

## TOP TIPS

1. Always seek medical advice prior to taking part in any exercise plan
2. Start slowly with your exercise plan and build up gradually
3. Always warm up before any exercise (brisk walk or jog) and always stretch after every session to decrease potential stiffness
4. Always listen to your body- don't run/train through injury or pain. If in doubt, rest and ask an exercise professional
5. If in doubt - ASK. The personal trainers at the London Hilton on Park Lane are always on hand for advice (tel: 020 7208 4080 or email: [info@puritymindandbody.com](mailto:info@puritymindandbody.com))
6. Train with friends to make it more enjoyable or do some gym classes at your local gym.
7. Always keep hydrated and drink plenty of water (don't wait until you feel thirsty – it's too late by then!)
8. Don't forget about a sensible balanced diet and don't run your body on empty (it'll break down sooner or later!). Save a well earned glass of champagne for after the race – you deserve it!
9. Good kit is essential – comfortable running shoes and loose fitting clothing
10. The following strength exercises are recommended to complement your cardiovascular training. Technique is very important so it is essential that you are shown correct form and control by a personal trainer/fitness instructor:
  - Squats
  - Lunges
  - Step Ups
  - Calf Raises
  - Abs/Sit-Ups
  - Back & Core Strength
  - Bench Dips
  - Press Ups
11. This is a tough challenge! So train sensibly and enjoy! See you at the race...