

# Welcome to the Half Marathon Tips

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## **Firstly and Importantly a Recommendation**

It is recommended that any potential participant not currently involved in physical sporting activity, should undertake a medical examination before taking part in the Half Marathon.

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## **Injury Prevention**

Injury prevention is a must for all levels of Marathon runner. If you are injured you can't do the training and if you can't do the training the chances of you reaching your potential will diminish somewhat.

An often understated and overlooked vital piece of running equipment is your running shoe. A good Running shoe will aid your progress and maybe prevent injury. There are 26 bones in the human foot. This includes 33 joints and over 100 muscles, ligaments and tendons. Your feet hit the ground on average 450-600 times per kilometre then it is no wonder that it is vitally important that you spend time selecting a running shoe that offers the best support in order to prevent injury when you are training for a half marathon. Old pairs of runners lose their cushion/ spring/ bounce. Consider getting a NEW good pair that suits the Gait of your foot – it will work out cheaper than a few unnecessary visits to a physiotherapist in the long term.

Staying on the subject of feet.... There is no point having the correct runners and the wrong socks. Football socks are designed for playing football. Tennis socks for tennis etc. Cotton sock's are not the best way forward. The alternatives are much better materials for socks, namely synthetic blends. Synthetics such as polyester, nylon, acrylic and Lycra are Hydrophobic materials. In layman's terms – they don't hold moisture like cotton thus making for a dryer foot. These are more expensive but are worth it in the long run. Some people are prone to Blisters – this might be the solution you have been looking for.

Continuing with the Running shoe theme. For fitting – bring a pair of socks you intend to train in (hint, hint for the above) to give you a proper fitting and feel for the shoe. Running shoes have to be broken in so don't go nuts on a long run with new shoes. Most likely you will get blisters. Break them in on 6 – 8 km patches. Takes about 70km for a shoe to adjust to your running rhythm.

If you keep a training diary you will know when your shoes are broken in. We'll address this in the next instalment.

Eoin Ryan (Ultra Marathon Runner)