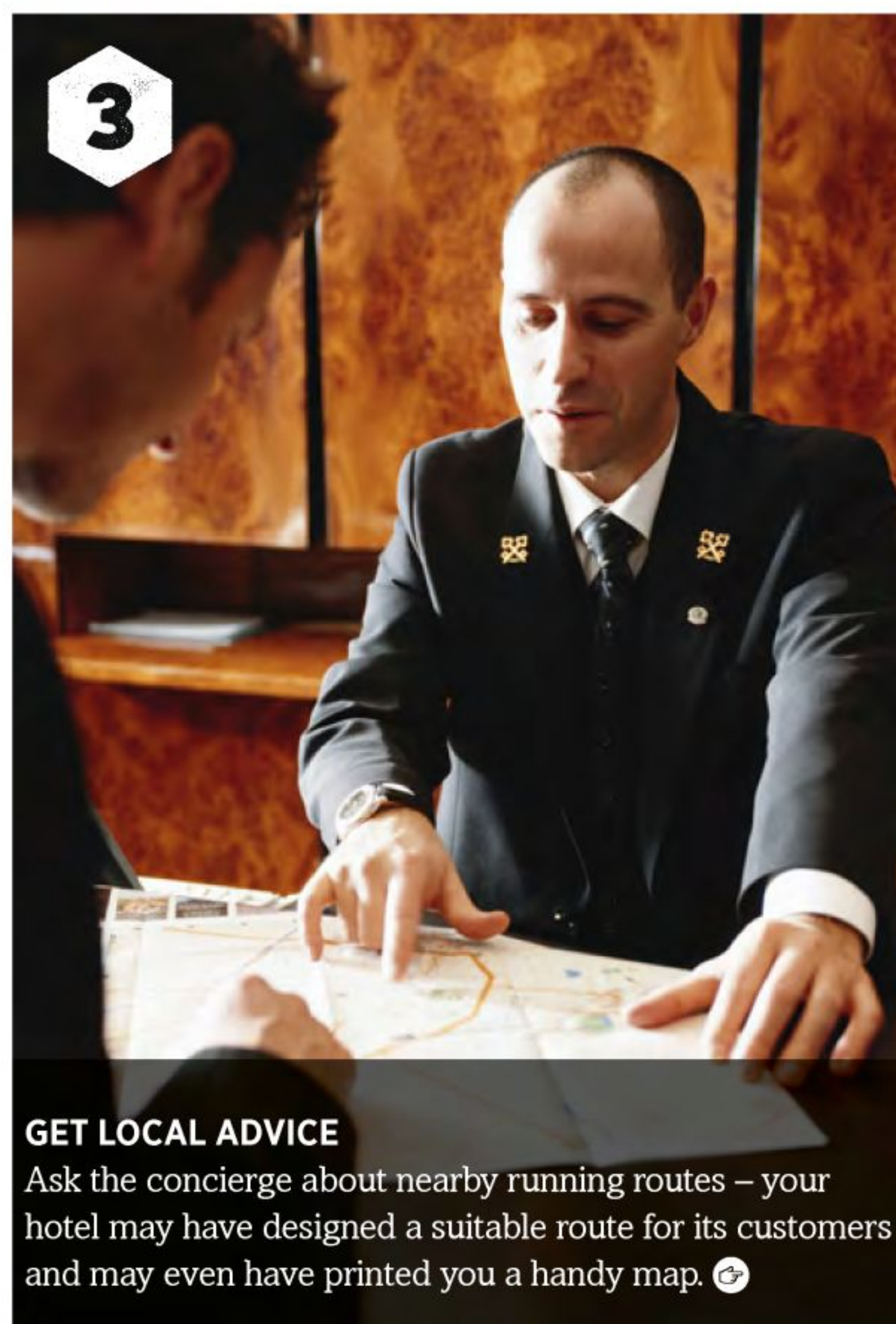
"Anyone with a compatible GPS device can upload to Strava via our free apps for iPhone and Android phones and GPS devices such as Garmins," says Gareth Nettleton, Strava's director of international marketing. "Strava Route Builder shows members in new countries where the locals already run, and we've recently launched travel guides called Strava Local (strava.com/local) that show the best places to run (or ride) in 12 cities including Paris, Amsterdam and New York. Its Top Stops feature also recommends coffee shops or athlete hangouts where you can stop off during or after a session."


MapMyRun (mapmyrun.com) is similar to Strava in that it's a free GPS-based website and mobile (Apple and Android) app that allows members to search for routes all over the world. "Members can search by distance, elevation and points of interest and then send the route to a mobile device to complete later," says Chris Glode, general manager of Under Armour Connected Fitness. "Simply enter how far you want to go and MapMyRun will make recommendations based on runs completed by our global community of over 34 million members."

Map it out: knowing your run in advance can be a great motivator to get out there and do it



3

**GET LOCAL ADVICE**

Ask the concierge about nearby running routes – your hotel may have designed a suitable route for its customers and may even have printed you a handy map. 

4

GO LOW-TECH

If faffing about with Garmins and maps isn't your thing, choose a route that's straight out and back and then set a time limit for how long you want to be out for. Beaches and rivers are ideal for this – if you keep the water on the same side of you you're still on track!



5

BE FAMILY FRIENDLY

One of the best things about getting away on holiday is spending more time with your family. Your kids might not appreciate you heading off for a run while they're itching to hit the waterpark, so let them know your plans and train early in the day so that nothing can get in the way.

6

LET THE GYM FIX IT

If outdoor running is out of the question because your destination is too hot or hilly, book a hotel with a treadmill and, in addition to a five-minute warm-up and five-minute cool-down plan, do either a 20-minute interval session or a 30-minute steady run on it, says Baker. "Remember, you only need to do two sessions a week to maintain your fitness, and three to improve it."



Treadmill running is a great way to stay fit if the weather is unbearably hot



7

JOIN THE CLUB

Become a parkrunner (parkrun.com) and you can hitch up with like-minded runners in nine countries around the globe (anywhere from Australia, to Denmark, to Russia, to South Africa). The format's the same wherever you go: free timed 5K events that take place at 9am every Saturday morning. There's even a name for the runners who make a habit of travelling to experience new ones: parkrun tourists. And if you enjoy alcoholic indulgences on holiday, consider joining the Hash House Harriers (gotothehash.net), the self-styled "drinking club with a running problem". There are about 2,000 clubs in nearly every country on earth (excluding North Korea and Iran!) so you'll meet running as well as drinking buddies wherever you travel. Most hash clubs charge a small fee per run.



8

GET KIT SAVVY

You'll probably need a few additional pieces of kit when you're running somewhere sunny, so alongside your trainers (either wear them on the plane or take a lightweight pair such as Nike Flyknit Lunar 2s), don't forget to pack sunscreen (Riemann P20 broad-spectrum sunscreen is non-greasy and quick-drying – once applied it lasts for ten hours even if you're getting sweaty or swimming); headgear (lululemon.co.uk has a cute triangle-print visor, £25, made from lightweight Swift fabric and sweat-wicking mesh); and a water bottle (try the new bobble sport, £9.99, waterbobble.com, which uses a nifty, replaceable carbon filter to remove chlorine from tap water).

9

BOOK A RUNNING BREAK

At least that way you know you'll run every day and that the airport bestseller won't get in the way! Run The Wild (runthewild.co.uk) offers wilderness breaks in the UK and Europe; Jelly Legs (jelleylegs.co.uk) lays on guided running holidays and weekends in Yorkshire; 2:09 Events (209events.com) has training weeks in Portugal's Algarve; Adventures in the Alps offers running holidays in France (summer: adventuresinthealps.com); and Purple Patch Running (purplepatchrunning.com) and Run In The Sun (runinthesun.com) host running holidays in Spain. "I went on my first Running the Highlands (runningthehighlands.com) holiday in 2006 – and at least another ten trips have not diminished my enthusiasm to return," says Jane Greenfield, 55, from Bromley. "We run in the most beautiful locations in and around the estate of Balmoral Castle. With the fantastic running and coaching, I return home energised and inspired rather than feeling I've overdone the food and wine. And when I do indulge while I'm there, I know I'll burn off the calories the next day!"



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Running is more than a numbers game, so stop clock watching and start enjoying yourself again, says

Elizabeth Hufton

When I first went out for a run, years ago, I was wearing a watch. Initially its only purpose was to make sure I got home before nightfall – I wasn't even aware of how much of my first 'run' was spent above walking pace.

But as the weeks wore on that little Casio unit on my wrist took on greater and greater significance. First it was being able to run for 20 minutes, non-stop. Gradually that built up to 45 minutes. That's when the racing began: trying to get round the park 30 seconds quicker, trying to run for an hour non-stop. And once actual races came into the equation and I was timing intervals from 20 seconds up to 10 minutes, gradually becoming enslaved to the big yellow digits above race gantries, there was no looking back. In running – as in any sport – it's easy to become addicted to seeing the numbers go down, but every now and then you need to take a break.

CHANGING RELATIONSHIPS

What made me re-evaluate my reliance on running by time was, basically, getting slower. Several injuries and lay-offs from working and taking part in other sports meant I simply couldn't manage a sub-50-minute 10K any more, let alone aim to beat any PBs. But letting go of that addiction just got even harder as more and more gadgets became available to me, measuring heart-rate, pace per mile, and bleeping rudely every time I shot above a set heart-rate zone or dropped below a target pace.

Chasing times is a useful way to stay motivated when things are going well and the chances are that, during

your first couple of years as a runner, you'll love running for personal bests or trying to clock up your longest ever times on your feet. But whether your times are slipping and making you feel down, or you're just feeling the fatigue of striving to run faster, it's time to take a break.

RETHINK YOUR RATIONALE

Measurable goals are useful, and of course running for specific times is the best objective way to track your progress. But if you feel it's taken over your life then try revisiting your original reasons for taking up running. Perhaps you wanted to slim down or just to improve your health. Try keeping a diary of how running makes you feel fitter, so that you have a more qualitative record of your progress. For example, a hill that used to make you feel dizzy and leave you clutching your knees on the way up could now be something you take in your stride and look forward to every day.

And don't just consider your physical fitness. Add notes on your mood to your training diary for a couple of weeks – you'll almost certainly see a correlation between better mood and lower stress levels and the days when you ran. Ironically, running a 'bad' time can have the opposite effect, negating all the good-mood benefits of your run – another reason to shelve the watch. 📅



Running a 'bad' time can have the opposite effect, negating all the good-mood benefits of your run

Stop the clock: over-reliance on your watch can make running less enjoyable


CHANGE COMPANY

Running with a watch isn't just limiting in terms of setting expectations for your sessions. Over time it can also restrict you to running with certain people – often just yourself. If you're determined to shave a couple of seconds off a particular route, you don't need the distraction of a running buddy chatting away and you certainly won't be willing to slow your pace for anyone else. And while training with slightly faster runners is a great way to improve your speed, making comparisons to their times is a surefire way to erode your confidence.

During your time off from timing, see if you can introduce someone new to running, whether it's a friend, sister, or even your partner. You'll be free to give them all the support and encouragement they need without worrying about pace or distance, and joining someone as they discover the joy of running is a good way to remind yourself how great it is just to stride out in the fresh air.

SHAKE YOUR BODY UP

Perhaps the best reason to stop clock watching for a while is that it encourages you to try something new in your training. Running for faster times or longer distances can mean you're reluctant to leave your favourite flat, on-road routes. That's great for getting a controlled measure of your speed progress, but when it comes to challenging your body it's a one-dimensional approach.

Training that doesn't just focus on time offers a number of benefits that will help you speed up once you strap the watch back on. Running off-road or on hilly ground will slow you down, but it forces you to engage your stabilising muscles and helps build strength that will carry over into your faster runs. Drop your speed and run at chatting pace, without the watch giving you a guilt trip. You'll be building a base-level of endurance fitness that will give your body the tools to handle higher speeds at a later date. 



CLOCK DETOX

Need a break from the second hand? Try this week-long detox to reset your approach to running

Step 1: Lock away the clock



Firstly, put your gadgets somewhere safely out of reach for a week. Try lending them to someone who would like to try them out – then they're not even in the house to tempt you. If you run with rechargeable devices, ask your partner to take the charger to work for a week so you can't get at it.

Step 2: Try standing still



Take two to three days off running completely. You can still be active, but try walking, cycling or just taking the kids to the park. During this time, appreciate how much the fitness from your running enables you to do, day to day.

Step 3: Run with nature



On day three or four, go for a run, watchless. Run somewhere completely new so that the time it takes won't matter to you at all (but do check a map to make sure you're not heading off for 30 miles into the unknown). Try to choose an off-road route so you have plenty to look at and hold your attention, and you're less likely to end up sprinting from lamppost to lamppost.

Step 4: Go back to the start



Now on day five or six, run one of your favourite 'test routes', again without the watch. As you run, think back to the first time you took on this route and how amazing it felt just to be out doing your mind and body good.

Step 5: Re-think your goals



At the end of your watchless week, you should be feeling refreshed and ready to test yourself again. But if you know that chasing old goals will lead you down the same addictive route, choose something completely different to aim for: try different terrain, or a different distance, or running a relay with friends.

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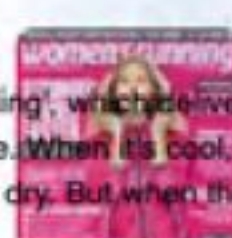
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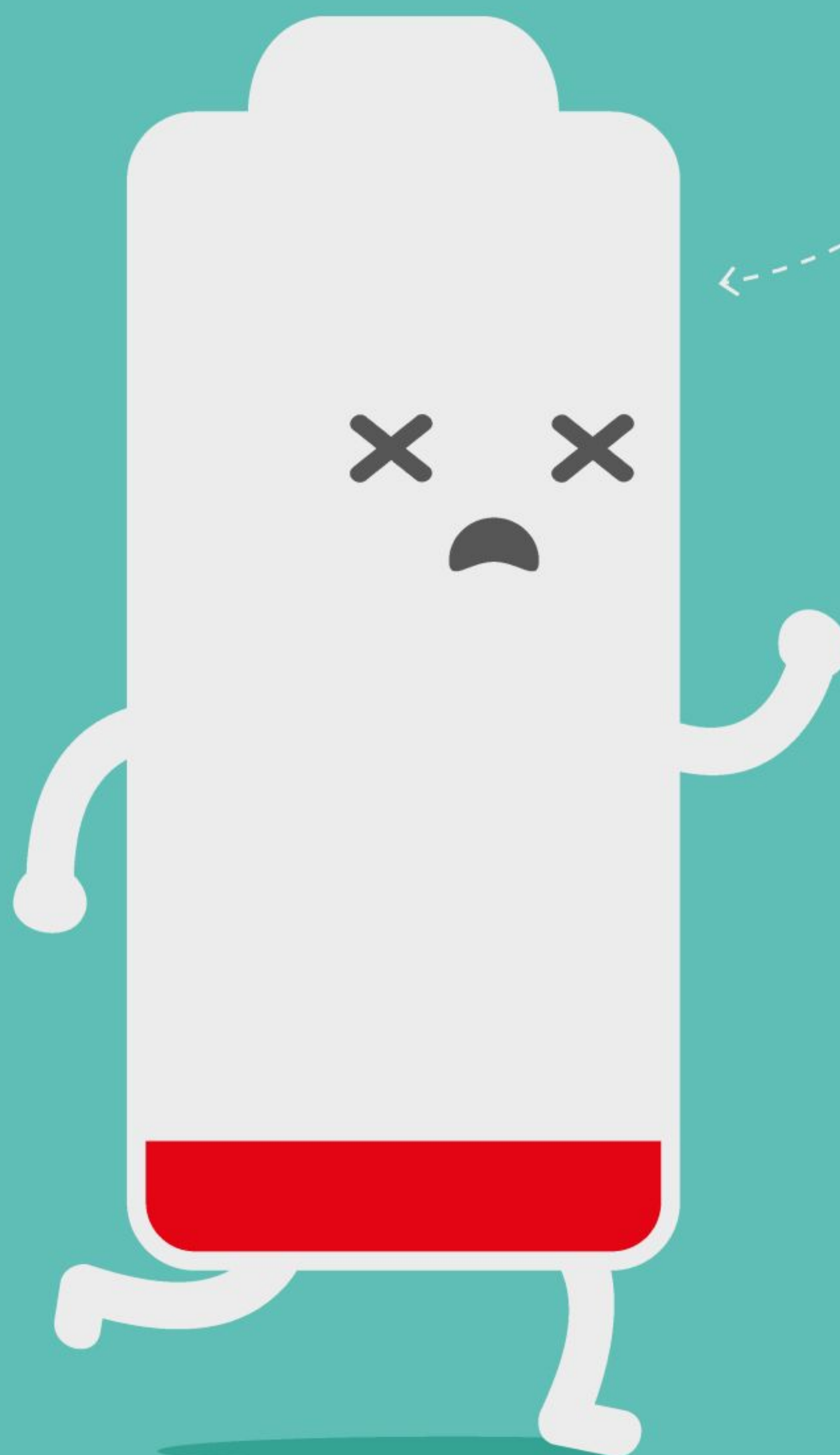
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Avoid race-day disasters

Learn from mistakes other runners have made and make sure your race-day experience is memorable for all the right reasons.

Words: Christina Macdonald



When you know you have a race looming, it's easy to get immersed in clocking up the miles and not think too much about the race itself. While it's important to train properly and feel confident you can complete the distance, good race preparation goes beyond simply getting miles under the belt. Here are some common race-day errors you'll want to avoid, along with advice on what to do if you do come unstuck on the big day...

