



Olympic Day Run Preparations



A lot of effort goes into the lead up to a fun run. It takes planning, preparation and some help from friends - to organise it and to take part. Here is what we know about Olympic Day Run preparations which can assist you.

In organising the Olympic Day Run, FASANOC welcomes the support from McDonalds, which became a worldwide partner of the Olympic Day Run back in 2003, and McDonald's Fiji is a supporter at a local level too. The run could not take place without the help of McDonalds who donate money (both the International HQ, and the Fiji franchise) and this year McDonald's Fiji, through their Marketing Manager, Craig McElrath, are also promoting participation in the Run with advertising on their tray mats.

Participation is the key to a fun run - some runners are out to win it, some are just wanting to finish, and others are happy to go out for a stroll. Whatever the case, let Athletics Fiji be your preparation partner - here are some training and preparation tips for everyone from Lars Hansen, their Development Officer.

For those who just want to finish the run:

Try doing some physical activity for at least 30 minutes every day, this will allow you to gain a level of fitness which will enable you to cross the finish line.

Stretching is crucial before the race, do some warm up exercises and stretch, otherwise you will pull up sore the next day.

After the run, I recommend bananas as a really healthy way to replace the energy you have spent - eat one or 2

For those who are in it to win it, here is a suggested training schedule:

Four weeks out

At this stage, you should also just be trying to gain a level of fitness to allow you to cross the finish line. This means jogging up to 3 times a week for about half an hour to an hour.

Three weeks out

You should put in 4 days of training, with a rest day in between each one:

Training Day 1: Jog for 5 minutes then run as hard as you can for as long as you can keep it up (for most people this would be a maximum 2 minutes), then jog for another 5 minutes. Continue to do this for around 40 minutes.

Training Day 2: Jog for 30 - 40 minutes

Training Day 3: Jog a full 8km

Training Day 4: Jog a full 8km

Two weeks out

You should be running around the 8km mark 3 days this week, and jog for about 30 minutes on the other days.

Week of ODR

This is a week to take it a bit easier, keep up with just a little physical activity each day.

Eat well, so no deep fried food or heavy meats just before the event, and rest and stretch on the Friday – the day before the run.

On the day, try to get up early and eat around 2 hours before the event if you can, and don't forget to warm up and stretch before the race!

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