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July 2010

8 Fantastic Tips to Prepare for City2Surf!



To help you achieve this fantastic feat coming to Sydney on Sunday the 8th of August, 2010, PHYSIO4ALL is proud to share the following 8 steps for optimal performance.

1. Correct Footwear

Before entering into a race or running program you should ensure you have the correct footwear to ENHANCE your foot mechanics and minimise the chance of sustaining running related injuries. Note that if the running shoe you purchased is not comfortable, then it's likely that it is not suitable for your foot and will therefore not function effectively during running.



Don't wear new shoes to run the city to surf. Even if your shoes feel great the first day you put them on (which they should) and even if you're putting on a pair of shoes that's identical to your previous pair, a break-in period lets you be sure that you have the right size, and you can get used to the feel of the new shoes and reduce your risk of blisters.

A pair of orthotics can alleviate many of the foot and leg problems runners' experience. If you have pain in your foot, ankle, knee, hip, or back, it's worth having your feet checked by a professional.

2. Get a Musculoskeletal Assessment from a Physio

Running requires the body to absorb continuous repeated impact forces, and running-related injuries are common. The relationship between biomechanics and injury is specific to each body part. Overall, poor mechanics of any body part will either increase the landing forces acting on the body and increase muscle response as a result. Tissue and bone stress will take place which – depending on the individual and the amount of running – can become excessive and cause injury.

To avoid injury evaluate your running technique, and seek guidance from our qualified physiotherapists at PHYSIO4ALL with a biomechanical assessment which involves a needs analysis, anatomical marking, running technique analysis, footwear analysis and technique modification.

3. Eating

Eat Right Before Exercise

Eating a simple meal about two to three hours before the race is important to have fuel for the event, but also have time to digest the food. Never experiment with food or drink on race day. It's wise to practice eating before training to make sure the food works for you, then replicate this meal on the race day.

Eat Right After Exercise

What and when you eat following exercise can be just as important as what you eat before. While the pre-exercise meals can ensure that adequate energy stores are available for optimal performance, the post-exercise meal is critical to recovery.

4. Warm Up and Cool Down

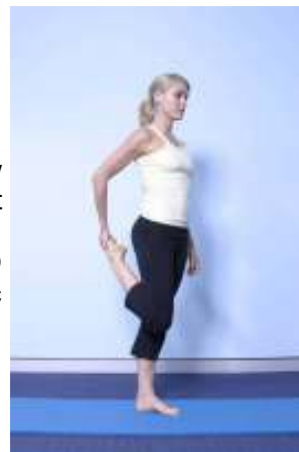
Warming up is one of the most important elements of an exercise program. It is particularly important to prevent injury and should not be neglected. Warming up for a long run generally involves a period of jogging and stretching which prepare the body for the more strenuous aspects of the sporting activity. The objective of the warm-up is to raise total body temperature and muscle temperature to prepare the entire body for vigorous activity.

Cooling down refers to a short period at the end of an exercise session. Cooling down after a run again, tends to involve a short jog and gentle stretches which gradually returns the body to its 'resting state'. The cooling down phase is believed to reduce the risk of muscular soreness which may occur the day after an exercise session, and reduce the risk of fainting or collapse after such a session. The cool-down period should take place when the body is warm, making the muscles more receptive to stretching.

5. Stretch

Stretches are most effective when incorporated as part of your warm up routine as well as the cool down after running. If you are injured, part of your management may be to stretch up to three times daily in order to get a substantial change in muscle length.

Current research suggests that the use of dynamic stretches (slow controlled movements through the full range of motion) is the most appropriate exercises for the warm up as they help reduce muscle stiffness. For this reason, we advocate dynamic stretching prior to performing for injury prevention and preparation for the run. Static stretches are more appropriate to the cool down as they help muscles to relax, realign muscle fibres and re-establish their normal range of movement.



6. Hydration

Dehydration during a race may lead to increased symptoms of exhaustion as muscles fail to get the moisture they need to function effectively. Ensure you have enough water on you to keep hydrated, without drinking too much which will leave you feeling sluggish and heavy as it slops around in your stomach whilst you run.

Staying hydrated is critical to your running performance and, more importantly, for preventing heat-related illnesses. Dehydration in athletes may lead to fatigue, decreased coordination, and muscle cramping. Other heat-related illnesses, such as heat exhaustion and heatstroke, have even more serious consequences. Runners need to pay attention to what and how much they're drinking before, during and after exercise.

7. Positive Mental Attitude

Use your warm up to focus your mind and think about the goals you have set for the run. You might want to beat a personal best time or just finish the race, but getting your attitude right is key. Clear away thoughts of failure from you mind and visualise achieving your goal.

8. Pace Yourself

Finally, be extra sensitive to the pace over, especially during the first few kilometres. Everyone is pumped up at the start so expect some wild fluxuations and surges by the runners. Get into your 'zone' as soon as you can and let your stride take over. If you're not with a usual running partner, ask the people around you what their intended pace is. Don't get delusions of grandeur because you feel good, that's adrenaline talking. Stick to your own pace and make it over the finish line at Bondi beach.



SPECIAL OFFER!

Present your CITY TO SURF registration form with the voucher below, and receive a Free **Musculoskeletal Assessment or Treatment** by one of our experienced physiotherapists. In addition, you will also be entitled to a **15% discount** on the price of a pair of **Custom-fitted Orthotics** (A saving of \$13.50!)



<h3>Family & Friends</h3> <h3>Gift Certificate</h3> <p>This voucher entitles the bearer to a FREE Musculoskeletal Assessment/Treatment from the team at PHYSIO4ALL, valued from \$80.00!!!!</p> <p>This voucher also entitles the bearer to a 15% discount off a pair of Custom-fitted Orthotics, valued at \$89.99 - a saving of \$13.50!</p> <p>Present this voucher with your City2Surf registration to receive this very special offer.</p> <p>Expiry date: 31st August, 2010</p> <small>*Conditions apply</small>	 <p>Offer only valid at the PHYSIO4ALL clinic in North Sydney.</p> <p>Appointments: 02 9922 2212</p> <small>No obligation for future care Please mention this voucher when booking your appointment.</small>
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Yours in health,

The PHYSIO4ALL team



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