

Preparing for the Philadelphia Love Run Half Marathon

Clothing for the run day:

The time of the day, temperature, race distance, precipitation and preferences, all count when making appropriate clothing choices for the race day. Naturally, you will feel hotter during the race, especially when running with a group of people. It is advisable to run in less clothing than you would train in, and effectively adapt to the conditions for that day after reviewing the weather forecast a few days before.

- You need a well-fitting pair of running shoes that you have used during training runs. New shoes are more likely to cause blisters, so come to the starting line with running shoes that have some miles on them already.
- Socks protect your feet from blisters and help wick moisture away from your feet during training runs and races. You may prefer thin running socks if thicker varieties are too hot or uncomfortable.
- All the clothing should be made of moisture wicking material. Any clothing that is cotton is not advisable, as it will stay wet all through the race and make you uncomfortable.
- Layering a long sleeve shirt over a short sleeve shirt, along with tights, shorts, gloves, and a hat or beanie when the temperature drops to 30 to 39 degrees F. When temperatures reach 40 to 49 degrees F, you may be more comfortable without the short sleeve shirt layer; knee-length tights or shorts may be enough for your legs. Take gloves just in case. A light waterproof running jacket can help keep you dry when the weather is wet, and you can tie it around your waist if the weather improves.

Physical conditioning and training:

- The training schedule for a run incorporates a mix of running, walking and resting. This combination helps reduce the risk of injury, stress and fatigue while boosting your enjoyment of physical activity.
- During week one on run/walk days, you can plan to run for 15 seconds and then walk for 45 seconds, repeating that cycle for 30 minutes, increasing the intervals as you progress.
- With each passing week, the time you run should increase and the time for walking should decrease. Each week, you should increase your runs by a quarter mile, which is a lap on most outdoor tracks.
- Use an application like [MapMyRun](#) or RunKeeper to keep track of your run and time.
- Beginners should focus on running at a comfortable, conversational pace. You can mix up the training schedule cross training, or resting.

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