Mistake number 1

NOT CHECKING OUT THE COURSE ROUTE BEFOREHAND

Not knowing whether the race is hilly or on challenging terrain can cause big problems. Running a hilly course when you hate hills and haven't done any hill work is clearly bad news. Keen runner Eddie Macdonald once signed up for the Bacchus Half Marathon in Surrey after comfortably completing several half marathons. He didn't check the course route and was in for a nasty surprise. The race, which starts at Denbies Vineyard, is a popular, well-organised event, but he underestimated the amount of hills the mostly off-road course had in store. "I had only ever tackled half marathons on roads, where the surface was flat. This

race was almost entirely off-road and I had to walk up most of the hills because I hadn't done any hill training whatsoever. It was also boiling hot, so the experience was very unpleasant."

Swerve it: Check out the course route before you sign up. If you don't like hills, seek out flat courses.

Fix it: If you're caught out this way on race day, adjust your pace and do your best to power your way uphill, pumping your arms and trying to keep your chest lifted. Resolve to do some hill training when you recover!

Mistake number 2

NOT BEING PREPARED FOR THE EVER-CHANGING BRITISH WEATHER

Be prepared for all potential weather conditions. The Brighton Marathon in 2011 saw temperatures soar to 25 degrees, while the Milton Keynes Marathon the year before endured heavy rain throughout. Hot weather can surface at strange times. "I was on the beach in a t-shirt and shorts after the Bournemouth Marathon in 2013," says reader Tatiana Stichova. "The race was surprisingly hot for an October event. I'm glad I'd brought the right kit with me."

Swerve it: Take a variety of cool and warm kit. Have a few layers you can change or discard and be ready to switch from capris to shorts if it's exceptionally hot.

Fix it: See if you can borrow a bin liner if it's cold at the start. If it's unexpectedly hot, scrounge some sun cream from another runner.



Mistake number 3

RELYING ENTIRELY ON GADGETS FOR PERFORMANCE

It's important not to rely totally on your sports watch during training in case technology lets you down on race day. Reader Andrea McPhail says: "My sports watch didn't work on marathon day. I had no idea what speed I was running at. I ran based on how I felt, which actually worked well in the end, but it could have been a disaster if I'd been aiming for a specific time."

Swerve it: Try some training runs without your watch and get used to what your race-day pace feels like.

Fix it: Run based on feel and ease back when you need to, especially if it's a long race like a marathon. It's better to finish strong than overdo it and burn out before the end.

Mistake number 4

NOT PRACTISING YOUR NUTRITION STRATEGY BEFOREHAND

In 2007, WR's own Claire Chamberlain passed out during the Bristol Half Marathon because she hadn't got her nutrition right. "I didn't fuel up properly, drank too much water and fainted at 12.5 miles. When I came round someone offered me a gel, which I took and then threw up."

Swerve it: Eat a breakfast you've tested during training runs. Never take gels you've not tried in training.

Fix it: Not much you can do if you've been tempted to scoff Jelly Babies from well-meaning spectators. Sadly, you just don't know how long those sweets have been in the hands of that sweet-faced child... 🍬





Mistake number 5 **NOT HAVING THE RIGHT SHOES**

Having trail shoes if you are taking part in an off-road event is crucial, especially if the weather is wet, as normal shoes will be slippery and you may even find your trainers get stuck in the mud. Similarly, trail shoes on 13.1 miles of road will cause you more pain than they're worth.

Swerve it: Take the right trainers. Make sure you have shoes that are worn in but not too old. On average, the life of a pair of trainers is 300 to 500 miles.

Fix it: If you are wearing the wrong shoes, adjust your pace and expectations.

Mistake number 6 **NOT MAKING A CHECKLIST OF RACE-DAY ESSENTIALS**

Travelling a long way to a race? Preparation is key. Make a list of everything you need and check off each item as you pack. Bibi Rodgers from Veggie Runners (veggierunners.com) says: "For Manchester Marathon last year, I arrived to pick up my mum for the race and I'd forgotten safety pins. Mum said brightly, 'Well at least it wasn't something important like your trainers!' Gulp! My running shoes were at home, two hours' drive away. I had to wear a pair of mum's shoes for the race and she's half a size smaller than me. The blister I got meant I couldn't walk properly for a fortnight after the race."

Swerve it: Write a list of everything you might possibly need, including essentials like shoes, sports bra, Imodium, spare layers of kit and a bin liner for the start line.

Fix it: Beg or borrow or see if there are any items you can buy at the race expo or merchandise stands.



Mistake number 7 **TRYING TO RUN WITH A FRIEND DURING A BUSY RACE**

It's understandable you may want to run with a friend, especially if you've trained together. But even if you both run at a similar speed it can be difficult to stay together. Bigger races such as the Great North Run (over 50,000 runners) and the Virgin Money London Marathon (38,000 runners) are busy throughout and not great choices for those who want to stick together.

Swerve it: Enter smaller races where there won't be so many people and you will have a better chance of staying together.

Fix it: Split up and meet at the finish line. Weaving around other runners to stay together can be tiring and potentially dangerous, as you risk tripping someone up and causing a nasty fall.

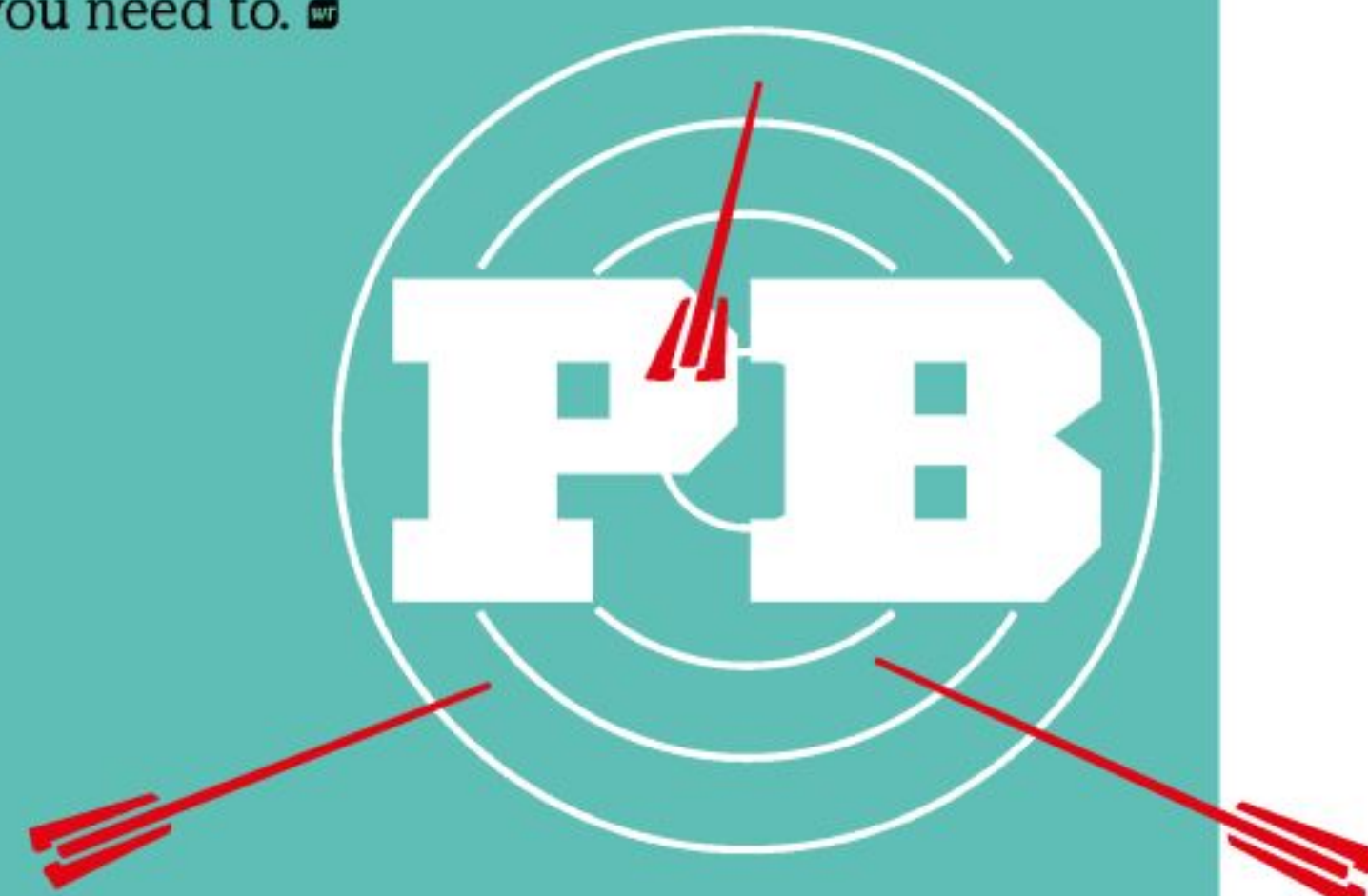


Mistake number 8 **AIMING FOR A PB WHEN YOU HAVEN'T TRAINED PROPERLY**

We've all entered races and not had time to train properly. While most reasonably fit people can usually 'get round', it's best to ditch hopes of a personal best. Reader Jane Brooker says: "I ran one half marathon on limited training. Strangely, I felt so good at mile ten that I decided to push for a personal best. It didn't work. I felt sick and also deflated at the end because I didn't get the time I wanted."

Swerve it: Enjoy the experience. Remember why you run. It's meant to be fun.

Fix it: If you feel tired, intersperse walking with running. Walk each time you see a water station and jog if you need to. 🏃



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NO MISS A RUN

BEAT THESE COMMON EXCUSES
FOR SKIPPING A RUN AND HIT
THE STREETS NOW



Deep down, you know that regular training is the only way to keep your fitness up and enjoy all the benefits of being a runner. But after a hard day at work, or when you're rushing the kids to school, it's easy to find excuses to put off your run to tomorrow. And then the next day...

Of course, there will be times when you really do need to switch your priorities and skip a session – unless you're an Olympic athlete, you have a life outside running that you need to get on with and which occasionally throws up obstacles you can't avoid. Allow the odd missed workout to turn into a few weeks off, though, and your fitness will start to go backwards. Use this guide to help you steer a course around common obstacles to training so that – barring a real emergency – you'll never miss a run again.

THE OBSTACLE NO BREAK FROM THE KIDS



THE FIX If you have young children, you may feel you do enough running around after them without having to make time for actual training. But getting away from the responsibilities at home leaves you in a better frame of mind to cope with the kids or the housework when you get back, so make sure you get some time to yourself to run, even if it's just 15 minutes.

With young ones up at the crack of dawn and seemingly needing your attention every waking hour, we know this can be tough. To work around it you'll need a combination of good planning, good negotiating skills, and the flexibility to jump up and run whenever an opportunity presents itself. The simplest solution if you have a partner, nearby parents or just a trustworthy neighbour, is to arrange two or three slots a week when someone else can watch the children while you run. An added bonus of this approach is that it forces you to schedule fixed appointments with someone else, so you're more likely to get out and run when you say you will.

If you have a toddler (nine months or older), you could try investing in a running buggy so that they can come along for the ride. A more extreme solution, but one that works with younger babies, is to invest in a home treadmill while you build your fitness up – you can make use of baby's nap time to fit in a quick session. Unfortunately, children aren't always keen to stick to a planned schedule, so whatever route you choose, you'll need to have your kit organised and ready so you can grab it whenever your running opportunity arises if you need to go to plan B.

TRY THIS The new Bugaboo Runner (£583, bugaboo.com) is a great solution for running mums of babies nine months and older. It's easy adjustable, and allows baby to face you or the world depending on your (and her) preference.





THE OBSTACLE BAD WEATHER

THE FIX There's no such thing as bad weather, just bad kit! Think about the conditions that keep you inside the most and invest in one or two bits of kit to help you out. The great thing about running in the UK is that cold weather isn't an obstacle, as your heart rate rises fast to keep you warm. Sometimes all you need is an extra layer to help you feel protected as you set out. Choose a light, breathable shell that you can screw up and carry if you get too warm. If hot weather is your problem, plan accordingly and run earlier in the morning – evening is also an option but heat built up during the day will mean it's not as fresh. For heat, make sure you have some technical, wicking gear that will help you stay cool, and take a water bottle with you to stay hydrated. If all else fails you could buy a flexible gym membership and use the treadmill for a month – boredom might eventually force you back outside, and once you're back in the running habit you'll soon wonder why you were worrying about the weather.

TRY THIS For a light but waterproof barrier, the go-to material is Gore-Tex. Try the Gore Running Wear Air Lady Gore-Text Active Jacket, £209.99 (goreapparel.co.uk), which even has a hood for extra protection.



THE OBSTACLE INCESSANT NIGGLES

THE FIX Pain is one of the most common – and most valid – reasons to miss a run. If you're having lots of different niggles, that's just a fact of running, though it could mean to you need to reign in your training intensity for a week or two. If you're struggling with constant pain in one area, then do stop running until you get a second opinion. Your first stop should be a sports physiotherapist – make sure you follow their instructions for solving the problem. And if you

really can't run at all (under doctor's orders) then use the time you would have spent pounding the streets to do rehab – that way you don't get used to using the time for slobbing out on the sofa, and the bonus is that this habit will mean you miss even fewer runs through injury in future.

TRY THIS Take preventative measures by having a physio give you a once over or MOT. Appointments cost from around £45 up to £100 or more. Find a physio near you through the Chartered Society of Physiotherapists (csp.org.uk) – when you find a practice, ring first to check they have experience of dealing with runners.

Constant injury could be a sign that you need to lower the intensity of your runs



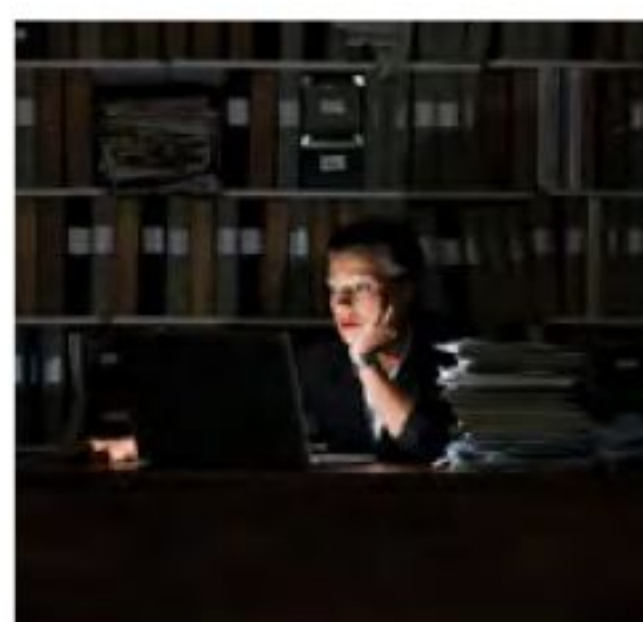


THE OBSTACLE TIREDNESS

THE FIX Running regularly can improve your energy levels, but that's hard to believe when you're suffering from serious fatigue. If tiredness is making you feel like skiving off, then start by looking at your sleep patterns. You can use free sleep monitoring apps on your phone to track how many hours you're actually sleeping, and how good quality your sleep is – basically, whether you are tossing and turning all night. The more active you are and the more stressful your lifestyle, the more sleep you need to recover. Practise what's known as 'good sleep hygiene': avoid caffeine in the afternoons, stick to a regular bedtime and waking up time, and don't use electronic devices for an hour before you go to bed. Perhaps you're doing everything right, but someone else's bedtime habits are affecting you. If your partner is prone to lying awake playing on their phone late at night, or your children are still getting in to bed with you on a regular basis, take steps to minimise these disruptions.

If sleep isn't the issue, then look at nutrition, and the timing of your meals. It could be that you're simply not eating enough for your increased activity levels, or that you need to eat closer to your run times. Lack of iron can lead to fatigue and is a particular issue for women, so make sure you're getting enough red meat, dark green veg or a good supplement. Finally, see if you're actually having too much sugar. Although the sweet stuff gives you an instant energy boost, it also results in a slump in energy levels, so time it wrong and you could be sabotaging your runs.

TRY THIS Get into a better sleep routine with the Lumie Bodyclock ACTIVE 250, £99.95 (lumie.com), which uses light to help your body find a natural sleep rhythm. Boost your energy with Wellwoman Sport and Fitness supplements, £9.15 (vitabiotics.com).



THE OBSTACLE LONG WORK HOURS

THE FIX Sometimes you have no option but to work long hours, and how you run around the problem depends on the situation. If you're doing a short burst of long days to meet a deadline, then accept you won't be able to run for a few days as you'll need

the rest to help stay on top of stress and low energy levels. However, if long or unpredictable hours are part of your everyday life then the best way to fit in running is to make it part of your commute. Running to work isn't an option for everyone – for starters, you need a shower and somewhere to keep smelly kit during the day – but you could do part of your commute home on foot. Try parking further away and running to your car, or running to a train station or bus stop part of the way home.



TRY THIS A run commute of even a short distance is easier with a running rucksack. Look for female-specific options, which will fit your shape better – try the Salomon Women's Trail 20, £50 (salomon.com).



THE OBSTACLE BOOB PAIN

THE FIX Pain or discomfort from bouncing boobs is a problem for women of all sizes. However, there are plenty of sports bras available to help and your best bet is to start with a good fit. Make sure you get measured properly, and if you buy a sports bra online, check out the returns policy so you can exchange it if the fit isn't quite right. Use Vaseline or a sports lubricant such as Bodyglide to prevent chafing around the chest band, underarms and shoulder straps. If you want extra security, try doubling up – wear a simple compression crop top over the top of a standard sports bra.



