

Hospice Run

Training Tips

Top 5 Training tips are from - Local Personal Trainer and running expert Ollie McCarthy.

Get moving

Do some pre-run mobility- move your body to begin moving blood to the muscles and around the joints. Spend a few minutes pre-run mobilising your ankles, hips and spine.



Watch the Clock

Run for time and not distance- start by running for time rather than distance. It takes the pressure off having to perform and is a great way of building up your miles.

Walk/Run

Use a run/walk strategy- don't be afraid to use a mixture of running and walking when you are building your mileage.



Pace yourself

Don't try to run as hard as you can every time- the only day you should be running your hardest is on the day of Hospice Run. Your runs should be a mixture of slow runs and faster-paced intervals.

Recovery is key.

Train hard but recover harder- Recovery is where all the magic happens. So make sure you are prioritising sleep, hydration, fuelling your body and make sure you take rest days.

