

Tips & Tricks for the VHI Women's Mini Marathon

Physiotherapy & Fitness Tips

We have included some general useful information below to help you in your preparation.

Build up your training gradually:

A good training programme will build up gradually, and allow enough time for you to adapt to increased distance. In general don't add any more than 10% to your training programme per week.

Remember to warm up:

A brisk walk to the start line, or a light jog, can help warm up the body, and prepare for the more strenuous exercise of the race. This may help to reduce the risk of injury.

Keep hydrated:

It's important to drink enough water before the start of the race and at the water stops located along the route. This will help to keep you hydrated, and may help speed up recovery.

Eat well, train well:

Food is the fuel your body uses to undertake exercise, and eating right will help you to train better. Make sure to eat a balanced diet of protein, carbohydrates and healthy fats to fuel your running.

Chartered Physiotherapists all over the country provide expert assessments, treatments and guidance to people who want to safely and effectively start running, those who are injured and need to rehabilitate back to running, and those who are looking to improve their speed and efficiency. On the race day itself the Irish Society of Chartered Physiotherapists run a Cool Down and Massage Tent. The Cool Down gives participants an opportunity to cool down from the marathon correctly, and the massage tent offers after race care.

Top Post Race and Cool Down tips to avoid injury and soreness:

- Static Stretching aims to lengthen muscles and helps prevent muscle soreness and joint stiffness.
- Participants should walk for 5 to 10 minutes after crossing the finish line (as uncomfortable as this may be) and then make their way to the Cool Down & Massage tent.
- Massage or thorough foam rolling sessions in the week following the race will aid recovery and reduce muscle tightness (full details of how to foam roll at vhiwomensminimarathon.ie)
- Ensure you change into a warm set of clothes after the race
- Allow sufficient time for your body to rest before returning to training