TRY THIS Shock Absorber Ultimate Run bra (£40, shockabsorber.co.uk) is available in sizes 30-36A; 30-38B-F and has been shown to reduce bounce by 78%. For larger sizes, try the Lynx Sports Bra (£46, lessbounce.com).

run solo



RECLAIM YOUR RUN

EVERY NOW AND THEN, DISCOVERS LISA JACKSON, IT'S GOOD TO RUN SOLO. VENTURING OUT ON YOUR OWN CAN HAVE A HOST OF MIND AND BODY BENEFITS

Chat-running is by far my favourite style of running – trotting alongside my buddy Belinda, passing the Talking Stick back and forth gives us the chance to off-load and get up on the latest news. Multi-tasking at its best! But over the years I've also discovered that there's a beauty and a benefit in solo runs, where you get the chance to listen to your own inner voice, pay attention to what your body's telling you and savour your surroundings. The latter was brought home to me when I went for a run in Taiwan with my brother Mark. As usual I was chattering away when Mark said, "Be still – did you see that hawk? And just look at those butterflies in the Buddha's head fruit trees." Suddenly I realised that talking, while a great diversion from the distance left to go (or your achy muscles) can also distract you from appreciating the very reason you chose to run outdoors – and make you miss some truly magical moments.

MOVING MEDITATION

Running alone gives you the opportunity to practise mindfulness, where you become more aware of your surroundings or your body, and can be meditative: "Meditation is when you take the time to focus on something and it can be applied to running, too," says mindfulness expert Shamash Alidina (shamashalidina.com), author of *The Mindful Way Through Stress*. "You can turn any run into a form of meditation by focusing on your environment, your breathing or just how your body feels physically. Each time you find your mind drifting, gently bring your attention back." 🧘

“RUNNING
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IN A VERY
GOAL-
SPECIFIC
WAY”

Additionally, solo running while practising mindfulness is like brain-training, says Alidina: “You train your mind to be more focused, calm and clear. Everyone appreciates the benefits of greater clarity and focus in the digital and distracted world we live in.”

This was certainly the case for Tara Nathanson, 41, a writer from Essex, who currently lives in Piedmont in northern Italy, and who resumed running after an 18-month break. “Feasting on too many carbs (not hard when you’re in Italy) and an overdose of time spent sitting at my laptop forced me out of my jeans and back into the proverbial saddle,” she says. “My solo runs are a great place to work through writer’s block: I find thoughts of my book naturally come flooding in and I start reliving parts of it in my mind, working out what should happen when, who should say what to whom and why. After 45 minutes I’ve usually had several brainwaves and feel fired up and positive about it all again. This is something that just wouldn’t happen if I was running with someone else.”

And because running on your own can be done anytime, anywhere, it also gives us much-needed me-time, without the stress of having to make arrangements to hook up with a training partner or attend a club run at a specific time. “Like most working mums, I feel I’m chasing my tail most of the time,” says Michelle Mullarkey, 43, a mum-of-three from Cheam. “I struggle to find the time to run, so I want to make sure that when I do, it’s done on my terms: at a time that’s convenient and at a pace that suits me. I’m rarely alone in my life so running gives me an opportunity to think and evaluate situations with no distractions, or sometimes to do the complete opposite and stop thinking about anything other than the run.”

BODY BENEFITS

Running solo also has physical benefits. “It enables you to focus on yourself and run in a very goal-specific way,” says UK Athletics coach Simon Barnes of Cotswold Allrunners (iamoutdoors.co.uk). “As everyone runs at

a slightly different pace, with a different cadence, you soon see why, if you’re training for a particular goal, staying in a group could hold you back or, equally, push you too hard.”

And of course, when you’re paying attention to how your running, you’re more aware of your form, too. “When I first practised mindful running, I noticed just how hard my feet were hitting the ground,” says Alidina. “Through being more mindful I ran just as fast, but it caused fewer injuries as I ran with less impact.”

3 BODY & SOUL-BOOSTING SOLO WORKOUTS

■ **Running mindfully.** “Sit or lie down and do a five-minute body scan, noticing how each body part feels – cold, warm, tense, relaxed, pleasant or unpleasant,” says Alidina. “Now do a five-minute warm-up, remaining aware of your body and being more gentle with it than usual, noticing what effect this has. Next start running more quickly, focusing on the sensations of your feet hitting the ground and attempting to run as lightly as possible. Don’t run at maximum effort – hold back a bit and enjoy the experience rather than focusing on the outcome. Then slow down with a jog and use this time to reflect on how you’ve run.”

■ **Fartlek session.** “Find a local undulating circuit that takes about ten minutes to run around slowly,” says Barnes. “Do the first lap slowly as a warm-up, then run three to six laps, going fast on the uphill sections, slowly on the downhill sections and steady on the flat bits. Then do a cool-down lap, and stretch.”

■ **Running with mindful breathing.** “Spend five minutes practising mindful breathing (either seated or lying down), feeling the sensation of each breath,” says Alidina. “Your mind will wander ever so often but gently bring it back. Then start walking slowly, noticing how your body is feeling and letting go of any tension. Once you’re ready to run, focus on your breath, noticing how its depth and rate changes. See if you can make running an enjoyable experience rather than a goal-orientated process. Use this awareness to decide when it’s time to stop running, rather than a watch. Warm down with a slow jog and stretches, focusing on your bodily sensations.”

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Hills can strike fear in to even the most seasoned of runners. Get them right, though, and you'll greatly improve your chances of race-day success

SETS, REPS AND FREQUENCY

Perform three sets of 10 to 15 reps at least twice a week

LEAPS

Areas trained: thighs, bottom (quadriceps, hamstrings, glutes)

Why do it?

Leaps require a lot of strength and coordination; two things which are vital when running uphill.

Technique:

- Run a few steps
- Plant your foot securely and bend your knee
- The more your knee bends, the higher and bigger your leap will be
- On landing, bend your knee and leap with the other leg
- Do eight to ten leaps continuously

Safety tip:

Always look up, not down at your feet.



WALKING LUNGES WITH BUM KICKS

Areas trained: thighs, bottom (quadriceps, hamstrings, glutes)

Why do it?

This is a great exercise to get your hamstrings activated, which will help with maximum contractions during hill runs.

Technique:

- Stand with your feet together
- Step forward with your right leg and bend both knees to perform a lunge
- As you lift up, push off with your left leg

- Use the momentum to flick your left heel up to your bottom
- Bring your left leg forwards and place it on the floor
- Repeat the lunge with a bum kick with your right leg
- Alternate between left and right

Safety tip:

Keep your back upright and look forward, with your core muscles tightened.



INCLINE MOUNTAIN CLIMBER

Areas trained: shoulders, arms, hip flexors and core (deltoids, rhomboids, biceps, triceps, psoas muscles, transversus abdominus)

Why do it?

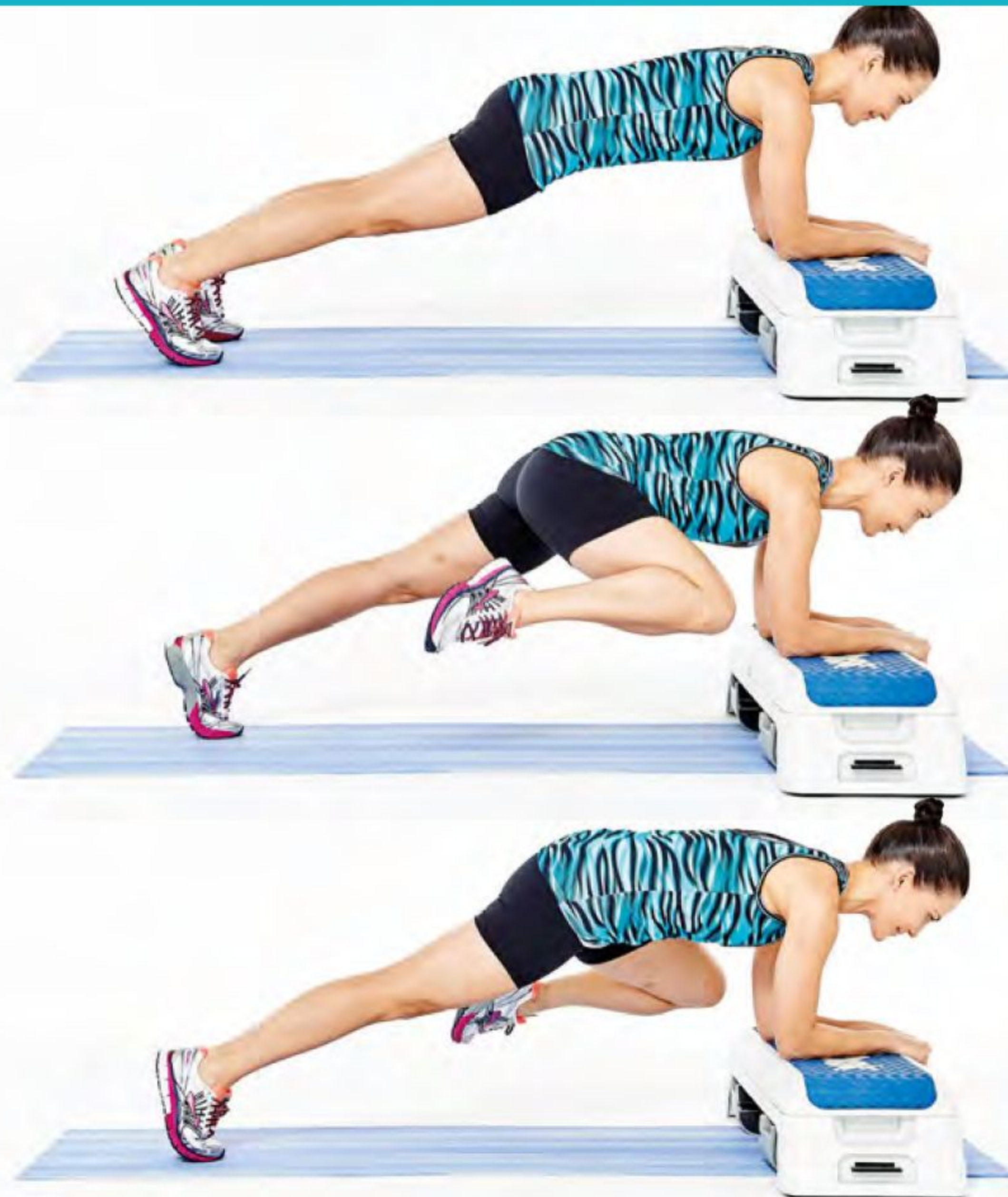
Running uphill requires you to lift your knees and drive backwards with your arms while keeping your core contracted. This exercise is great for teaching these muscles to work together.

Technique:

- Place your hands shoulder-width apart on a step
- Keep your body in a straight line
- Bring your right knee in towards your right elbow
- Return your right leg and repeat on the left
- Alternate between right and left

Safety tip:

Don't let your lower back arch.



LYING OVER-HEAD TRICEPS EXTENSIONS

Areas trained: rear upper arms (triceps)

Why do it?

Strong arms will help you drive uphill.

Technique:

- Lie on your back and hold a weight with both hands
- Keep your upper arms next to your ears, with your elbows bent
- Extend your forearms, without moving your upper arms away from your ears
- Slowly lower the weight in a controlled motion

Safety tip:

Never lock your elbows when extending your arms.



INCHWORMS

Areas trained: arms, shoulders, core (biceps, triceps, deltoids, rhomboids, transversus abdominus, erector spinae)

Why do it?

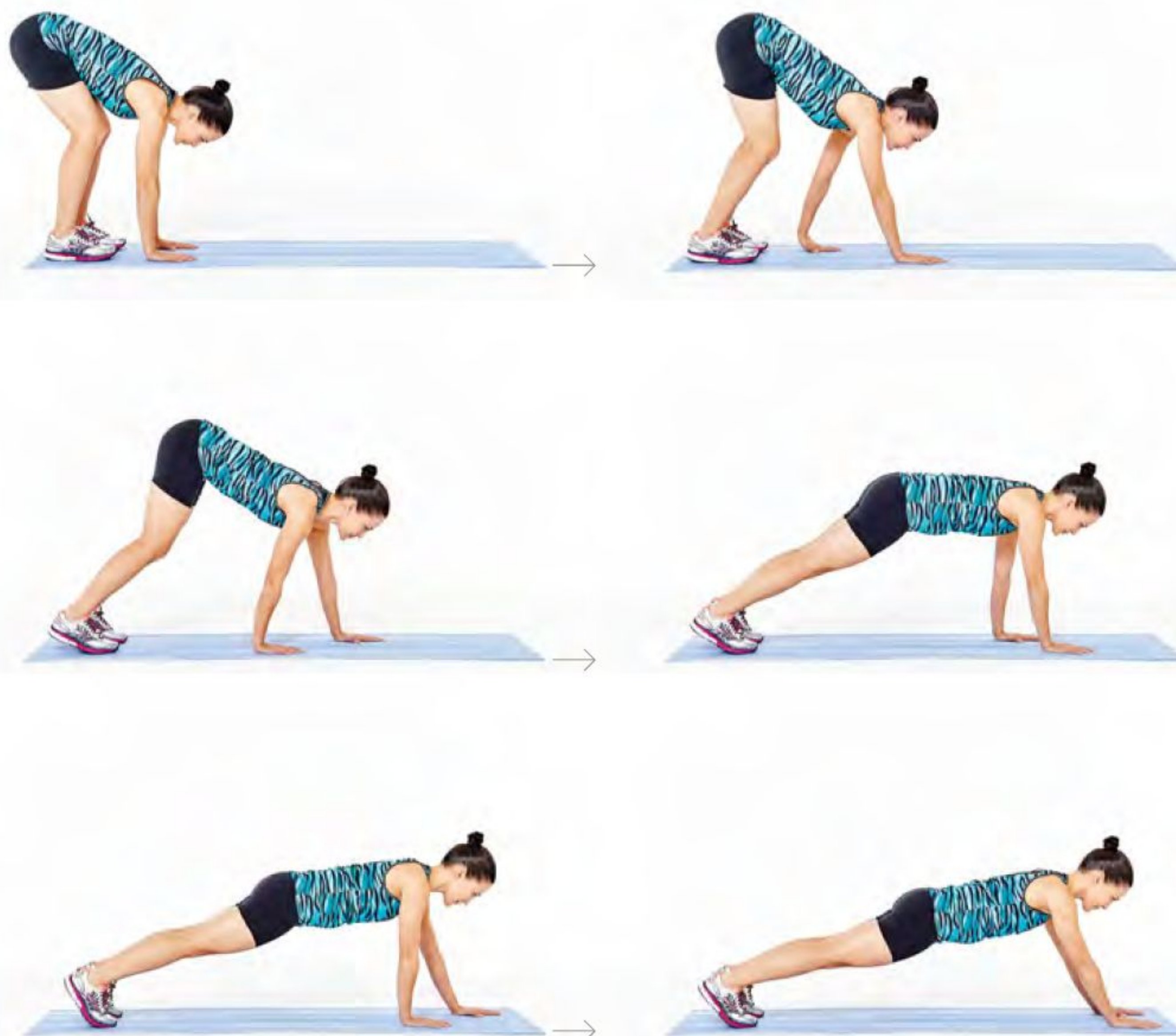
This is a great exercise to get your body to work together as a unit. A strong body will make it easier to drive up the hills.

Technique:

- Stand tall with your feet comfortably apart
- Place your hands on the floor
- Walk your hands forwards until your body is in a plank position
- If your shoulders and back are very strong, you can walk your hands slightly further forwards
- Walk your hands back and return to the standing position

Safety tip:

If your hamstrings are not very flexible, keep a slight bend in your knees. Don't do this exercise if you have high blood pressure.



STATIONARY LUNGES WITH PULSES

Areas trained: thighs, bottom (quadriceps, hamstrings, glutes)

Why do it?

This exercise will improve the muscular strength in your thighs.

Technique:

- Stand with your right leg in front of your left
- Bend your knees until your left almost touches the floor
- Straighten your legs and return to the standing position
- Complete one set before starting with the pulses on the same leg

- On the last rep of the full lunge, lift half way off the floor
- Slowly lower down back to the floor
- Complete one set of the pulses before changing over

Safety tip:

Keep your back upright and look forwards.



SQUATS WITH CALF RAISES

Areas trained: thighs, bottom, calves (quadriceps, hamstrings, glutes, gastrocnemius)

Why do it?

Strengthening your thighs and calves is very important to ensure maximum performance when your running up and down hills.

Technique:

- Stand with your feet hip-width apart and turn your toes out slightly
- Keep your back straight and your core muscles tight

- Bend your knees and lower your bottom to perform a squat
- Hold the bottom position
- Lift your heels off the floor to perform a calf raise
- Lower your heels
- Straighten your legs back to the standing position

Safety tip:

Hold on to something secure if you struggle with balancing.



STRAIGHT-ARM PLANK ROW

Areas trained: core muscles, upper back (transversus abdominus, rhomboids)

Why do it?

A strong core is very important to keep a good uphill running rhythm.

Technique:

- Place your left hand on the floor and hold a weight in your right hand
- Lift your knees off the floor to keep a straight line between your shoulders, hips and feet
- Pull the weight up to your armpit while twisting your body
- Slowly return the weight to the floor, but don't rest
- Complete one set before switching sides

Safety tip:

If you find this exercise too hard, keep your knees on the floor in a kneeling plank position.



