



Example Training Guide General Information and Tips

So, you *are* thinking about participating in one of the races offered during the La Crosse Fitness Festival! Great! Depending on your fitness level, any of these races can be an excellent challenge. The nice part is, regardless of the distance, the benefits of training have the potential to bring you both fitness and health related benefits. Even with the luxury of a base of social support including a very active community, your success will ultimately depend on you alone. Still interested? There are plenty of things to consider before getting started.

- **Make sure you are in good physical health.**

This may require a visit with your physician.

- **Check your shoes.**

A good pair of running shoes will help in preventing injuries or soreness while training. (Do not use tennis shoes, aerobics shoes, basketball shoes, etc.) Running on paved surfaces wear out shoes fairly quickly; watch for excessive or uneven wear on the soles of your shoes, especially at the heel or the toe.

- **Listen to your body.**

While you should expect to be tired at the end of some training runs, be on the lookout for signs of fatigue: proper rest is just as important as the workout itself.

- **Listen to your body some more.**

You want to distinguish between the normal soreness, achy muscles, and the like that come with training and persistent pain in a muscle, joint or tendon. Such pain may be an indication of common afflictions like hamstring soreness/tightness, shin splints, plantar fasciitis, Achilles tendonitis, or patellar tendonitis. Such conditions are often referred to as “overuse injuries,” and those with the “-itis” suffix indicate a painful inflammation of the relevant tendon. An overuse injury requires some alteration in your training or even time off from training, and, if the pain is persistently severe, perhaps a visit with your physician.

- **Eat right, stay hydrated, and get adequate sleep.**

All of these considerations are even more critical if the event you chose is the half or full marathon.

