

How to face the first race of your life?

What a fantastic sensations those, which most runners experience from the start to the end of the last week before their race of their life and even the day of it.

The runner starts to experiment another sensations different than those that they could feel the previous Monday. Months, weeks and days of training had been completed, so this week is very different. They know that at the end of the week they will be competing in a race, either of 5, 10, and 21 or up to 42 km, and it is precisely that Sunday when they will know if so much discipline and perseverance give good results.

Now there is no place for magical potions, candles to the saints or special training that can make something beyond that for what has been trained. Without thinking about the flu that they had to be overcome during the time trained, possible injuries and raining days with that keep them from training, and for nothing in the world they want to have to endure another flu, a headache, or the worst, a sprain ankle during this last week before the waiting first race of they life. No, not at all, they just want to be well that Sunday and already!

For the above mentioned, I suggest them to leave aside any negative thoughts that may be hovering in their heads and that could sabotage the expected results. It must be a positive though and hope that they will do well.

If you are involved in a race and it is your first ones, you must enjoy those sensations and know that something of nerve that you can feel is good because will help you to face the competition with more encouragement. Do not think about the jokes of the buddies in case of not achieving a good result. After all, it's your career.

As your coach has planned, in this last week you have to lower the volume of your training so you get fresh to the race. Particularly, I usually recommend to my Citlali Motion runners club's runners to maintain certain high levels of intensity in that final week and thus not lose muscle tone, it keep the fiber ready for competition without saying that they will be no exhausted in excess. Some runners show a certain level of heaviness in their legs and arms and that is normal, those are normal sensations.

Little by little, the days of the week before the race are going and the competition will be closer, so you must be very aware of another very important factor, which is the food and hydration that you should eat during that last week, what you will eat the day before, the previous night, as well as which will be your breakfast for the day of the race, so you should not invent and as much as it is possible keep the recommendations that your nutritionist has planned for you and in case you do not have it, at least not eat more than you're used to or something you have not adapted to, that way you will avoid many inconveniences during the race.

Forget to gorge yourself of spaghetti the night before because if the distance in which you will compete it is not very long, it is not much that will help you. Drink water and avoid soda when it is possible.

I reiterate, avoid trying new things or those things what you're probably not used to. Have your breakfast of the day of the event is as close to what you did during your earliest workouts is not a bad option.

Take your normal hours of sleep, it is not necessary to go to bed at 7 o'clock at night like the hens do, just try a good night's sleep and if you want you can go to the cinema, theater or to talk with friends. In my time as a university runner before competitions I used to rent a VHS movie (may be many of you do not know what it is) and with my friend and colleague Juan Díaz we watched a movie, unfortunately that custom began to turn negative once we started to see Nightmare on Elmer Street, movies, and the nerves and stress because of how malevolent Frederick. Try to be busy for a good time, read a good book so you do not get anguish the closeness of the competition.

Do not be afraid of sex, but avoid excess and some movements that you do not be used, or juggling that can injure you, Lol, or to provide drinks alcoholic and go to bed late at night, the next day you will pay dearly.

If the city where you will compete is unknown to you it is recommended that once you arrived the day before and so know the circuit, so you and your coach will have time to plan the strategies in advance. The previous night check everything you need and as much as possible try not to release clothing or footwear in the race.

Be careful to arrive early at place. Go to the bathroom according to you used to, remember that the intake of liquids plus the nerves by competing will make you want to urinate more.

Just as you have programmed it with your coach, try to avoid being a hero and do not go out on first line just to appear on picture, it is better to leave calmly and at your race pace is, and avoid run at a pace for which you are not trained for. It will eventually give to you an invoice And you will be running out of gas very soon.

Knots of your shoe very well, your number well placed and do not stop hydrate yourself in the places provided for that purpose and above all enjoy the race. When crossing the finish line, keep walking, rehydrate, take the picture with your friends, spouse, boyfriend or girlfriend as the case may be and feel satisfied with what you have achieved, after all that was only your first race, many more will come in the future.