GET KITTED OUT

Photography: Eddie Macdonald
Model: Jacqueline Freeman @ MOT
Styling: Anne-Marie Lategan
Clothing: Top: Bjorn Borg Hydro Pro
Bottom: Saucony Scoot series
Shoes: Brooks GTS

The distance dilemma

SHOPPING AROUND FOR A RACE TO RUN? LISA JACKSON REVEALS HOW TO PICK THE PERFECT RACE DISTANCE TO SUIT YOUR PERSONALITY, BODY TYPE AND TIME CONSTRAINTS



Wondering whether to choose a fleet-footed 5K, or go all out and opt for an ultra? Interestingly, the niggles and injuries you've been suffering from may give you a clue as to what distances your body prefers. "Shorter-distance runners tend to have a higher frequency of muscle tears," says physiotherapist Tim Allardyce (surreyphysio.co.uk), who numbers Olympians and Commonwealth Games athletes among his clients, "whereas long-distance runners tend to get chronic long-term injuries such as plantar fasciitis (inflammation that causes heel pain) and achilles tendinopathy (pain at the back of the heel). They also tend to get muscular aches and over-use injuries such as knee and hip pain, often caused by inflammation from continual impact on hard surfaces."

So the solution if you tend to be prone to muscle tears is to swap to slower, long-distance running, and if your body can't take prolonged pounding, opt for shorter distances. But, says Allardyce, "in all instances, first see your physio to assess where the problem is coming from as they may be able to resolve the issue and allow you to run any distance you please!"

Here's our guide to the different race distances, helping you choose the one that's best suited to you...



5K AND 10K

Personality type they're best for? "5K is a brilliant distance for new runners, improvers and experts as it can be run fast and furiously or it can be jogged with your nine-year-old," says physio and coach Dave Jelley (jelleylegs.co.uk). "It's also a fantastic speed session for someone training for a longer race." As for 10Ks, they're suited to those who like a challenge but struggle to commit, says personal trainer Laura Williams (laurawilliamsonline.co.uk). "You can usually get round a 10K even if you haven't put in hours of training!"

Body type they're best for? "People who are naturally more muscular tend to be better suited to shorter distances," says Allardyce. "Muscle fibres are heavy and it's easier to carry the extra weight over a shorter distance. Being taller also gives you a small advantage at shorter distances as you'll have a slightly longer stride length."

Average time commitment? "With a 5K and 10K, you'll be running up to five days a week," says Williams. "For the 5K those sessions would be between three and six miles long, with a weekly mileage of 10 to 20 miles, and for the 10K they'd be between five and eight miles long with a weekly mileage of anything between 15 and 25 miles."

HALF AND FULL MARATHON

Personality type they're best for? "Half marathons suit those who are ambitious and want to move on from 10Ks without the commitment of doing a full marathon," says Williams, "whereas marathons suit those who're more patient, can cope with setbacks and who're prepared to make sacrifices to accommodate the training."

Body type they're best for? "In theory, as the distance gets longer we tend to see slimmer runners," says Allardyce. "Shorter runners tend to be slightly more efficient at marathon distances. Long-distance runners tend to have a higher percentage of slow-twitch muscle fibres filled with mitochondria that turn oxygen into energy and keep these runners going for many miles."

Average time commitment? "With a half or a full marathon you'll run up to five days a week," says Williams. "The half means doing five to 12 miles per session, with a weekly mileage of 15 to 30 miles, whereas the full marathon includes sessions ranging from six to 22 miles, with a weekly mileage of between 25 and 50 miles."

ULTRAMARATHONS

Personality type they're best for? "In ultrarunning the gap between women and men narrows, so it's for determined women with enough time to train," says Jelley. "Ultras are for people who like to talk. You should never be breathless because you are running within yourself, so you can chat the whole way round."

Body type they're best for? "Ultramarathoners are typically ectomorphic (thin, light and lean) as excess weight is a disadvantage," says Allardyce. "They have very low body fat but that may be due to their gruelling training, which burns huge amounts of calories!"

Average time commitment? "Races last five to 24 hours and beyond, and training will take up one day of most weekends," says Jelley. According to Williams, "you're looking at training up to six days a week, running distances between six and 30 miles with weekly mileage anything between 30 and 60 miles, depending on the times you're gunning for." ■

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THESE URBAN ESCAPE ROUTES



HOLYROOD PARK, EDINBURGH

Scotland's capital is a city with many faces, from the winding alleys and steps of the Old Town to the wide, grand streets of the New Town, all overlooked by the glowering granite of the Castle on its rock. At the other end of the Royal Mile is a very different part of the city: Holyrood Park, venue for countless cross-country championships and a serious contender for the most breathtaking urban park in the UK. Looming over the park and the city is the real test for any runner: Arthur's Seat, an extinct volcano offering glorious views of the city and – at the right time of day – a remarkably silent retreat away from the crowds (visit it on a nice summer's day and expect to encounter hordes of walkers though). Find out more about the park at historic-scotland.gov.uk.



Holyrood Park (above and right) offers easy paved routes as well as steep, tough trails



LEIGH WOODS, BRISTOL

The South West's big city has plenty to offer runners, from sunset runs round the harbourside to converted railway lines to its numerous parks. Head up to the western side of the famous Avon Gorge for some of the best views, and the best trail running, you'll find this close to an urban centre. Enjoy incredible views over the iconic Clifton Suspension Bridge and get a real sense of the scale of the gorge, then head deeper into the woods and you'll soon forget you're anywhere near a big city. RunEngland offers self-guided 3-2-1 routes around the woods (runengland.info) while the National Trust, which manages the woodland, offer group runs here for £3 – find out more at nationaltrust.org.uk.



BATH SKYLINE, BATH

Though Bath is hardly an urban sprawl, the sheer volume of visitors to this Georgian gem means locals need somewhere to escape the crush. This National Trust trail skirts six (ish) miles above the city centre and around the University grounds. Join the route on Bathwick Hill, just 10 minutes walk from the famous Baths in the city, and within minutes you'll be pushing uphill with incredible views back over town. The trail runs over meadows, through quiet little valleys, woodland and steep stepped sections. It's a tough run but well worth the effort, and can be combined with easier flat sections on the Kennet & Avon Canal towpath. You can find a map of the trail at nationaltrust.org.uk.

From Prior Park, part of the Bath Skyline trail, you'll get a gorgeous view of the city

ROUNDHAY PARK, LEEDS

While not quite in the city centre, Roundhay Park – a few miles to the north east of the middle of Leeds – offers enough variety in its 700 acres to make it worth the trip for runners in need of green space. There's plenty to look at,



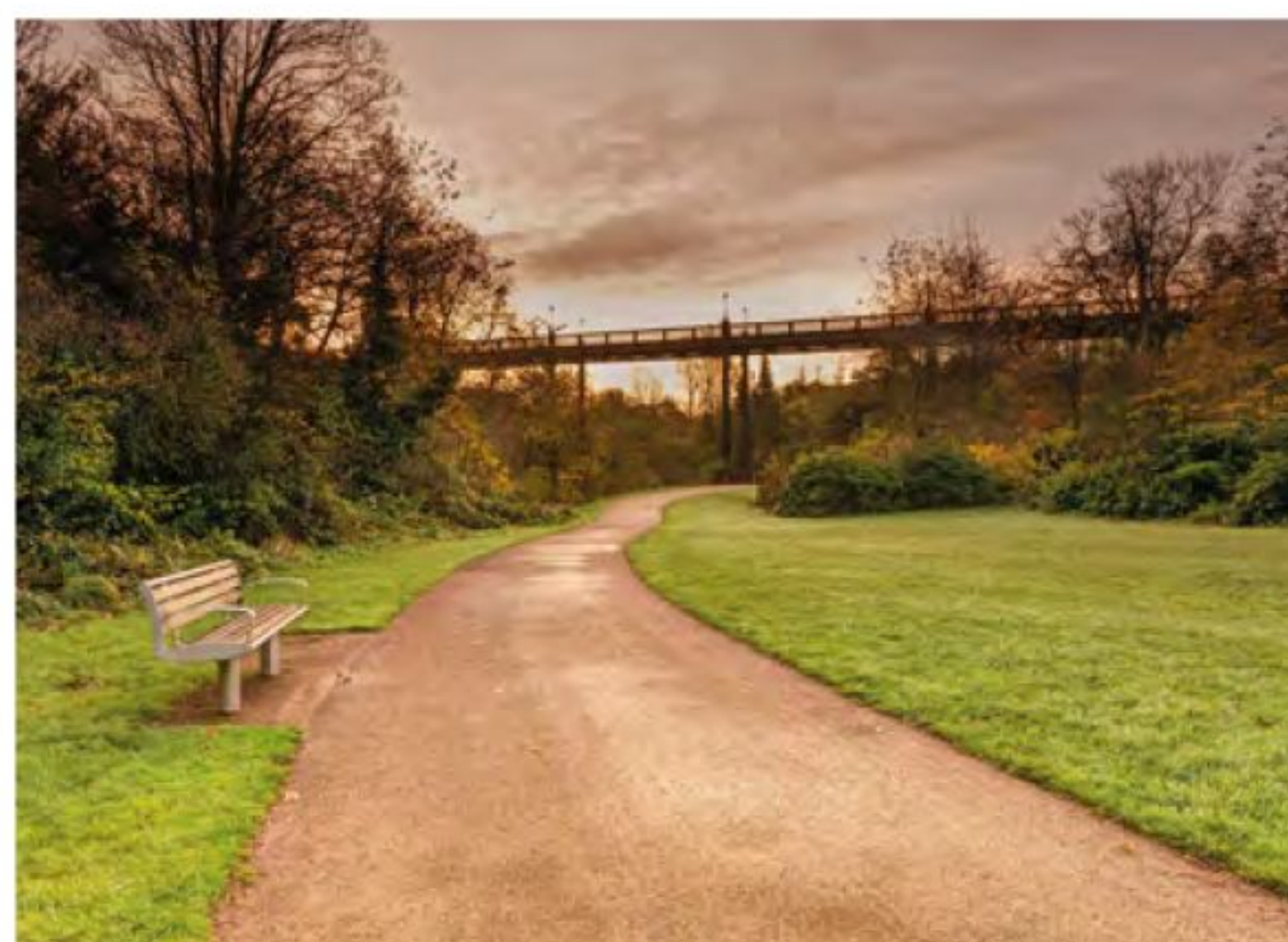
from the mansion to the formal gardens, plenty for kids to do if you can persuade someone to mind them while you take a running tour, but best of all you can really get away from the city in the more secluded areas of the park. Run around the two lakes and through the Gorge and Ravine to clear your head. You can find maps, information and routes at roundhaypark.org.uk.

PARKLAND WALK, LONDON

For such a huge, densely populated city, London is surprisingly well catered for in terms of green space and genuinely challenging trails, from Hampstead Heath in the north to Richmond Park in the south. For a path less trodden, try a run along the Parkland Walk, which goes from Finsbury Park to Muswell Hill in the north of the city, along a disused railway route. Nature has sprung back to embrace the path, giving a sense of peace and a real breath of fresh air just steps away from the hectic streets. The route is in two sections, and in between you



can taken in the atmospheric Highgate Woods – and a pub and cafe, if you're in the mood for a refreshment break. Find out more at parkland-walk.org.uk.



JESMOND DENE, NEWCASTLE

Running through this romantic valley along the Ouseburn, you'd be forgiven for forgetting you were just a couple of miles from the centre of Newcastle. What's also surprising

about the beautiful woodland and waterfalls of Jesmond Dene is that much of it is manmade, landscaped by local Victorian industrialist William Armstrong, who later gave the Dene to the city. Nevertheless, the valley is a serene and stunning place to run through nature, and past several points of interest including the old Watermill and St Mary's Chapel, the oldest church or chapel in Newcastle, dating back to the 12th century. Find maps and more information at jesmonddene.org.uk.

BEAT your trail TERROR

TRAMPLE ON YOUR TRAIL RUN
FEARS AND YOU'LL SOON LEARN
TO LOVE THE ROUGH STUFF

Running is a great adventure. Using your new-found fitness, you can visit places inaccessible by car or even by bike, sneaking up secret paths and discovering breathtaking views or stunningly silent woodlands. To make the most of this you need to take to the trails – and the more extreme terrain you're willing to take on, the better the rewards.

The trouble is that for a Tarmac-loving roadie, even a tame trail can seem fraught with risk. Road runner turned trail ultra specialist Holly Rush remembers avoiding off-roading at all costs. "Running on a canal towpath was off-road for me, so if I stepped on any grass I broke into a rash!" she says. But taking to the trails enabled her to break free from obsessing over times and rediscover her love of running. "When you're road racing at a high level you can become quite anal. When I went to Nepal [for her first trail race], I fell in love with the fact that I got breakfast when I was given it, you run with a backpack, it was just so stripped down. When I came back I was like, 'Do you know what – I want to do something different.'" You don't have to do anything as extreme as a six-day trail race in Nepal, but follow in Holly's footsteps and you'll soon learn to love heading off your usual routes.

While twisting your ankle can be a hazard of the trail, uneven ground is also great for strengthening and aiding mobility



"I'll twist my ankle"

Rough ground does present the risk of turning your ankle, there's no doubt about it. But the uneven ground that challenges your body is also doing it good. "When I first started, I just fell over the whole time," says Holly. "It was so frustrating because I couldn't understand why – I was such a 'daisy cutter' as they call it, I haven't got really high knee lift. The biggest problem was I didn't look where I was going, so I wasn't anticipating what was ahead."

You can strengthen your ankles and improve proprioception at home doing balance exercises like single legs squats on a cushion, but Holly advises simply getting out there and giving it a go – and trying not to be nervous. "If you do trip and fall you get tense," she says. "Just switch off and have a bit of courage and let yourself go – it's a hard thing to teach someone, but it comes with experience."

"I'll get lost"

Without handy road signs and neatly gridded streets, even running in a big, wooded park can send you in maddening circles but as with road running the key is planning. Learn to read Ordnance Survey maps and look for natural





“Running off road is the best form of strength and conditioning”

landmarks to help you on your way. And if all else fails then revel in getting lost – just go out when you’ve got time to spare to explore new routes. “If I’ve got plenty of time and I see a footpath or something, then I just give it a go,” says Holly. “That’s what’s so great if you’ve got the time, maybe on weekends. If you’re running with a map it can be quite stop-start.”

Holly suggests finding a group of local off-road runners or, if you’re going away somewhere new, finding a trail race to do as a training run so your way is marked.

“I won’t be fit enough”

Trail terrain can be extra tricky to cover because the soft ground needs more effort to push off, and you’ll often find extra hills to work up too. Although that might seem daunting at first, leave your hang-ups about speed at home and you’ll find that you can use this extra level of difficulty to your advantage. “I do gym work,” says Holly, “but I have to say, running off road is the best form of strength and conditioning. You use so many different

Enjoy it: trail running is less about times and more about taking in your surroundings



muscles and you’re much less likely to get injured – unless you do fall over! In terms of muscle balance it’s so much better, and running up and downhill is better for your speed endurance and strength.”

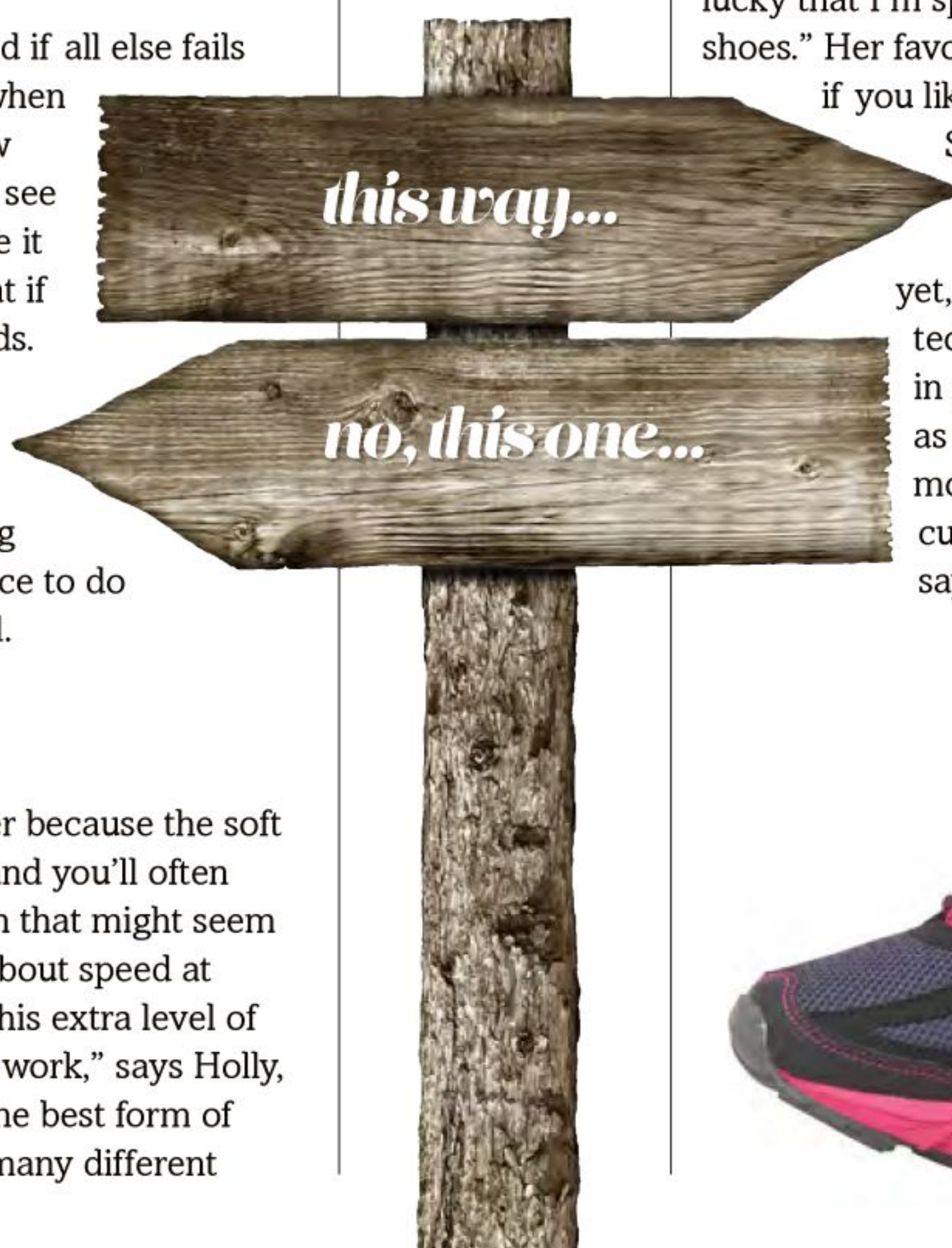
Although Holly does a couple of weights sessions each week, the best way to build your off-road fitness is just like building your on-road fitness: just build up gradually, and keep at it.

