

SBS MARATHON MEDICAL ADVICE

Race day is approaching fast and it is important to avoid some of the problems which can occur in the last month spoiling up to six months of training.

Minor Injuries

If you have niggles, back off your training a little and perhaps cross train by biking or swimming.

If the niggle is not settling in a few days seek sports medicine advice.

Prevent injuries by good foot care - check your shoes and if you wear orthotics consider getting them checked. Don't find you have to get new shoes or orthotics in the last week!

Overtraining

Beware a fall off in performance in training or smaller races. This may be a signal that you are on the edge of overtraining. The common response to a drop in performance is to train harder and this can make you worse. You are best to have some easier days to allow more recovery.

The signs of overtraining other than poor performance can include:

- Fatigue
- Disturbed sleep
- Disturbed mood - irritability
- Persistent muscle aching
- Elevated pulse rate at rest +/- when training
- Minor respiratory infections e.g. cold, cough

The best management is to avoid it with:

- Adequate rest/recovery sessions or cross training e.g. cycling, swimming at a low intensity
- Good nutrition/fluid intake
- Reduce other stresses
- Massage therapy
- Sound sleep habits

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