



WEEK 8

PREPARING FOR THE 5K

- Know your route – make sure you have run there before, know the area the terrain, the hilly bits. Know it as well as you can!
- Don't get flash - new runners will not be a good idea or new anything for that matter, stick to what you've trained in with regards clothing.
- Keep your eyes off the watch- timing yourself is a good idea, constantly seeing how long is gone is not, focus on the run at hand and when it's done you will see where you are regarding time.
- Tell friends and family when you intend to do the 5k and ask them to go and support you!
- Enjoy it, you've worked for this, celebrate when you are finished. WELL DONE!
- Use all other tips that we gave to you