

TRAINING TIP #12

COURSE-SPECIFIC TRAINING



Part of your training for the Susan G. Komen 3-Day® includes practicing conditions of the event.

Plan to train on all types of terrain—flat pathways, hills, grass, gravel, sidewalks, pavement. The Komen 3-Day route will likely cover more than one, and you should be prepared.

What is the climate expected to be? If it is cool and rainy, try out your rain gear ahead of time. Consider rubber covers for your walking shoes. Practice layering Coolmax or moisture wicking long sleeved shirts under your windbreaker or rain jacket. Take note of your hydration in cool temperatures. Weigh yourself before and after a walk to assess your rehydration status. Remember that hydration is just as important and necessary in cooler weather as it is in warm weather.

If the weather during your 3-Day® event is expected to be hot, use your shorter training days or walk part of your long walks in the heat to increase your heat tolerance. Exercise at least twice a week in the heat during the last 8 weeks of training. Take extra safety precautions during heat training. Walk with a buddy and be sure to choose a course where you can rest in the shade. Carry your sunscreen with you and reapply it during long walks.

Pre-exercise hydration is very important. Drink at least 16 ounces of fluid 2 hours prior to exercise. Then carry extra water and sports drink with you. Your body requires extra energy to cool your core body temperature down. This can decrease your exercise endurance. Stop if you become fatigued, dizzy or lightheaded.