

## Top Tips

### From Sara and Glenn McGrath

1. **Shoes & gear** – Correct footwear and gear (for whatever your challenge may be), is one of the most important things to sort before you start your training regime. Don't skip this step, it will set you up to reach your goals (and be comfortable whilst you do so!)

2. **Technique** – Get the most of out your training by becoming aware of your technique. Not doing so, can result in injuries and prolonged discomfort. When in doubt, meet with a professional trainer to answer any questions you have.

3. **Preparation** – A general rule for event preparation is to give yourself 6 weeks at the very least, to ensure your body is ready for the challenge. Plan the amount of times you can commit to training and aim for a gradual increase in intensity over this period.

4. **Training** - Be specific with your training for an event and set goals for yourself. Start to notice when you can see progress in cardiovascular endurance, core strength and overall fitness. Consistency and commitment is key!

5. **Stretching & recovery** – Don't forget to stretch! We've heard it all a thousand times... but dynamic stretching before and after training will help your muscles recover. Before training, practice a series of motions such as leg swings to warm up larger muscle groups. Post training, slower, deeper, singular motions like calf stretches or light activity such as swimming can enhance blood flow and repair tissues



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6. **Hydration** – Hydrate, hydrate, hydrate! It's not enough to down fluids just before your challenge. Remember to drink plenty of water the day before your event. During the event you will need about 200ml of water every 25 minutes. This also applies to your training in preparation for the event!

7. **Nutrition** – One or two days before your event, slightly increase the amount of complex carbohydrates you eat (such as oats, pasta, whole grains, vegetables and long grain rice). The morning of, eat a small nutritious breakfast. Keep your energy up.

8. **Enjoy** - Most importantly, have fun with it. Find a training partner (or a really good cheerleader) to keep you motivated and on course. The journey to reach your goal is half the fun.

9. **Celebrate your wins** – Whether you end up with a gold medal or dead-last, celebrate the journey. The fact that you set out to do something you've never done before is already a huge accomplishment.

10. **Plan your next challenge** – It's not over, you haven't done all this work to stop now. Start planning that next big challenge and get your friends on board to build your team!



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