

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.

Training in the Cold & Wet

The Irish weather can sometimes be unforgiving in the winter for training. Many who are new to running might wonder when will the cold and wet days be behind us? The answer is they won't for awhile yet. As sure as night follows day there will always be rain in Ireland. Sorry! It could be raining on race day. If you are not used to being out in the rain – you're going to find the day tougher. Athletes go abroad to hot countries to acclimatise for the Olympics. Similarly we should be acclimatising to our own native conditions. Some of these rain days will coincide with your training days – so what can we do about it to make things easier....

Clothing is very important:

- Consider a proper running hat or a beanie. Avoid cotton or wool
- Pair of running tights. Keep the legs warm
- Running Gloves.
- A light weight water proof jacket.

Avoid cotton in your clothing. It will hold the sweat close to your body. 70% of your body's energy is used to generate heat. That leaves you with 30% for other functions including running. You don't want to be wasting some of this 30% to heat a cotton t-shirt. Consider purchasing a material that wicks away sweat. Go to a proper running shop for advice. You will probably be wearing extra layers so remember to use Vaseline in those sensitive areas where you might get chafing.

Lastly – remember to stay hydrated. Just because its cold doesn't mean you won't sweat. In fact with the extra layer you might sweat more! Tip: Avoid drinking cold drinks while training. Put them in the Microwave for a few seconds to warm them. Think about the energy your body takes to heat the cold liquid....

Rain or shine the weekly long run is important not to miss. Treadmills can get you by as well just be careful when stepping off them – you might be dizzy after a long run.

Eoin Ryan (Ultra Marathon Runner)