

OFF TO A FLYER

Enjoy the solo freedom of running with the support of a winning team – and if you need any more motivation go to www.inspiredtorun.co.uk



HE WEARS: T-SHIRT, SHORTS AND PREMIER ROAD PLUS TRAINERS, ALL REEBOK (0800 305050). SHE WEARS: JACKET, SHORTS AND PREMIER TRINITY KFS TRAINERS, ALL REEBOK (0800 305050)

Nothing can inspire you more to hit the streets and shed the pounds than having the support of other people to spur you on. Well now you can go one better than that. If you log on to www.inspiredtorun.co.uk runners of all levels and experience can benefit from the support and shared experiences of hundreds of other runners to help you achieve your goals. Why not share your story too? Everyone who submits their story on www.inspiredtorun.co.uk gets a 10% money-off voucher for the Reebok Premier range and the best stories will receive a complete Reebok running kit. But one lucky winner will hit the jackpot, winning a training day for themselves and four friends with top medallist Darren Campbell, plus £1000 in cash.



On your marks
Fuelling Advice with
Reebok's Global Master
Trainer, Steve Barrett

"The key to fuelling is to eat what you're comfortable with. Light, easily digestible snacks are ideal for runners since they don't bog down the digestive system. Protein is crucial for runners since it enables them to repair muscle tears. Aim to get the bulk of it from foods like skinless chicken or nuts – with little fat but plenty of other nutrients too. Pasta is good but it's not a good idea to have a 'pasta feast' the night before a race. Instead you want to get those carbs from the pasta digested and

fuelling your muscles by eating your pasta fill 16-24 hours before your big run.

Take on liquids

Rehydration is vital for the runner before, during and after their run. But water alone does not do the trick. The secret is to take on sodium-based electrolyte drinks throughout your training and race sessions. The salts in these drinks help your body absorb them quick and more efficiently than water. And as tempting as it may be to guzzle down a refreshing bottle full, your body can only cope with short sips every time.

REEBOK'S PREMIER RANGE REEBOK HAS A RANGE OF SHOES TO FIT ALL PEOPLE AND ALL RUNNING STYLES. FOR MORE INFORMATION ON THE PREMIER RANGE SEE WWW.RBK.COM/UK



MAKING GREAT STRIDES

"It was September 2004 and I was 34 years old when I bought my first pair of 36in waist trousers. Having expanded from 32in over the years I decided it was time to do something about my expanding waistline.

I ran by myself at first. Then I joined my local running club and from that point on I looked forward to the club sessions and races. I finished my first 5K in 21 minutes, then came my club's 10K where I posted a respectable time of 45:15.

The more I ran the more people noticed that I was a fitter and healthier version of the previous year's model. By the summer I was back down to a size 34. I was now running half marathons and raising more than £1000 for Cancer Research. Then I filled out my entry form for the 2006 London Marathon. I set myself a target of sub 3 hours 30 minutes and can still recall my wife's reaction when I stuck my training plan to the fridge door. I was going to be training six days a week!

On Boxing Day 2005 I headed out of the door with a new purpose. I ran on the snow and ice in the freezing temperatures. There were ups and downs, including injuries, and I certainly I felt apprehensive as I lined up at Blackheath. All I can say of the day is 'Believe the Hype!' I look back on it with much fondness and satisfaction. I finished in 3 hours 27 minutes and am now a much fitter, happier person. I'm still running too - with a pair of 36in waist trousers at the back of my mind!"

See next month's *Men's Health* to read another inspiring story. For more information on Reebok's running range see www.rbk.com/uk

