



your
running
training
guide

Registered Charity No. 298405



Thank you

Thank you for choosing to run for Children with Cancer UK and supporting us in the fight against all childhood cancers.

This booklet contains lots of helpful training advice to support you in the lead up to race day.

Thank you from us all at the charity and, most importantly, the children who will benefit from your support.

Good
luck!



Getting started

Before starting out, it is a good idea to see your doctor for a medical or health assessment - particularly if you smoke, have any pre-existing health conditions, history of disease in your family, or potential health conditions.

Shoes and clothing

A pair of good quality running shoes is the most important purchase you will make. Well-fitting running shoes are an investment in comfort, protection and injury prevention.

When purchasing your running clothing, the important thing is that you feel comfortable in what you will be wearing. Remember, please don't wear anything new on race day - anything you wear should be tried and tested.

Setting goals

When starting your training, it's important to set yourself goals. This will give you something to aim for and help with your motivation. Why not use our training guides and set yourself goals in the lead up to the event?



Warming up and cooling down

Warming up...

can help reduce the chances of getting an injury. This should be an integral part of your training.

Cooling down...

is just as important. Once your run is complete, you should ease down and stretch out gently. Stretches should cover all the major muscle groups, particularly the legs and back. Do remember to hold each stretch for 10-15 seconds.



Diets and fluids

As we all know, a healthy and balanced diet is essential for good health.

The key to this is simple - everything in moderation, plus some extra carbohydrates if you're exercising.

When you exercise, your body needs extra water to keep you cool and to replace the fluid you lose in perspiration.

Drink before, during and after training. If you exercise while dehydrated, your temperature can rise quickly and could cause heatstroke. Remember to keep alcohol to a minimum, as it will contribute to dehydration.

Some people use sports drinks (isotonic) whilst running as these help to maintain fluid levels better. Sports drinks usually contain fluid, carbohydrates and sodium. Remember to check which drinks will be available on race day and train with them to best simulate your race day experience.

How to train

The key to all training is to start slowly and work your way up. Our training plans are a guide – only you know your own body and know what feels right. The most important goal is to finish the race in one piece and enjoy it, so start slowly and build up.

Additional training

Running will form the core of all your training but it is also beneficial to incorporate other types of fitness training in your programme, so that you get to the finish line in the best possible shape.

Flexibility training

Flexibility training is stretching at the end of the training session. This will keep your muscles long, supple and injury-free.

Cross-training

Cross-training is the name given to other forms of training (e.g. cycling and swimming) that complement your running training. This can be extremely beneficial as it allows your body to recover from a run whilst still providing training benefits.

Resistance training

Resistance training, or weight training, is very useful to strengthen all areas of the body, correcting any muscle imbalances.



Fartlek

Fartlek is a running technique whereby runners include a variety of speeds within each training session. This is not a technique for race day itself, but can work well during training runs to build up both your aerobic and anaerobic fitness.

Training plans

Visit our website for more training tips.

Marathon

childrenwithcancer.org.uk/marathon-training

Half Marathon

childrenwithcancer.org.uk/half-marathon-training

10 Mile

childrenwithcancer.org.uk/10-mile-training

10K

childrenwithcancer.org.uk/10k-training

5K

childrenwithcancer.org.uk/5k-training

With reference to all previous pages in this Training Pack, neither Children with Cancer UK nor realbuzz.com can accept any responsibility for death or injuries caused by any information contained within this training pack. All information is provided in good faith. You should consult your doctor before embarking on any programme of physical activity. By using this training information you agree to indemnify, defend, and hold us harmless from and against any claims, actions, demands or other proceedings brought against us by a third party, to the extent that such claim, suit, action or other proceeding brought against us is based on or arises in connection with your use of the pack, any breach by you of these terms and conditions or a claim that your use of the pack infringes any intellectual property rights of any third party or is libellous or defamatory, or otherwise results in injury or damage to any third party.



Contact us

 020 7404 0808

 run@childrenwithcancer.org.uk

 childrenwithcancer.org.uk/run

 Children with Cancer UK – Get Active

 @cwc_uk

Children with Cancer UK
51 Great Ormond Street
London WC1N 3JQ