

PCR Training Tips for BRIGHTON MARATHON

- ♥ **Wear supportive shoes and comfortable clothes** that won't restrict movement.
- ♥ **Warm up and cool down** before and after each run. You can find some helpful stretches [here](#).
- ♥ **Don't over do it!** Gradually increase your pace and distance by no more than 10% per week.
- ♥ **Treat yourself to some decent running socks.** They will help to avoid getting blisters and keep your feet cool.
- ♥ **Layer up.** As it starts to get colder, it's important that you keep warm so use layers that you can take off easily.
- ♥ **Don't go too fast.** You should be able to maintain a conversation whilst running so if you can't talk - slow down.
- ♥ **Consistency is key.** Little and often is better than a burst of activity and then nothing.

More importantly **ENJOY IT!** ★

Every mile you run will help men and their families with prostate cancer. You've got this!

**If you have an injury or are concerned about your health in any way, speak to a GP before taking part.*