“I’ll ruin my kit”

Depending on the weather, there is indeed a chance you’ll spoil your best shoes out on the trail. If you want to wear road shoes for your first outings, the simplest way to clean them is to allow the mud to dry, then knock it off, brushing off excess with an old toothbrush. If you’re planning to make this a regular part of your training though, treat yourself to a new set of trail shoes. “Being really confident in your footwear helps,” says Holly. “I’m lucky that I’m sponsored by Asics who have great trail shoes.” Her favourites are the Asics GEL Fuji Racer, but if you like more support then opt for the GEL

Sonoma (£68, asics.co.uk), aimed at people new to off-road running.

If you can’t afford a new pair just yet, just stick to drier conditions and less technical routes – and rest assured you’re in good company. “I still use road shoes for as much as I can because I just find them more comfortable, they have a bit more cushioning and I like a really light shoe,” says Holly. 📺





X BIONIC EFFEKTOR POWERSHIRT

X-BIONIC Partial Kompression in the entire upper body and arms helps with the return of venous blood to your heart, saving your cardiovascular system energy. The large 3D-BionicSphere System on the back relieves your body's own need for temperature management. It fits like a second skin – a powerhouse of a top!

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OSPREY REV 1.5

A very light, well-designed trail pack with a 1.5L reservoir. The BioStretch body-wrap harness sits comfortably across your back and shoulders, meaning the pack doesn't roll off as you run. The DigiFlip pocket on the harness provides instant access to GPS or phone.

£50, ospreyeurope.com



BAM COASTAL HOODIE

Another cosy, luxurious item from BAM; the coastal hoodie is ideal to throw on before or after a race, or to stash in your pack for cooler evenings. You'll love the large snug pockets.

£48, bambooclothing.co.uk

WORDS: TINA CHANTREY

GOING OFF ROAD

HIT THE TRAILS RUNNING WITH OUR SNEAK PEEK OF THE BEST NEW OFF-ROAD KIT



TOPO RUNVENTURE

Expect perfect traction over a variety of surfaces with the multi-directional lugged outsole on the Topo Runventure. A moulded TPU midsole and 19mm platform provide protection without sacrificing ground feel. We think it's a stylish, versatile shoe.

£100, topoathletic.com



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Moulded cups encapsulate and isolate the breasts to deliver adaptive, consistent support. You get a fuller fit with this bra and the anti-bounce straps do exactly what they say! A piece of kit well worth investing in.

£34.99, purelime.com



RUNDERWEAR BRIEF

If you are fed up of your pants going off-piste when you run, give the Runderwear range a go. Seamless technology for optimum comfort and pants that don't move – perfect. We love them!

£16, runderwear.co.uk



X BIONIC VISOR HEADBAND

This is so much more than a visor – it gives protection from sunlight, and the comfy headband absorbs excess sweat, or keeps you warm when it's cold. It's highly elastic so fits all; once you've tried it you won't run without it. An all-year-round essential!

£42.99, ardblairsports.com



LORNAH MUNA SPLIT SPEED SHORT

Fancy wearing something different? We really rated these ultrashorts from Lornah Kiplagat, with their subtle African print, four-way stretch microfiber and zipped pocket. We give them 10/10 for perfect fit and feel.

£35, lornahsports.co.uk



GORE AIR LADY SHORTS

Perfect for the trails, these lightweight running shorts, with a feminine layered look, are for runners who insist on comfort. We loved the wide waistband, snug inner and the security of a zip back pocket.

£39.99, goreapparel.co.uk

ALŌ

Alō, a new aloe vera juice brand available in a range of flavours, consists of real aloe pieces packed with over 200 nutrients, making it an ideal post-run rehydrating drink. It's got bits in, which you may have to get used to, but it's tasty and easy to drink!

£1.99, Waitrose or alodrinks.co.uk



MONSTER ISPORT SUPERSLIM HEADPHONES

These light, USB rechargeable wireless earphones don't come cheap, but what you're paying for is excellent sound quality – and the convenience of not having a long wire to get tangled up in. Fit is nice and snug, too.

£129.95, shopmonsterproducts.co.uk



GREGORY MAYA 5

Packed full of technical features, including a woman-specific design, you have all the space you need to stash your kit and nutrition, and the pack's BioSync Suspension was ultra comfortable across the shoulders.

£45, gregorypacks.com

{ BECOME A TRAIL BLAZER }

WIN THE OFF-ROAD EXPERIENCE OF A LIFETIME! ENTER PROJECT TRAIL FOR A RUNNING ADVENTURE YOU'LL NEVER FORGET

Ready for an unforgettable off-road challenge? Then enter Project Trail for the experience of a lifetime: expert coaching, head-to-toe kit and a half-marathon to remember. Trail running has exploded over the past few years, with more and more runners being won over by its many benefits: great scenery, less impact on the joints and the opportunity to explore some truly incredible landscapes.

PERFECT PARTNERS

Women's Running has teamed up with trail kit specialists Salomon to give you the best possible experience. Project Trail participants will be kitted out in the best kit the brand has to offer. There'll also be the opportunity to speak with some of the brand's experts and athletes to gain greater insight into the fascinating world of off-road running.

COACHED BY EXPERTS

As with our Project 26.2 initiative, we're offering expert coaching advice every step of the race. The lucky winners will receive bespoke training plans. These will be tailored to your individual abilities and ambitions, giving you the best possible chance of achieving your race-day goals.

YOUR ROLE

In return for this amazing package, you'll need to be prepared to be featured in regular issues of *Women's Running*, be willing to blog once a month about your progress, and to take part in a photo shoot on Friday 7 August, 2015. You don't need to be an elite runner to enter, but a good base of cardiovascular fitness will, of course, be a huge advantage. Speed isn't important – we'd rather you came to Project Trail with a great attitude and bags of enthusiasm.

HOW TO ENTER

To be part of Project Trail, please email elizabeth.hufton@wildbunchmedia.co.uk, with the subject heading 'Project Trail', and tell us about your running background and why you think you should be chosen. If you have a good story to tell, we'd love to hear it. The three strongest entries will be chosen.

THE RACE

Participants of Project Trail will be trained up to take part in the EnduranceLife Gower Half Marathon on Sunday 15 November. The Gower, a picturesque peninsula in south Wales, was the first place in Britain to be designated an 'Area of Outstanding Natural Beauty'. It's a trail runner's paradise, filled with spectacular views, diverse wildlife, sand dunes and the occasional hill. EnduranceLife rates the race as 'strenuous', however, so it'll be no easy task!

THE KIT

Salomon is offering top-to-toe kit, including hats, t-shirts, shorts, Salomon Speedcross 3 trail shoes and the Salomon Agile 12 Set backpack. In addition, Suunto will be providing each of the participants with an Ambit3 Run GPS watch.



**WIN
£500
WORTH
OF KIT**

Closing date for entries: Wednesday 29 July





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FOR MEMBERS OF THE ARMED FORCES,
VETERANS AND THEIR FAMILIES**

Contact Fiona on flyons@britishlegion.org.uk
or call 020 3207 2268 for more information and to sign up.

www.rbl.org.uk

We also have places in the London Triathlon, Great North Run and Great South Run 2015.

LIVE ON



PERS^{ONAL} BEST

When all you want to be is better

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WR editor, Elizabeth Hufton, explains why threshold training holds the key to quicker running



PERFECT YOUR PERFORMANCE

Want to improve your running? Undergoing a running assessment at the Porsche Human Performance Centre could help you achieve your goals

Words: Tina Chantrey

On my drive to the Porsche Human Performance Centre (PHPC), based at Silverstone racetrack, I had mixed feelings; I knew what to expect (unlike the first time I went four years ago) so I wasn't nervous. I also wondered whether I would fare better than when I first did the tests, so I was still a bit edgy.

Once you have changed into your kit it's straight in to the body composition analysis. You stand on a bioelectrical impedance device, with bare feet, holding two monitors, one in each hand. A small electrical current is applied to your extremities and the resistances encountered by these currents are measured. The read-out from this machine gives you values for each of your different body compartments, which when added together equal your weight (it gives you readings for your muscle mass in each arm and leg), as well as your total body water. You are also given readings for osseous mineral (bone mineral) and non-osseous mineral mass.

This machine gives you a muscle-to-fat analysis, which displays your total body weight, skeletal muscle mass (SMM) and body fat mass all relative to one another. My body fat reading of 20%, at the lower end of the normal scale, was appropriate for a long-distance runner.

What you get from body composition analysis is detail. You learn about the distribution of your SMM throughout your body. Eventually, when you receive your online report from your assessment, you will get bar graphs that analyse each of your body parts.

Two bar graphs show a breakdown first of your mass of muscle in kilograms in each body segment, as well as providing your ideal soft lean mass in relation to your actual weight. From this information you are given



THE EXPERIENCE Porsche Human Performance Centre running zone check and body composition analysis

RUNNER Tina Chantrey, 44

PBs 21:46 (5K), 43:06 (10K), 1:10:10 (10miles), 1:40:44 (half), 3:39:05 (marathon)

CURRENT GOALS Sub-3:30 marathon in October

COST £195

EXPECTED OUTCOME "These tests will show you where you are in your current fitness and how realistic your race targets are. If you've had a previous test they will measure your progress," Jack Wilson, sports scientist at PHPC.

CONTACT Call 01327 855074, email php@porsche.co.uk or porsche.co.uk/humanperformance

suggestions on how your SMM can be improved to advance your running. I was advised that I would benefit from developing the SMM in my lower body, to increase force production with each running stride. By increasing muscle mass, and maintaining my fat mass, my body fat percentage would decrease (as my body fat would make up a lower percentage of my total body weight).

Next came the true test – the running zone check. This test is performed on a treadmill with the speed being increased one kilometre per hour every three minutes.



Tina's body composition is measured



Taking a blood sample while running

If it sounds easy, believe me, it isn't!

"Fingertip blood samples are collected and analysed for lactic acid concentration at the end of each increment," says Jack. "As exercise intensity increases, key physiological points (aerobic and lactate thresholds) are determined from the lactate data. The intensity at which these key thresholds occur is the most important physiological measures of your endurance capacity."

Your thresholds can be used to establish appropriate training zone intensities specifically for you, and repeated testing will assess the effectiveness of this training. The treadmill test starts off easy, and then gets harder quite quickly as the lactic begins to build up in your muscles. You also have to manage to keep running while you have your finger pricked every three minutes; this feels OK at first, but is harder as you progress. Four years ago I managed to run for 18mins 45secs on the treadmill, reaching a top speed of 15km/h before I stopped; this time I managed about 15 seconds extra at the same speed! Oh no, I thought, I've not improved at all! However, my aerobic and lactate thresholds were lower this time round – all was not lost.

AEROBIC AND LACTATE THRESHOLD

Your aerobic threshold is the ceiling to your aerobic base (also known as base endurance). This represents the exercise intensity where the lactic acid concentration in the blood begins to rise above resting levels. At my first assessment it occurred at 145bpm and 9.5km/h, at this one it was at 167bpm and 12km/h.

Your lactate threshold (LT) is the point at which lactate begins to accumulate exponentially in your blood stream – inhibiting performance, coupled with a burning sensation in the working muscles. Mine occurred four years ago at 170bpm and 12.0 km/h, compared to 177bpm and 13.5km/h this time.

The greatest benefit anyone completing an exercise assessment at the PHPC can take away with them is learning about the six different training categories within the aerobic system. Each zone is designed to produce a specific adaptation. Basically, Zone 1 is recovery, Zone 2 is base endurance, Zone 3 is tempo, Zone 4 is your lactate threshold, Zone 5 is your race tempo and Zone 6 is your maximum effort. "Working out your training zones gives you the structure you need to help you work in the areas

you are weakest," says Jack. "If you want to improve your anaerobic fitness, you have to work in the right training zones."

The PHPC also teaches you that recording your training (and time spent in these different training zones) is a very important factor in evaluating your progress. If you need some help with this, PHPC offer an online training diary to do this quickly and efficiently.

After your assessment, you receive a full debrief of your data on the day, followed up by a personalised running report via email, revealing your unique physiology, exactly what you are doing at your stage

in training, your performance during the assessment, and advice to improve your running. For beginner, intermediate, or advanced runner, this offers an excellent opportunity to re-evaluate exactly where you are fitness-wise, where you want to progress to, and give you the tools to achieve your goals.

When I last attended PHPC, I was training for my first marathon. My test revealed a target time of 4:10, which I was disappointed with as I was hoping for sub-four hours. A few months later I ran the Shakespeare Marathon and set a PB of 3:39. This time it showed a sub-3:30 target time was achievable. If my training goes to plan a PB may be on the cards.

Now I have to work on increasing my muscle mass in my legs and delaying the onset of my lactate threshold through more training in Zone 4.

This test was a fantastic investment and I would recommend it to anyone who wants to establish what their base fitness is, or who needs help to set up training or race goals. You don't have to be an elite athlete to benefit from these assessments; all you need is a willingness to listen to the advice given. Let your training do the rest. 🏃‍♀️

PHPC ASSESSMENT AND COACHING PACKAGES

Prices range from £95 for a wellness assessment to £195 for an endurance sport lab assessment (two for £295).

What's on offer:

- Two single sport assessments 12 weeks apart, a fully personalised training plan and access to the e-log online training diary between the two assessments.
- A heat acclimatisation and/or sweat check looking at sweat sodium losses and replacement strategies (highly recommended to all long-distance endurance athletes and anyone competing in a hot environment). These can be added to any endurance lab-testing package.

Other coaching services:

- Pre-written online training programme for 16 weeks for triathlon (sprint to Ironman) and running (5K to marathon)).
- Mentoring (can be purchased alongside a pre-written plan or alone using the e-log online diary).
- A personalised training programme for a minimum three-month period, delivered online via the e-log training diary.



*Rest is
best*

THE COMPLETE MARATHON RECOVERY GUIDE

Get your post-race recovery right and you'll be churning out the miles again in no time

Words: Tina Chantrey

Never under-estimate how much running a marathon, or any other long race, can affect your body. Whether you run it in under three hours or over six hours, you still need to respect this distance for the physiological stress it puts your body under.

You'll feel elated as you cross that finish line, as the months of hard work finally culminate in achieving your goal. Your body might not be feeling quite so great, though. Dehydration, low blood sodium levels, depleted glycogen (carbohydrate) levels, musculoskeletal stress and a temporarily suppressed immune system are all possible downsides of the miracle of pushing your body for 26.2 miles.

Just as you followed a strict plan to get yourself trained up for a marathon, you also need to consider a schedule for bringing your body back to full running health afterwards. It's a process that begins the second you cross the finish line and will carry on for weeks

afterwards. We'll guide you through the first two weeks here. After that, you can ease back in to training, but don't attempt any long runs for at least six weeks after your marathon and if you choose to race shorter distances, keep your expectations reasonable – your body has been through a lot.

FIRST 15 MINUTES

These precious first moments after your big race are crucial to good recovery. Alongside celebrating, try to remember to follow some basic steps just after you've finished your race.

"Get yourself warm and dry as soon as possible," advises Mitchell Phillips, a running performance analyst at StrikeUK (strideuk.com). "Your body temperature is likely to drop so get in to some warm clothes, especially a fresh pair of socks!"

The prep for this begins before your race, as you'll need to remember to pack warm clothes and a towel in your post-race bag. 🧺



A classic error we all make is to stop moving immediately after a marathon – tempting when you’ve been on your feet for hours. “As much as you want to sit down, a cool-down is highly recommended to aid circulation,” says Mitchell.

Replacing lost fluids is also essential in the first 20 minutes after a race – and we’re not just talking about a pint in the local pub. “Make sure your fluids include electrolytes,” says Penny Forse, a Level 2 coach, sub-three-hour marathon runner and Olympian. “Even though you may not feel like it, taking on board protein and carbohydrate is essential during this window. It helps to find a recovery drink you like the taste of during training.” Again, this is something you can pack in your post-race bag to ensure you have something on hand that you can stomach after hours on the road.

FIRST FOUR HOURS

If you want to minimise soreness over the next few days, treating your legs to a massage is a great investment. At some events you’ll find massage treatment on hand

at the finish for a small fee, and if not you can make sure you have one booked in ahead of the race, or even just perform a self massage (take it easy on the foam roller though – everything will be sore).

You can also take more extreme measures – like the infamous ice bath.

“I’m an advocate for ice baths when you get back home or to the hotel,” says Mitchell. “Twelve minutes in an ice bath shuts down the muscles, which can reduce bruising and tenderness the following day.” You don’t need to literally sit in a pile of ice cubes; running a cold bath or even running a cold shower over your legs can help.

FIRST NIGHT

If you redefine sleep as a mental and physical recovery period, you will unlock the real benefit it can have. “With faster mental and physical recovery you are ready to work, train and perform again,” advises Nick Littlehales, an elite sport sleep coach.

