

RUNNING FEVER CATCHING ON

THE MIDNIGHT MARATHON IS A POPULAR EVENT IN THE LOCALITY. IT'S A FUN FAMILY OUTING TOO, SAYS GUL MOHAMED AKBAR, THE RACE DIRECTOR



GET SET FOR THE 10K

Everyone running the half and full marathons will be trained and seasoned runners. If you want to try the 10K run, you need to prepare for it first. You can use the time left to get ready

First, what not to do:

- Never start without a good warm-up run
- Don't come for the run with new shoes
- Do not run on an empty stomach. Have a light snack 45 minutes before the run
- Tight clothing are not suitable
- Do not sprint initially. Pace yourself so that once you settle in, you can hold on to that speed
- Don't push yourself when you are out of breath. Walk for a minute or two and then resume
- Never participate without at least a month's preparation

Next, what to do:

- First, check if you can comfortably sustain an hour's cardio workout - cycling, treadmill, aerobics etc
- Go through at least one hour-long run a week outdoors for a month before the marathon
- Those who can run 5-6 km outdoors, can do the 10k alternating between walking and running
- Make sure you wear road runners (shoes)
- Drink water with glucose at the water stops as you run
- Take rest the day before the run



A file shot of the Start Point of the Whitefield marathon