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Sent: Monday, 18 June 2012 12:18 PM
To: Steve
Subject: PHYSIO4ALL E-News: Get Ready for City2Surf!

Get some GREAT tips for preparing for City 2 Surf! PLUS Special Offer - FREE Biomechanical Assessment and Running Shoes Assessment!! For First 10 Callers!!

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PHYSIO4ALL E-News

City2Surf Training Tips

Are You Ready?

- What is the right training schedule for you?
- Do you have the correct shoes?
- Hydration - water vs sports drinks?
- Injuries - Do you have any current niggles? What do you need to get checked ASAP?
- Who are you talking to about training, problems, motivation?



Getting Started

- Click here for a [Beginners Training Programme](#)
- Training should be progressed weekly by 10%

Shoes and Orthotics?



- Do you have the right shoes for your biomechanics?
- Orthotics may further improve your biomechanics
- Make sure your shoes are not too old
- Don't run in new shoes, wear them in first
- Have your feet checked by PHYSIO4ALL before buying orthotics or new shoes

Stretching

- Include the calves, quadriceps, hamstrings, hip flexors and gluteal muscles
- Evidence shows Dynamic stretching before a run and Static stretching on a regular basis will give you the best results

Hydration

- Sweating loses electrolytes, you should be drinking a solution with sodium and potassium to replace lost salts.
- Drink 250mL to 500mL one to two hours before a run
- Post run, it is recommended that you drink enough so you have to use the bathroom within 60 to 90 minutes. Usually 250mL to 750mL is fine, but it varies based on running conditions.

Injuries

- Don't train, run or race with pain or an injury
- Start treatment early and get back to training sooner
- See one of our physios at PHYSIO4ALL if you experience:
 1. Joint pain or bone pain
 2. Muscle pain lasting longer than 2-3 days
 3. Pain that increases or does not subside when you run



If in doubt, ask us!!! Don't let a niggle snowball into a serious injury.

runners. If you have any questions please contact us on **99222212**.

PHYSIO4ALL ANNOUNCEMENTS

SPECIAL OFFER!!!

Download the following voucher, and receive a **FREE Biomechanical Assessment and Running Shoes Assessment** with one of our experienced physios! **Valued at \$100.00!**

For the first 10 callers!

BOOK NOW on 02 9922 2212!



Check out a great video on a **Lower Limb Stretching Routine to Prevent Injuries!**

Getting Ready for City2Surf?!

Check out our **Weekly City2Surf tips** on Facebook, starting this Monday 25th June! These tips will include fantastic information to get you to your utmost potential so you perform your best at this iconic event.

To **Like our PHYSIO4ALL Facebook page**, click on the following link:

<https://www.facebook.com/Physio4All>

OR

You can use a QR code reader on your Smartphone:



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