And, yes the bad news is that this vital recovery period does not include alcohol! “Alcohol sedates you,” says Nick,

Get the massage: a post-race massage can go a long way to easing soreness for the days following your race





RECOVER LIKE A CHAMP

FOLLOW MARATHON LEGEND PAULA RADCLIFFE'S TIPS FOR A SOUND RECOVERY



DRINK UP: "First, get some sort of protein and carbohydrate drink inside your body as soon as you can tolerate it, to replace essential nutrients and help repair muscle damage. I've always found Immufix [food supplement, immufix.com] has assisted my recovery, too."



WARM DOWN: "A gentle warm-down is crucial, even if it is a walk or a slow jog. There have been times where I've had to do drugs tests after a race, but the officials have come with me first on my warm-down; that's how important I view them."



TRY ICE: "Have an ice bath. It may be an awful thought, but it's not as painful as the DOMS you will get if you don't. Remember it only has to be as cold as you can tolerate. If you live by the sea, go and stand in it; this works just as well."



STRETCH YOURSELF: "Having a massage and stretching is fundamental to my recovery routine, and is something everyone should ensure they fit in. A few minutes stretching may prevent niggles and injuries that, if not prevented, could stop you from running in the long term."



HAVE A NAP: "Get a good sleep on the night of a race. Many people focus on how important sleep is before your race, but getting enough after is also essential. I still try to fit in a nap when I am training twice a day if possible, not always easy with two children!"



may be able to reduce the inflammatory response that follows damaging exercise, as it helps improve blood flow, increasing delivery of blood to the muscles and enhancing the removal of metabolites and waste products.

"Athletes should put on the garments immediately after exercise," advises Jess Hill, a senior lecturer in sport and exercise physiology at St Mary's University. "In our research we required the participants to wear the garments for at least 72 hours, removing them only to shower. This means sleeping in them!"


FIRST WEEK

Penny suggests you allow your body to completely recover from the physical stress of running a marathon. "Your muscles are now full of microscopic damage. It's best to avoid running for the first week, but to get moving try a gentle swim or walk."

"If pain persists through this week, get a professional to look at the problem," says Mitchell, "but the most important thing is to remain positive and patient!"

This time should also be a period for mental recovery, so you feel fresh and ready to run again when your muscles and joints are good to go. Use the time to reflect on your race experience, noting down the lessons you learned so you can look back on them later. And use the free time you have from running to get to know your friends and family again: plan trips to the cinema, meals out, or just a few good lie-ins (if the kids will let you).

SECOND WEEK

This is the time to think about reintroducing very gentle running into your routine. Emphasis on the word 'gentle' – don't jump straight back in to high mileage. Just as you would have tapered down for your marathon, the return to running should almost be a reflection of that lower-intensity training period. On your first few runs, be especially careful to pay attention to any residual niggles. If there is a persistent pain in your lower body, you may have picked up an injury in the race or final weeks of training that needs to be looked at, so visit a physiotherapist. Otherwise, just enjoy getting out to run again. "Three gentle runs of about 30 minutes is all you need; make sure you don't wear your GPS watch so you don't think about pace or distance. After this you can return to normal training," says Penny. 

"helping you to fall asleep, but has counterproductive mental and physical recovery side effects."

Establish a defined pre-sleep routine, creating a planned recovery approach. "Techniques include a clear, unrushed rehydration and refuel process, wind-down time to allow biological functions to settle and, if you can, a controlled nap period of 30 minutes," says Nick. "Also, try cleaning your teeth at night with the light off, so your brain knows this is sleep preparation." Used in conjunction with muscle rehabilitation, stretching and massage, drifting off into a restful sleep will have powerful benefits.

FIRST TWO DAYS

The first couple of days after a marathon can be when soreness really starts to kick in, so take it easy. Just as you would take it easy physically in the couple of days leading up to your race, you should gently work back up to activity after the event, so don't plan in huge bouts of housework, DIY or sightseeing.

As well as resting, there are some more proactive ways you can help your recovery along. Compression kit



PUSH

When you're ready to run faster, threshold training is the key to unlocking your potential

Words: Elizabeth Hufton



One of the great things about running is that it rewards hard work. New runners will see improvements in fitness and speed quickly, as long as they're training consistently and honestly. But if you've been at it for a few months and are starting to see your gains level off, or if you're ready to get really serious about racing, then you need to take a more structured approach. That might involve running interval sessions, where you use time or distance to introduce faster sections of running, and one of the most effective types of interval training is known as the threshold.

WHAT IS THRESHOLD TRAINING?

If you've ever explored advanced training plans for 10K races and upwards, you will have seen references to threshold training. As the name suggests, it involves training at (or slightly below) your threshold – we're not talking about a pain threshold or a patience threshold, but specifically your lactate threshold (LT) or anaerobic threshold (AT).

The lactate threshold is, in the simplest terms, the point at which your body produces lactic acid faster than it can be removed from the muscles, so it starts to build up in the bloodstream. Lactic acid is a normal by-product of the energy release system that allows you to exercise hard, and at lower intensity levels your body simply removes it as a waste product. When you're working harder and lactic acid starts to build up, the effect you'll notice is that you fatigue much quicker and you start to feel a burning

sensation in your working muscles, making it harder to push on through. Even if you've never trained hard deliberately, you're probably familiar with this sensation from having to run for the bus or up a long flight of steps.

WHY DO IT?

Unless you're a recreational sprinter, most of your runs and races are probably longer than that sprint for the bus. That means if you want

YO

to run at your very limit, without crashing out and seeing your speed drop off dramatically at the end of your race, you need to introduce some threshold training.

The great thing about your lactate threshold is that you can raise it over time with the right training, which means you're able to run harder and faster for longer. The end result? A personal best.

WHERE'S MY THRESHOLD?

There is one downside to threshold training: first of all, you need to find out what your lactate threshold is. This varies between individuals, so knowing your club-mate's threshold will be of little use, even if she's the same age and speed as you. The only way to truly know your lactate threshold is to visit a sport science lab and have a test carried out (for an example, see our feature on the Porsche Sport Performance Centre, p84). In the lab, the best type of testing involves running on a treadmill at increasing intensity (to exhaustion) while a technician takes blood samples from your finger or earlobe at regular intervals. These blood samples are analysed to determine your blood lactate levels, and the point at which your concentration levels reach 4mm/litre is deemed to be your threshold. You'll be told your heart rate and speed at this point so that you can then go away and train at this

*"Stop that bus!"
You may have
experienced lactic
build-up during
everyday activities*



“Lactate threshold can be raised with the right training”

UR

level. Usually, you'd be re-tested six to eight weeks later to look for changes in your threshold, as over time you should take longer to reach it and hit a higher heart rate. Less invasive lab tests use a gas exchange measurement on a treadmill test: you perform a similar increasing intensity test, but wearing a special mask to analyse gases you breathe out (unfortunately this isn't much more fun than the blood tests, though).


If you don't have the money or access to testing, then there are ways you can estimate your lactate threshold. In terms of speed, it is usually the highest speed you can maintain for 30-60 minutes, so is somewhere between your 10K and half-marathon PB pace. However, a

more accurate test might be to use rate of perceived exertion (RPE) to gauge your threshold. Research has shown that already-fit

runners are quite good at predicting their threshold pace this way. You'll need to calibrate your own RPE scale, from nought to 10 where nought is zero effort and 10 is an all-out sprint with your mind and body screaming at you to stop: lactate threshold is between six and seven on this scale.

HOW DO I USE IT?

One session per week of threshold training is enough to see improvements. The pace should feel relatively easy, especially if you've been used to doing quick intervals.

Start by adding two five-minute threshold intervals to a 30 or 40-minute run, with a two-minute break in between. You can gradually increase the length of the intervals. If you're training for a half-marathon or marathon, adding 10 to 20-minute stretches at threshold to a long run is a brilliant way to improve fitness. Ideally, measure your effort with a heart-rate monitor. During your threshold intervals you're not aiming to run above your LT, as that will wear you out too quickly. Instead, aim to be at or within 5bpm below your threshold. If you're using RPE, just practice 'calibrating' your scale so that you know when you're running at threshold. 

QUICK GUIDE THRESHOLD TRAINING

→ Find out your personal lactate threshold with testing, either in a lab or by 'calibrating' your effort to 6-7 out of 10 or around 80% of your maximum heart rate

→ Swap one of your weekly hard runs or interval runs for a threshold session

→ Start with a 10-15 minute warm-up, then do 2x5mins at or just below threshold with 2mins rest, and a 10-minute cool-down

→ Over time, increase your time at or just below threshold or join the intervals together for one long effort

→ Regular retesting helps keep your threshold figures accurate and shows you how you're progressing

LIMITS

Fuel up fast

TAKE A TIP FROM TOUR DE FRANCE CYCLISTS AND STAY LEAN WHILE YOU RUN THIS SUMMER

You may have taken up running to stay in shape, or so that you could eat a little bit more of what you fancy. But as your running becomes more important to you, you'll begin to realise you need to eat well so that you can make the most of every run you do – especially if you're now running further than you used to.

That's where chef Biju Thomas and sport

scientist Dr Allen Lim come in. They brought together their expertise, and months on the road with professional cyclists, to come up with recipes for meals and snacks that gave the right nutrition to ride hundreds of miles. You might be wondering what you have in common with a Tour de France cyclist. Well, the answer is that – now you're a runner – you're an athlete too. OK, you're not tackling

any mountains just yet, but, like them, you don't want to mess around with long, complicated recipes or make do with endless sugary snacks to pep you up before or after a session. These recipes, from the acclaimed Feed Zone Cookbook (£17.95, cordee.co.uk), will help you tackle barbecue season with quick, nutritious, real food to help you feel ready to run.

Grilled Chicken with Summer Orzo

This is a great way to combine good carbs with summer grilling while keeping the bad fats and mystery ingredients out. Coriander has a nice warm flavour that goes well with summer vegetables, but feel free to play around with other herbs and spices that sound good to you.

GRILLED CHICKEN

- 2tbsp olive oil
- Juice of ½ a lemon
- 1tsp chopped garlic
- 1tsp ground coriander or cumin
- 1kg boneless, skinless chicken breasts, cut into cubes

SUMMER ORZO

- 225g orzo, toasted (see note)
- 2 large carrots, peeled and minced
- ¼ cup diced tomatoes
- 1tbsp minced parsley
- 1tsp each of minced onion and minced garlic
- 2tbsp olive oil
- 1tbsp fresh orange juice
- Juice of ½ a lemon
- 2–3tbsp crumbled feta cheese

Method

1. To make the grilled chicken: in a large bowl, mix together the oil, lemon juice, garlic, coriander or cumin, and a dash each of salt and pepper. Add the chicken and stir to coat all sides.
2. Either skewer and grill, or put in a hot sauté pan with a little oil until the chicken is golden on all sides and cooked through, about 12 minutes.
3. To make the orzo: before adding the water, first toast the orzo in a dry pan over medium-high heat. Watch closely so that it doesn't burn. Then add water and cook orzo according to package directions. Drain.
4. Combine rest of ingredients with orzo in a medium bowl, adding salt and pepper to taste.
5. Spoon orzo onto a big plate. Set cooked skewers of chicken over pasta. Top with a dollop of yogurt, fresh chopped herbs, and a sprinkle of coarse salt.

NOTE Toasting the orzo adds a nice nutty taste to the pasta.

SERVINGS 4
TIME 30 minutes



PER SERVING

Energy 311kcal
Fat 14g
Sodium 29mg
Carbs 1g
Fibre 0g
Protein 53g

ORZO (1 CUP)

Energy 263kcal
Fat 9g
Sodium 171mg
Carbs 38g
Fibre 1g
Protein 7g



Pasta Salad with Olives and Beetroot

We don't like to boil and then drain vegetables, since nutrients are lost that way. Instead, microwave the beets for this salad and then quickly sauté them, which imparts great flavour and sweetness.

Ingredients

- 2tbsp olive oil
- 3 cups cooked beetroot (about 450g)
- 4 cups cooked penne or ziti
- ½ cup chopped pitted Kalamata olives
- 1tbsp coarse-ground prepared mustard

- ¼ cup chopped fresh parsley
- Juice of 1 lemon
- Grated parmesan (optional)

Method

1. Bring a lightly-oiled sauté pan to medium-high heat. Add beetroot, and sauté, stirring constantly, until the beetroot is slightly crisp on the outside – about five minutes.
2. Combine cooked pasta, beets, and remaining ingredients in a serving bowl.
3. Add salt, pepper and parmesan to taste.

SERVINGS 2

TIME 20 minutes

PER SERVING

Energy 607kcal
Fat 16g
 Sodium 551mg
Carbs 112g
 Fibre 13g
Protein 10g

Steak and Aubergine Salad

PER SERVING

Energy 453kcal
Fat 11g
Sodium 296mg
Carbs 48g
Fibre 5g
Protein 40g



SERVINGS 4

TIME 30 minutes

This is a delicious dish that you'll want to master. If you don't have cooked noodles on hand, put water on to boil before you start the other steps.

Ingredients

- 450g flank or skirt steak
- 2tbsp spice rub (see across)
- 1 medium aubergine, cut into ½-inch-thick disks
- 2tbsp olive oil
- 1 cup rice or wheat flour, seasoned with salt and pepper
- 2–3 garlic cloves, chopped
- 1 tomato, diced
- 1 cup cooked flat, wide noodles
- 4 cups fresh mixed greens

Spice Rub: Combine a cup of brown sugar, ½ cup koshering salt or ground sea salt, 1tbsp celery salt and 2tbsp freshly ground black pepper. You can also include, depending on preference: dried ground sage, rosemary and/or thyme; ground cardamom, cinnamon and/or nutmeg; ground cayenne pepper; ground mustard; peppercorns; red pepper flakes.

Method

1. Heat oven to 350°F/180°C. Rub both sides of steak with the spice rub.
2. Lay aubergine slices flat on a baking sheet. Brush both sides with olive oil.
3. In a large ziplock bag lightly dust each piece of aubergine with seasoned flour.
4. Bring a lightly-oiled sauté pan to medium-high heat. Add aubergine. Cook on both sides for five to six minutes or until golden

brown, then transfer to an oven-safe dish and keep warm.

5. Place the steak in the same pan you used for the aubergine. Let it cook for about three minutes, then flip. Add garlic and diced tomatoes to the pan, stirring occasionally. Let it cook for three to five minutes or until steak is done as you like it. Remove from heat and let it rest before cutting into strips.

Combine aubergine with the cooked pasta. Add grated parmesan and olive oil to taste. Next, combine the steak with the mixed greens. Add lemon juice, salt, and pepper to taste. Load up your plates with greens and steak, then top with aubergine and pasta.

NOTE: If you don't have spice rub on hand, use 1½tbsp of brown sugar mixed with 1tsp each salt and pepper.

Vegan Veggie Burgers

SERVINGS 8

TIME 20 minutes

Using any veggie pulp from juicing is a great way to add structure to your favourite veggie burger or meat ball recipe.

Some of the best veggie burgers we've had are basically black beans or mashed chickpeas. By combining your favorite protein with veggie pulp, you'll get both the texture and feel of a traditional burger with the added protein and richness of beans.

Try some version of the following, but keep in mind that you'll have to adjust based on how wet your mixture turns out. This will depend greatly on your juicer and the seasoning and vegetables you use.

Ingredients

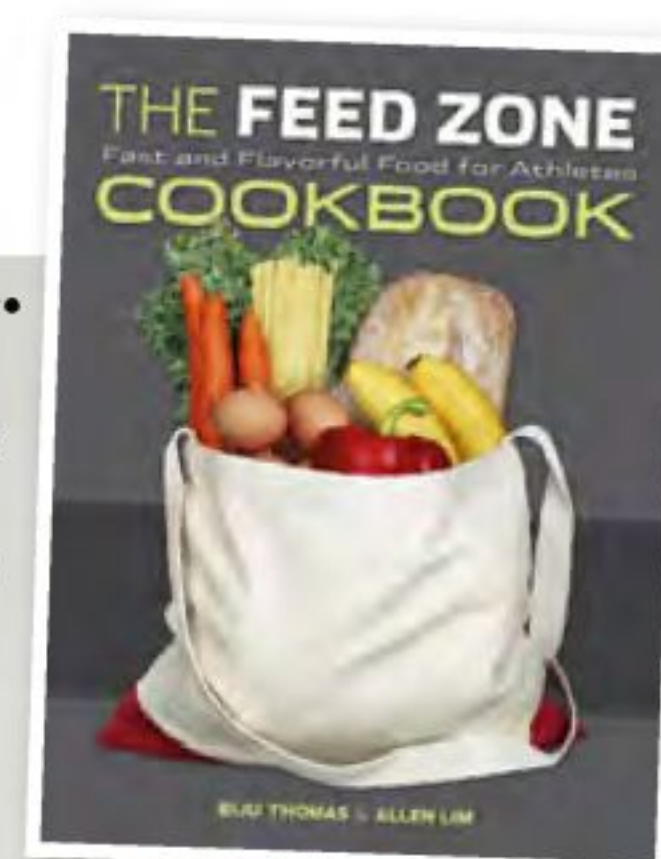
- 1 cup veg pulp from your juicer (apples, beetroot, carrots, kale, or any other combo)
- 1 cup cooked sticky rice (such as sushi rice)
- 1 cup cooked or good quality canned, low-sodium beans or lentils rinsed and thoroughly drained
- 1tbsp of your favorite seasonings
- Salt, pepper, brown sugar to taste

Method

1. Mix everything, then slowly add in just enough flour to make the mixture into firm rounds (any type of flour will do).
2. Press the mixture into rounds, dust both sides with flour or bread crumbs, and sear on medium-high heat in olive oil until crisp and golden on both sides, then set aside.
3. You can finish cooking the burgers in the pan or on a grill until they are warm inside, or use an oven at 375°F/190°C for 12-15 minutes until warm. Since all the ingredients are cooked, just use this finishing step to hit the right temp and texture.

