

## Pre-Challenge Tips

As you embark on your 30-Day Fitness Challenge, call on some of our tried and tested endurance tips, and there's a good chance you'll make it all the way to the end of the challenge feeling strong and confident.

### 1 DEVELOP A MANTRA

There will be days that seem more challenging than usual, having a mantra in your back pocket can make all the difference.

#### What motivates you? What fires you up?

It can be a short phrase such as, "I can and I will!" or "strong, able and smooth"!

### 2 ZONE OUT

Try saving a playlist reserved for the toughest sessions, listening to those sacred pump-up songs will feel like a treat.

Another mental trick worth trying is to pick a fellow runner or landmark in the distance and imagine they or it is pulling you along like a magnet. It sounds odd, but take our word for it, it works!

### 3 TAKE A BUDDY

If a session is shaping up to be a challenge recruit a buddy to keep you company. They may only join you for a few kilometres, but having that extra motivation is critical. If a buddy isn't possible, consider a zoom call with a friend.

### 4 USE A REWARD SYSTEM

Do you lose momentum towards the end of your KM's? Start thinking of ways to treat yourself once you're done. For example, if you make it another five KM's, shout yourself a coffee. For each additional KM, raise the reward.

### 5 GOOD NIGHT!

Getting a good night's sleep isn't just about the hours, it's about getting the highest quality sleep possible. Getting the right amount of quality sleep is the most critical thing you can do for recovery.

Even the smallest changes can make a huge difference. Here are some pointers that will help to get you well on your way to Slumberland!

- Keep a regular sleep schedule, so that you always wake and get up at the same time.
- Set a routine of stretching or reading to relax and wind down in the hour before you hit the hay.
- Lastly, put away the phone, tablet or computer!

### 6 HYDRATE!

Hydration is fundamental to boosting recovery, but so often overlooked. The role that hydration plays during exercise is widely accepted; our muscles are actually 75% water, which makes getting enough H<sub>2</sub>O, daily, even more vital.

The power of post-workout and daily hydration is key to unlocking optimal performance. There are many different opinions on how much water you should be drinking every day. Health authorities recommend about 2 litres per day. When exercising regularly, we should aim to increase this to 3 litres of water each day for peak performance!

*Together we can  
make a difference*