

ON THE RUN

SAY WHAT?

SESAMOIDITIS is a painful condition that affects the forefoot, usually beneath the big toe. While it's not as common as other foot injuries, it can strike runners who are increasing their mileage. Sesamoiditis usually begins as a mild ache and becomes increasingly uncomfortable. Reducing your mileage and wearing supportive shoes are the first steps to recovery. Ice and ibuprofen can also alleviate pain. Building flexibility and strength in your forefoot will help you to safely resume your regular mileage and avoid a relapse.

JUST THE TONIC

DILUTE ONE PART FRUIT JUICE WITH ONE PART WATER. ADD A QUARTER TEASPOON OF SALT, AND YOU WILL HAVE AN ISOTONIC DRINK IDEAL FOR REHYDRATING AND REFUELLING DURING EXERCISE.

GOOD BUZZ

Consider drinking a cup of coffee before your next speed workout. Australian scientists gave fit athletes a 300-milligram dose of caffeine one hour before running five sets of 6 x 20 metre sprints. They found that runners who have caffeine sprint faster than those who don't have caffeine. Researchers think the stimulant enhances reaction time and running speed.

Post-run, **rest** on your back with your **legs propped up** to **speed recovery**.



TIME TO REFLECT

Put a **mirror** on the wall next to your desk at work as a constant reminder of exactly how your spine curves as you **slump over it** – sit up straight and keep your shoulders pulled back. Within a couple of weeks you'll have developed the habit of constantly checking your posture.

* Want the **biggest** brain boost? **Run hard**. Studies show that intense bouts of exercise **improve learning 20** per cent faster than easy running or rest does.

TRY THIS

FLY ACTIVE WRIST POCKET

PRICE A\$10

STOCKIST flyactive.com.au

This cotton/nylon sweat band secures your valuables as well as your safety. It provides a

pocket big enough to hold a gel and keys, and it displays an ID tag with all your emergency information.



IF YOU'RE STARTING OUT OR TRYING TO GET TO THE NEXT LEVEL, SURROUND YOURSELF WITH PEOPLE WHO KEEP YOU MOTIVATED AND ENERGISED – PEOPLE WHO INSPIRE YOU TO ACHIEVE YOUR BEST EVERY DAY.

THE WORKOUT

NO-REST INTERVALS

WHY To make race pace feel easier

HOW After a warm up, run 400 metres 30 seconds faster than your per-kilometre goal pace for the 5 or 10K, and then 400 metres 30 seconds slower than goal pace. Continue alternating between these fast and moderate speeds for a total of five to six kilometres. This workout forces you to sustain a high level of effort from start to finish which will help make race pace feel less demanding.

