



Team RISE Tips

Clothing Tips

1. Cotton socks will only lead to blisters; invest in socks designed for running.
2. Buy technical running shirts for training in order to prevent chafing.

Motivation Tips

3. Remember that you will have plateaus in your progress and tough days along the way. It gets easier.
4. Accept and appreciate the fact that not every single run can be a good one.
5. Be prepared to remove the words “can’t” and “never” from your vocabulary.
6. Do not compare yourself to others. Run within yourself and for yourself first.
7. Don’t expect every run to be better than the last one; some of them will hurt.
8. Even a bad run is better than no run at all.
9. If you normally run with music try skipping it and listening to your feet to hear your pace and your gait.

Nutrition Tips

10. Running is not an excuse to triple your intake of doughnuts because runners gain weight too.
11. Hydrate. Make it a habit to drink water throughout the day.
12. If you are running very long distances, drink enough electrolytes. (e.g. Gatorade)
13. On long runs eat something every hour—whether you feel like it or not.
14. Avoid eating spicy foods before running and the night before your long runs.
15. To aid recovery, the most crucial time to eat and drink is in the hour immediately after you run.
16. Eat plenty of foods with calcium and vitamin D.
17. Incorporate a wide variety of fruits and vegetables into your daily diet.

Prevention Tips

18. Use Vaseline or BodyGlide wherever things rub. They will help prevent blisters and chafing (guys don’t forget the nipples).
19. Log your mileage for your legs and your shoes. Too much on either will cause you injury.
20. If you are prone to shin splints and lower leg pain, try running soft trails for your training runs and save the asphalt for race day.
21. Take at least 1 day off from all exercise per week.
22. Ice aches and pains immediately.
23. Pay attention to your form. Try to run lightly to minimize impact that could lead to injury.
24. Neosporin (or another antibiotic cream) is good for chafed areas (if you didn’t use your BodyGlide!)
25. Make sure you cut your toenails short enough so they don’t jam into your shoes!
26. Don’t stretch before a run. Warm up by walking briskly or jogging slowly for several minutes. Then stretch for 20 minutes after a run.
27. Do not ice for more than 20 minutes at a time.
28. Do not use the hot-tub after a race. It will increase inflammation and hinder healing.
29. Get 8 hours of sleep the night before a training run

Racing Tips

30. Race day is **not** the day to try new shoes, eat new foods, or wear brand new clothing.
31. If you conserve your energy during the first half of a race, you can finish strong.
32. When you pick up drinking cups at aid stations, squeeze gently so it folds slightly and is easier to drink from it while you are moving.

Shoe Tips

33. Try shoes on in the afternoon when your feet are bigger.
34. Double knot your shoe laces so they will not come undone when you run.
35. Buy yourself some running shoes from an actual running store because running in junk “sneakers” will destroy your feet and your legs.
36. Get assessed for the right kind of running shoes.

Training Tips

37. Dedicate yourself to run at least 90% of the miles in your training plan.
38. If you are breathing too hard, slow down or walk a bit until you feel comfortable again.
39. Keep a training diary.
40. Soreness one to two days after a run is normal (delayed onset muscle soreness).
41. There’s no shame in walking.
42. On non-running days, focus on cross training that strengthens your core (abs, back, gluts, quads, and chest).
43. Practice running harder in the last half of your runs.
44. Do abdominal breathing to get rid of side cramps or “stitches.”
45. Run on trails if at all possible. It will be easier on your body and you’ll love it.
46. Build rest into your schedule. Rest is just as important of an element as exercise in your fitness plan.

Weather Tips

47. Dress as if it is 10 degrees warmer than the temperature on the thermometer.
48. Run early in the morning or later in evening to avoid mid-day heat.
49. To keep cool in hot weather, soak a bandana in cold water, wring it out a bit and tie it loosely around your neck.
50. For hot weather fill your water bottle about halfway, lay it at an angle in the freezer and just before you head out for your run, top it off with more water.

We are running for a purpose greater than ourselves...to change the lives of children in Angola!