Optional: 1/2 cup bread crumbs. For added protein, include 1/2 cup textured vegetable protein or two eggs. If you add eggs, be sure to cook the burgers thoroughly.

Recipes: Biju Thomas & Allen Lim. Republished with permission of VeloPress from The Feed Zone Cookbook. Try more recipes at feedzonecookbook.com



PER SERVING

Energy 288kcal
Fat 2g
 Sodium 311mg
Carbs 57g
 Fibre 8g
Protein 3g

PHOTO CREDIT: COURTESY VELOPRESS

RUNNING BUZZ

USING THE
COMMON CUP OF
COFFEE THE RIGHT
WAY COULD
BE THE BOOST
YOU NEED BEFORE
YOUR NEXT RACE

Next time you're heading off to a race, the most important factor in your experience might not be the way you tie your laces or how you warm up, but whether or not you choose to neck a cup of coffee before you set off.

Although we're a nation of caffeine addicts – Brits consume over 70 million cups of coffee every day, according to the British Coffee Association (britishcoffeeassociation.org) – it's still got something of a reputation as an unhealthy choice, being charged with causing everything from heart palpitations to sleeplessness and dehydration. However, as a runner, the last thing you should consider is a caffeine detox, as studies have repeatedly shown it can make you a faster, more effortless performer.

DRINK PROBLEM?

Before we try to convince you that caffeine is a valuable part of your pre-run prep, let's get the bad stuff out of the way. It's true that consuming too much caffeine can have some unwanted side effects, but only in huge doses, says Mike Gleeson, Professor of Exercise Biochemistry

at Loughborough University. “You can get symptoms of palpitations and a bit of tremor and things like that with excessive doses of caffeine, but if you’re taking caffeine as part of foods or drinks like coffee then it’s very unlikely you’re going to get that.” In fact, says Gleeson, you’d have to be consuming more than five strong cups of coffee every day to start experiencing problems, or volumes of eight or nine milligrams per kilogram of body weight (see table below for average caffeine contents of different drinks).

But what about dehydration? You’ll often be told to avoid caffeinated drinks before a race if you’re trying to stay hydrated, but again Gleeson says you’d have to work hard for your cuppa to have a negative effect. “Drinking coffee with normal caffeine content has been shown to contribute to improving hydration status,” says Gleeson, “so when you drink coffee, the amount of fluid you’re drinking exceeds the amount that you urinate over the next few hours. It’s not as good as water – but really nothing is.”

Pregnant women are advised to limit their intake to 200mg per day, but even this allows you a couple of cups of normal strength coffee, which could help combat fatigue to help you get out running or walking and keep your fitness levels up.

BRAIN TRAINING

Although it’s long been known that caffeine could help athletes in almost any endurance sport – and by ‘endurance’ we mean anything over a few minutes – theories have changed as to why. “It’s now recognised that the major performance enhancing effect of caffeine is the effect it’s having on the brain,” says Professor Gleeson. “It’s acting through antagonism of adenosine on its receptors, it means you get some changes in neurotransmitters in the brain, principally increases in dopamine levels and reduction of the actions of the adenosine.” Adenosine has a calming effect, which caffeine suppresses because it binds with adenosine receptors. “The overall effects are to increase concentration, make you more alert, give you a bit of a

buzz, and reduce your perception of pain and effort,” says Gleeson. In fact, it’s perfect for anyone about to head out for a run!

TURN DOWN THE VOLUME

So how do you make the most of this magic ingredient in your daily drinks? You only need two or three milligrams per kilogramme of bodyweight to see a boost in your running performance, says Gleeson. For a nine-stone runner (57kg), that’s equal to two cups of instant coffee. If you’re normally a tea drinker, then switching to coffee on race day will give you a much stronger effect, as tea contains much less caffeine per cup. If you consider yourself a caffeine addict, you may want to try this: in the week leading up to a big race, gradually reduce your caffeine intake – say from three cups a day, to two, then one, then a day or two without. When you have your usual coffee on race-day morning you should experience a stronger effect, boosting your run. For best results, have your caffeine 30-60 minutes before you race, and on longer events such as half-marathons or marathons, consider a second dose – try a caffeinated gel or sports drink – half way round to pep you up. ☑

“The major performance enhancing effect of caffeine is the effect it’s having on the brain”



DECIPHER YOUR DOSE

Your quick guide to how much caffeine is in your favourite wake-up drink

BEVERAGE OR FOOD	SERVING SIZE FL OZ (ML)	CAFFEINE CONTENT (MG/SERVING)
Cola beverages	12 (360ml)	35-55
Tea, brewed	8 (240ml)	40-60
Tea, green	8 (240ml)	15
Hot cocoa	8 (240ml)	15
Coffee, drip	8 (240ml)	115-175
Coffee, brewed	8 (240ml)	80-135
Coffee, instant	8 (240ml)	65-100
Coffee, espresso	2 (60ml)	100
Energy drinks	8 (240ml)	80-300
Energy Gels	1 packet	25-60





Lisa Jackson, the self-styled
World's Slowest Marathon
Correspondent, heads to Boston
to run with the fastest runners
on the planet

Boston strong

Sign en route. Great
posters by the way...



‘Wicked awesome’ is just one of many expressions from Boston’s unique slang repertoire, and it truly is the only way I can describe the 2015 Boston Marathon: ‘wicked’ because it took place on a day so foul Macbeth’s witches would’ve whooped with glee, and ‘awesome’ because I got to run the world’s oldest annual marathon and meet some truly extraordinary people along the way.

My main motivation for running Boston wasn’t its prestige but because the race had been brought to life on the pages of Kathrine Switzer’s *Marathon Woman*, one of the funniest, most inspiring running books I’ve ever read. Kathrine tells the story of how, in 1967, an angry race official tried to tear off her race number and boot her off the course as, back then, women weren’t allowed

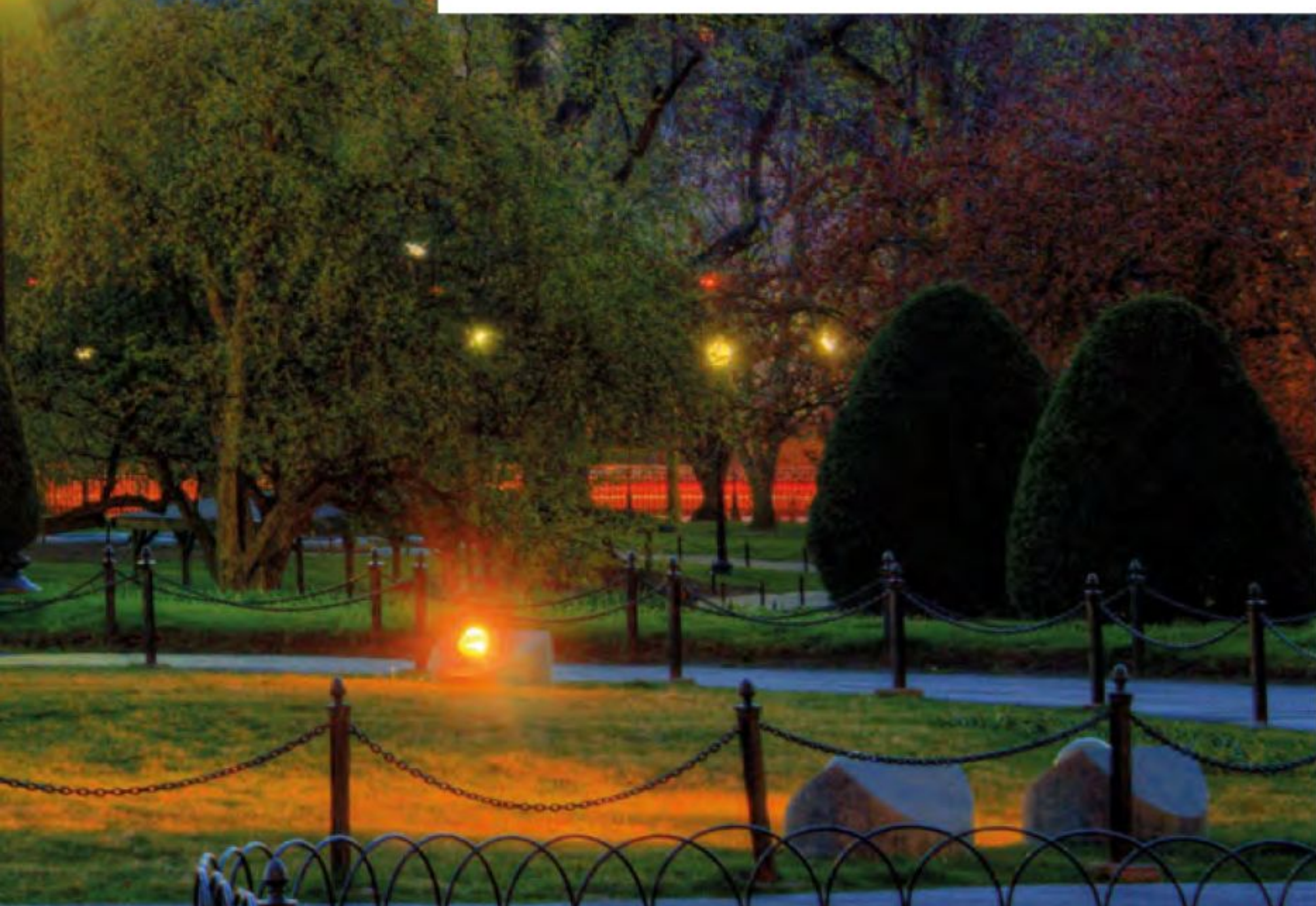
to enter marathons. Ever since, I’d wanted to visit the site where it all happened – and celebrate the fact that, thanks to Kathrine’s subsequent campaigning efforts, all women (even shuffling tortoises like myself) are now allowed to run 26.2 miles. It was thrilling to know that Kathrine herself was doing TV commentary at the finish, so I hoped to give her a wave as I got my medal.

BOSTON STRONG

Arriving on the Saturday before race day, it seemed as if the entire city was in party mode, with little pots of daffodils sporting Boston Strong ribbons everywhere (an additional 100,000 were planted along the course) as a symbol of hope and defiance after the 2013 bombings. The race is held on Patriot’s Day, a Monday, and so



The rain proved no match for thousands of steely-eyed runners



throughout the weekend, runners flocked to Boylston Street to have their photos taken next to the huge 'FINISH' painted in yellow on the road.

Despite being one of the most famous marathons on the planet, Boston has a distinctly homegrown feel. The fleet of cute yellow school buses that ferried us to the start in Hopkinton most definitely contributed to that, as did the town itself with its charming clapboard houses and quaint antiques shops.

After alighting from the buses, we walked to a marquee on the sports field of the local high school which resembled a refugee camp, as anxious runners sheltered from the rain, cloaked in everything from garbage bags to

“Despite being one of the most famous marathons on the planet, Boston has a distinctly homegrown feel”

dress gowns. Surprisingly, no one wore fancy dress, so for once I felt a tad ridiculous as I draped myself in a giant Union Jack and crowned myself with a cardboard teapot, transforming myself into the Boston Tea Party.

NO RAIN NO GAIN

At 11am it was time to shuffle to the start and then, somehow, we were off – by now it was raining so hard I couldn't see where the startline actually was! The first few miles were mostly downhill and, despite the deluge, it felt wonderful coasting past the many householders, on the race's narrow New England streets, who'd braved the elements to clank cowbells and cheer us on.

At mile six I encountered Dave Clark who was running his fourth Boston... that day! He'd already run to and



The signs were good for another hugely successful event



A hefty medal awaited all finishers

WHERE TO STAY, SHOP & SIGHTSEE



STAY

Accommodation can be ferociously expensive in Boston, so I stayed at the super-friendly Backpackers Hostel (backpackersboston.com) for \$50/£32 a night.

SHOP

The Boston Marathon Expo attracts 150,000 visitors and is the place to pick up kit bargains.

SIGHTSEE

A guided walk along the Freedom Trail (\$12/£8; thefreedomtrail.org;) is a definite must-do, as is the free tour of Harvard University (harvard.edu/visitors/tours). The John F. Kennedy Presidential Library and Museum (£14/\$9; jfklibrary.org) is fascinating, and Salem, the site of the notorious witch trials, is a ferry-ride away.

"WE DID IT"



Lisa with two friends, Helly and Ted Gilles, who stoically braved the rain for five hours to see her come past



Smiley supporter with Kim Shamah (right)

"Running Boston's been a dream of mine for ages as I've already run all five of the other Marathon Majors. I know I'll blub when the medal is hung around my neck at the finish line."

Jo Fenner, 45, Chester

"Boston's my first marathon and the training's been one of the hardest things I've ever done. I'm honoured to be here and know the crowds will pull me through."

Stephanie Mack, 43, Boston

"This is my 33rd marathon and I didn't choose to do it – Boston chose me as it's the Superbowl of running!"

Beofra Butler, 41, South Korea



Lisa with Richard Carling

from Boston three times and was on his final 26.2. "What drugs are you on?" I enquired incredulously. "It's more about the drugs I'm not on!" said Dave, who's written a book about his journey from obese alcoholic (who often downed two bottles of Scotch a day) to vegan ultrarunner. Not long afterwards I met mum-of-four Kim Shamah, who'd been prevented from finishing Boston in 2013 due to the bombings – and had been unable to participate in 2014 because she'd been diagnosed with ovarian cancer. Kim was running in honour of a friend in remission from breast cancer, and her dad and another close friend who'd both died of cancer. When I told her how my mum and aunt had also died before their time, we both burst into tears. However, we were saved by the legendary ladies of Wellesley College whose shrieks and hilarious posters ("Kiss me, I left the library for you!") buoyed our spirits immeasurably.

On we trudged, battered by the headwinds and motivated to persevere by Richard Carling, a 77-year-old Utah State Senator, running Boston for the 37th time – who kept passing us! We were so busy chatting we didn't even notice Heartbreak Hill, the race's most notorious climb at mile 20, until we'd already reached the top of it. Then all of a sudden we saw the landmark CITGO sign heralding one mile to go and before we knew it we'd crossed the finish line. Every inch of my body was soaked through and I was whacked out after what felt like running in a carwash for six hours. But boy, the only way to describe Boston was, you guessed it, wicked awesome! 🍷

more info

The next Boston Marathon takes place on 18 April 2016. To enter, visit baa.org. Sports-tour companies offer places to runners who can't make the race's super-tough qualifying times.



GREAT RUN LOCAL

IS COMING TO A TOWN NEAR YOU!

If you're a complete novice, trying to regain your fitness, or you're looking for an activity the whole family can get involved in, then Great Run Local could be right up your street... quite literally!

Great Run Local offers people of all ages and abilities free 2K and 5K runs in their local area.

Led by dedicated volunteers, the events are staged weekly, either at the weekend or on a weeknight, making them easily accessible and encouraging more people to participate in sport in their local community.

Events are already established in Tyne and Wear, Manchester, Bury, Glasgow, Suffolk and Birmingham, with new events being launched in London and Portsmouth this year.

Part of what makes Great Run Local so unique is the technology that sends each runner's accurate finishing time straight to their mobile phone.

Everyone who registers is sent a personalised wristband to wear when they run. A mobile phone app scans each runner's individual wristband at the end of every event, capturing their result.

Their finishing time is then instantly sent to their mobile and will also appear on the website, allowing participants to track their progress... and give them something to boast about!

Gearing up to celebrate its one year anniversary, Great Run Local Southwold was established in July 2014, driven by local fitness instructor Jane Samkin and her friend Saffon Bray, with support from Suffolk Sport and Suffolk County Council.

Jane said: "Southwold had quite a lot of 'serious' runners, but I wanted to encourage local people and



importantly families to do something together which was fun, yet healthy. We now have people as old as 80 walking the course, down to five-year-olds running with their parents."

Every Great Run Local welcomes runners, joggers and walker of all ages and abilities. Under 13's must be accompanied by an adult on the run, and all under 16's attend the event with an adult.

To find out more about how to organise, volunteer or attend a Great Run Local, go to greatrunlocal.org.



Great Run Local Southwold, runners' thoughts:

Linda said: "Great Run Local creates a lot of 'buzz' in the town. It's just good fun. It has definitely improved my fitness levels immensely and I feel absolutely elated for the rest of the day after I've finished."

Amanda said: "I love that people talk about it in the café where I work, often proudly announcing and chatting about their times. And it's also great seeing parents being active with their children."

race review

Vitality Run Hackney Half-Marathon | 10.05.15 | Finishers: 13,000



BETHAN TAYLOR TAKES A TURN ROUND THE ICONIC QUEEN ELIZABETH PARK IN EAST LONDON

I'm starting to think that Hackney might be one of London's nicest boroughs. The more time I spend there (and it's been a lot lately), the more I like it. There's a good atmosphere. Interesting things happen. You can feel a community around you. It's a bit creative. It's diverse. It's hard working.

Vitality Run Hackney Half Marathon feels like the ultimate manifestation of all those good things. Starting and finishing at a well organised race village on Hackney Marshes, the route took us on a tour of the very best of the borough, through urban streets and beautiful parks. Past the houses of normal people and the home of the Olympics in London. The mixture of iconic sights and the everyday was something quite special – it's that eclectic mix that makes me fall in love with this city a little bit more every day.

My plan for Run Hackney had always been to run it slowly and have some fun, four weeks after your first marathon probably isn't the time to be chasing PBs, so pottering along with my friend Elle Linton to begin with felt like a good idea. However, as we hit the half way mark Elle felt the need to slow and my legs started to feel a little frisky so we parted ways and I powered ahead.


Trotting along, I ached but I didn't hurt, at least not until mile ten. At that point I felt a sharp isolated pain in the middle of my quad. It was scary. I panicked for 30 seconds, slowed and shoved my thumb in the spot that hurt, kneading through a knot as I kept running. I made the decision that once this was over I'd be taking things easy for a few weeks, but that the fastest way for it to be over was to keep running.

Gingerly, I scurried on towards Queen Elizabeth Park. The sun bore down and I regretted not putting on more sunblock. Salt crusted my face and I could see the medics starting to get busier. I might get excommunicated

for this, but I'm not a huge fan of running in the park; I find it dull. It's very exposed and pretty bland. It might pick up as it becomes more established, but for the time being it's not a regular spot for me.

Out of the park and running towards the finish line there was a lovely surge of crowd support. One thing I noticed on the course was that it seemed really easy for supporters to move from point to point. The same faces came up over and over again. I reckon this is something that's overlooked in a lot of race design, but it made a real difference and must have been great for the people who were out supporting friends. Even though they weren't there for me those people carried me through the last mile. That and the little downhill just before the finish line. I loved that little down hill. I sprinted to the finish line, clocking

a time of 2:08:05 - not bad on tired legs.

Vitality Run Hackney is one of the best half marathons I've had the pleasure of taking part in. It's definitely a race I'd do again and I'd encourage all of you to pre-register for next year so you can get in on the action as well! 



First woman: Katy Webster, 1:17:38

“one of the best half marathons I’ve had the pleasure of taking part in”



race review

ABP Southampton half marathon | 26.04.15 | Finishers: 4,258

DESIGNED FOR THE RUNNER

What stood out for me, ahead of race day, was the clear focus on the runner. A week before the race I downloaded the app where I could access plans of the race village, the day's itinerary and parking availability. I knew I'd put the miles in but the last-minute nerves were really calmed through regular contact from the events team with course updates and last minute advice.

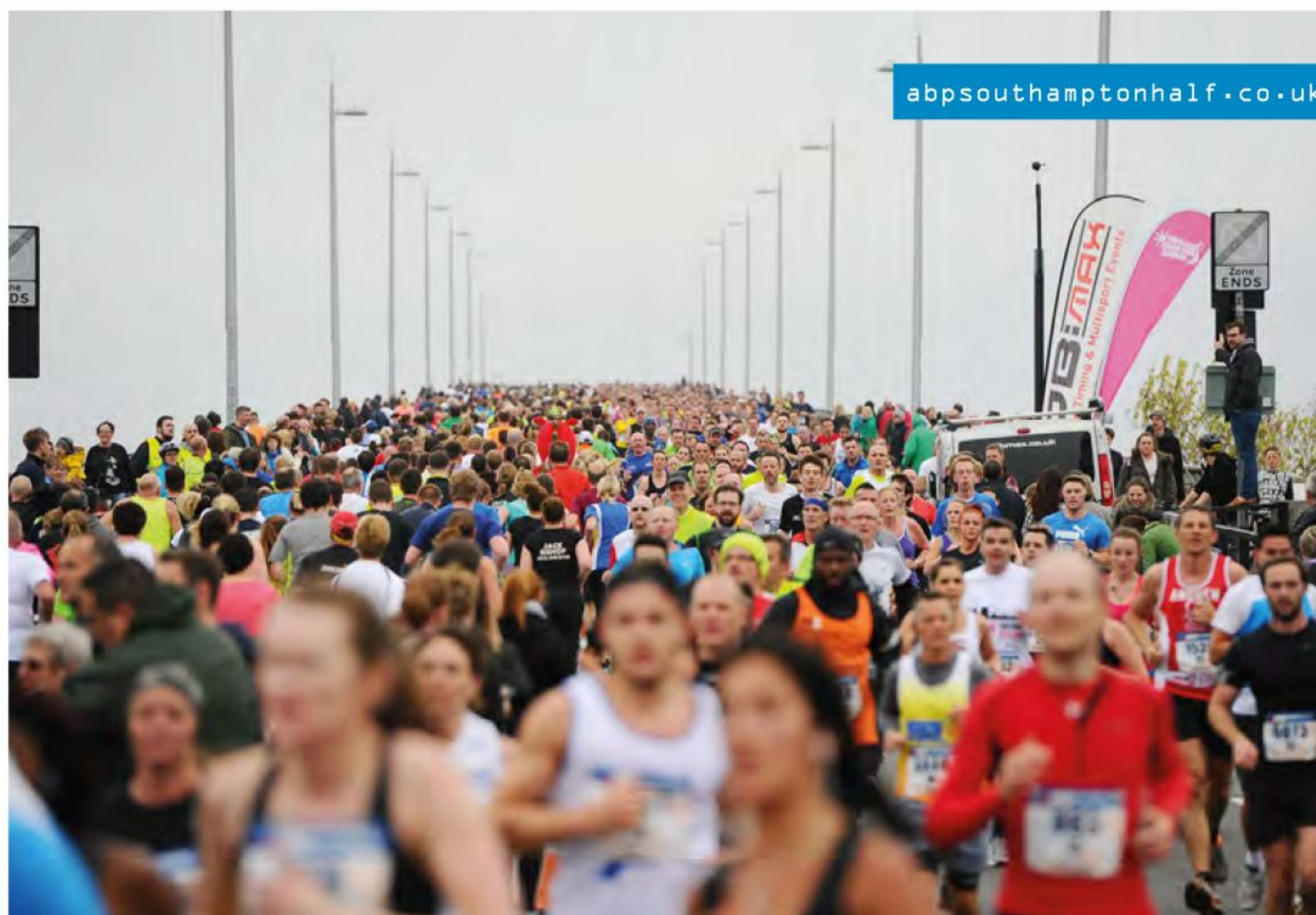
My family and I drove down to Southampton on the morning of the race. Road closures were in place from 8am so we parked up with ease and had a short walk across to the Hoglands Park race village. So far so good! We were keeping everything crossed for a dry day, but the forecast wasn't looking so positive.

On arrival at the race village, there was a great atmosphere. Already bustling with activity, the 10K runners were preparing to start their race. It was alive with energy and bustling with runners but it didn't feel too crowded. It was well sign posted and there



Our reviewer... Nicki Petitt

"A stand-out event, ideal for both first timers and seasoned runners, with incredible crowd support." These are the words of 30-year-old Nicki Petitt, who ran the ABP Southampton Half Marathon on Sunday 24 April. "I couldn't wait to get to the start line of the Southampton Half," she said, "a brand new event, I was excited to test the course and chase a new PB. I worked hard in training and was ready to push myself all the way."



abpsouthamptonhalf.co.uk

were plenty of marshals on hand.

I headed over to the toilets with time to spare as I could see the queues growing. Timing a trip to the loo ahead of a race is always a tricky one and I'm sure next year the organisers will do their best to provide a good few more toilets to ease the congestion and rush for the start line.

I loaded my family up with my kit bag and joined the wave of anxious runners making my way to meet the sub-1:40 pacer. Sadly, amongst the 5,000 plus bodies they were nowhere to be seen. After the race I learnt the pacers were wearing orange bibs, but I had expected to see flags. Again, something that I know the race organisers will be looking to smooth over for the 2016 event.

AND WE'RE OFF...

The start gun sounded. The City Centre was lined with thousands of supporters, it was electric! Mile one and two vanished before I knew it and my pace was strong around the 7.30min/mile mark. We weaved around the marina at Ocean Village, the pace slowing a little due to congestion. I bounced through the streets and then we turned the corner to face the Itchen Bridge at mile three. A tough climb but what

an incredible sight with a sea of runners and spectators on both sides of the bridge. We weaved our way past St Mary's Stadium, took on another climb over Northam Bridge and five miles were in the bag. My race tactic was to split the distance into three – two five milers and a simple parkrun at the end. Holding my pace and feeling strong, I was able to enjoy the incredible church groups along Burgess Hill and energetic Mile Makers lining the course. Their motivational quotes and cheeky signs were fantastic

and young families cheering us all on and picked up the pace ready for the final few miles. Hitting The Avenue at mile 12 I could feel the excitement growing in anticipation for the finish line. As we came into Guildhall Square the finish gantry was in sight and the roaring crowds were unbelievable. Glancing at my Garmin, I dug deep and used every ounce of energy to carry me across the line. I hit 1:42:07 and couldn't have been happier and more relieved to pick up my race medal. The SuperFit energy shake was a

"The whole of Southampton came together and I felt proud to be a part of it"

and gave us the push we needed to see off miles eight to 10.

JUST A PARKRUN TO GO...

Water stops along the route were plentiful and well marshalled; I made sure I took a bottle at each point to maintain my hydration. As we approached mile 10 into Southampton Common tiredness kicked in and my first jelly baby was a welcomed burst of energy. "Just a parkrun to go," I told myself. Familiar with the Common, I enjoyed the parkland

welcomed treat from the marshals as we were funnelled through to meet our friends and family.

This really was a brilliant event, you can tell the team have put a lot of thought into each and every aspect of the race. The whole of Southampton came together and I felt proud to be a part of it. For the first race of its size, it was sleek in its operation and perfect for all abilities. The rain stayed away too! Definitely on the recommended list and I'll be signing up next year!"

Glorious Geneva

Jenny Bozon tries her hand at night running and Fondue eating in the city of peace

“They’ve got things right here, haven’t they?” said my partner Zak, as we delved in to a huge bowl of Gruyère Fondue on the last night of our stay in Geneva. “Welcome to the good life,” I replied, pouring our second glass of wine.

When you think of Geneva, it’s hard to imagine much more than the UN European Headquarters, a bowl of cheese and a Rolex watch. Essentially, this is accurate, but throw in hundreds of thousands of outdoor enthusiasts, fresh-faced and exploring the natural landscape by foot, bike or snowboard, and you’re closer to the real picture.

After running in the Geneva Marathon Festival, I soon understood why Geneva is considered one of the top ten cities in the world, offering “exceptional quality of life”. Yes, it’s a commercial hub, but it is also most definitely a city for pleasure, leisure and sport. Runners, open-water swimmers and fitness enthusiasts enjoying a touch of yoga on the city beach. And, over the marathon weekend, the lake sees hordes of locals, live bands and international spectators at its shores, eagerly supporting the runners.

ON YOUR MARKS

Surrounded by stunning architecture and bordered by the gorgeous Jura Mountains, Lake Geneva offers an unrivalled setting for a marathon festival. After originally signing up to run the half marathon and having to withdraw due to a nagging shin splint, I was thrilled to discover the festival offered eight races.

Opting for the 10K night race on the Saturday, I joined 3,500 runners at dusk in a derelict petrol station in Geneva’s Old Town for the start of the race. As the rain



“Lake Geneva offers an unrivalled setting for a marathon festival”

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From left to right:
Sweeping views of the city of Geneva;
inside the historic St Pierre Cathedral;
and the iconic Broken Chair sculpture.



came down and we huddled in our rain macs, I told myself, "I will never run a night race again." I'd felt anxious all day about running so late – when would I eat? I'd only ever raced in the morning before and had certainly never trained after dinner. I'd anxiously wolfed down a huge four seasons pizza at lunchtime to fuel up, but this turned out more of a knock-out meal than a pre-race pick-me-up. I'd spent the afternoon in a food coma and then could stomach little more than a glass of chocolate milk for dinner.

As the warm-up kicked off and the colours of thousands of bobbing glow sticks painted the night sky, I soon forgot about the rain and my dreadful nutrition plan. My stomach started to get the familiar flutter of anxiety, and I decided to nervously chatter to runners around me.

"Are you nervous too?" I asked the fellow beside me, sporting a pair of devil horns. "No I'm warming-up for the marathon in the morning," he said with a grin. I thought he was joking. Then I noticed his t-shirt: 'Around Iceland in 30 days'. Turns out he really was running the marathon the next day and had, in fact, circumnavigated Iceland in 30 days. A little intimidated, I was soon reassured by a kind French journalist that she would not be running the marathon in the morning either, and only had a cereal bar for dinner too.

TIME FOR A DRINK

The race took a hilly route through Geneva's Old Town – an ancient jigsaw of galleries, antique shops, homes and cosy restaurants. The best (and worst) part of running at night was that I couldn't actually see much of the scenery – or, in fact, the hills. As we approached a restaurant at 4K where I knew my partner, Zak, would be spectating, I began to grow short of breath and my legs felt increasingly like lead. I couldn't work out why I felt fatigued so early on. Then I saw Zak who shouted: "Nearly at the top Jen, it's all downhill from there." These were welcome words.

The decline was quite frankly euphoric, particularly when the rain began to pour down and the city lights drew closer. I was half way, my shin wasn't giving me too much grief and the iconic "Jet d'Eau" was in site. When we reached the Lake the spectator support was amazing; hundreds braved the rain to cheer us on and it got me over the line in a personal best time.

With Zak running the half marathon at 8:30 the next morning, we'd decided not to go out and celebrate after the race. However, a hot shower, a cold bottle of Becks and a mini cheese-board, enjoyed in the warmth of the hotel room, couldn't have been a better post-race celebration. ☑

more
info

Entry prices start at around £28 for the 10K race and £51 for the marathon. The marathon festival will kick off on Friday 6th May next year. For more information, visit: genevemarathon.org

THINGS TO DO

EATING

Eating and drinking in Geneva is certainly lavish and does come at a price. Expect to pay around 150CHF for a meal out for two, which converts to just over £100. We enjoyed a gorgeous meal out at Les Armures – a traditional Swiss restaurant in Geneva's Old Town, world-renowned for offering the best Fondue in Geneva. For a quick bite to eat after the race, which is a little easier on the purse strings, the Pizzeria Da Paolo in Geneva's Old Town is an extremely popular pizzeria, provides a casual ambience and serves up amazing pizzas!

ACCOMMODATION

Hotel N'Vy – 4* hotel just five-minutes walk from Lake Geneva. Quirky, contemporary décor and amazing breakfasts, including freshly-baked pastries, gorgeous granola and fresh fruit! £140 per night.

TRAVEL

Travelling in Geneva is extremely easy and efficient. Travelling from the airport couldn't be easier; you can pick up a free ticket for public transport from the machine in the baggage collection area.

This Unireso ticket allows you to use public transport in the canton of Geneva free for a period of 80 minutes. All hotels offer free inner-city transportation cards. Bike hire is free too!

MUST-SEES

The Broken Chair – a monumental symbol against the use of landmines.

St Pierre's Cathedral – an intricate insight into Geneva's colourful religious history.

Mainson Tavel, the museum of daily life in Geneva – explore six levels of the city's urban development through a visit to this 15th century landmark.

RACE REVIEWS



"It's good running at night because everything is so quiet. I think it's better for running, as it's a good atmosphere. I ran an ultra in Germany at night."

René Kujan, 40, Czech Republic

"I enjoyed it! I think it was a good atmosphere, shame about the rain, but it can't be helped!"

Elizabeth Poll, 34, UK

"It was a fun race and it was great running at night! This was my second 10K race and I got a personal best!"

Hannah Nomene, 23, France

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“I’m leaner, fitter and faster!”

After recovering from breast cancer, Trisha Goddard has lost almost three stone in the last year. **Christina Macdonald** finds out how she did it

58-year-old talk show host Trisha is feeling good about life now. After getting the all-clear from breast cancer and losing a lot of weight, she’s now encouraging women who have cancer to remain active. She currently splits her time between Connecticut in the US and coming back to the UK to work. She reveals how she lost weight and why she prefers to run alone...

You’ve been running for a few years now. What has prompted the weight-loss in the last 12 months?

I always ran before but I have been using an iPhone app called My Net Diary and also My Net Diary Running. Basically, the apps have helped me change the way that I eat. The two feed into each other. One tells you how many calories you’ve consumed and I realised I was really fooling myself. I wasn’t running as fast as I thought I was – I was running really slowly and eating too much.

What changes did you make to your diet?

Since having breast cancer I had to cut down on soya products as, post-breast cancer, the drugs they give you artificially increase your cholesterol. So where I had been having eggs on wholemeal toast every morning, I had to make some major changes. I really upped the amount of fibre in my diet. I have high-fibre oatmeal with apples and cinnamon. I make it overnight with almond milk and I have it for breakfast. I also introduced wholewheat pasta and black bean pasta rather than white pasta and that’s been a revelation.

How did losing weight make a difference to your running?

I could not only see and feel the difference... I could hear it! I ran to the point of exhaustion at 165 beats per minute. Now,

I can run for an hour at 174 beats per minute and that’s comfortable.

Do you take part in races?

No, because I love running on my own. A couple of people have asked me to come out running and I’m thinking: “What if you are not as fast as me, or I’m too slow, or you want to talk?” I race against myself. I have my own courses and aim for certain speeds, even in snow and rain. I ran in the Polar Vortex once when it was minus 11! I love it. I don’t care about the weather. I’m running in 28 degrees today. I’m on the coast, so I can run through woods and then on the beach.

You exercised while you were having treatment for breast cancer. How did you feel when you were actually running?

Vile at first. The first part of a run was like a stagger. I used to think I’m going to vomit and the first 20 minutes used to be hell. The second 15 to 20 minutes I’d start feeling better and the third 20 minutes or so would be like, “Yes!” I’d run to my daily radiotherapy session. They used to complain as I used to trail mud up the ward. I think they thought I was a bit mad, but then as my treatment went on they could see that my blood oxygenation was coming up to 100%. My doctor was saying: “You have proved us wrong,” as they were telling me to rest.

Are you still as ambitious now as when you were younger?

I don’t think of myself as ambitious. I do things I like the sound of. I have taken opportunities and I suppose I’ve taken risks. My next ambition is to get a dog I can run with. I’m looking at breeds and considering what certain dogs are like at pace and distance. I would like a dog that can do distance! 🐾



Trisha runs alone – but sometimes ends up with a deer stalker...



“I was running really slowly and eating too much”

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