

## Fitness First is Sport Relief's Official Fitness Partner...

you don't have to be a top athlete to take part in the Sainsbury's Sport Relief Mile, but we've put together a few tips to get you right on track. Whether you do 1, 3 or 6 miles – as a family team, with your mates or against the clock – you'll have a fantastic time when you go the distance.

### Food glorious food

Before taking part in the Sainsbury's Sport Relief Mile, it's important to give your body the right carbohydrates - such as pasta, rice and vegetables - as the slow-release energy will keep your body moving. After exercise, protein such as lean meat, fish and eggs are best, this will help your muscles recover and repair in time for your next workout.

### H2...Oh so important

It's important to replace any fluids lost while exercising. We recommend drinking so you never feel thirsty, which should be around eight glasses of water per day.

### Look the part

Don't wear anything for the first time on the day of the Mile. Practice for the Mile in your trainers and Sport Relief socks (of course!) before the big day and if you're doing the Mile in fancy dress, make sure you're suitably comfortable so you don't get any sore surprises when the starter's horn goes.

### Warm up

Even Roger Bannister (famous for breaking the 4 minute mile record) had to warm up before he ran a Mile, so make sure you warm-up properly and don't forget to stretch out at the end!

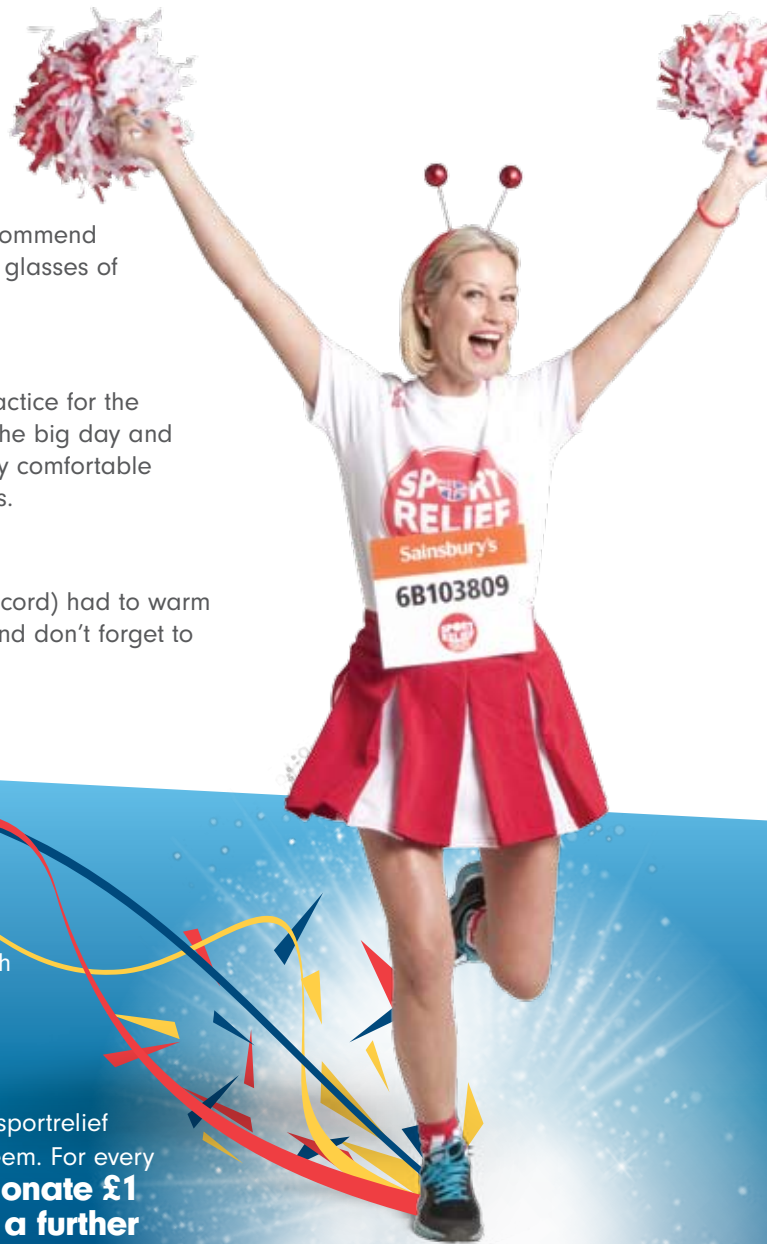
## And talking of exercise...

### On your marks...

It might sound simple, but the easiest way to get ready for the Mile is to walk, jog or run, but it's also important you strengthen your key muscles. That's why we've provided you with a handy workout programme on the other side of this page, guaranteed to get your legs, arms, heart and lungs pumping.

When you enter the Mile, you're entitled to a **free 3 day guest pass\***. Download a pass from [www.fitnessfirst.co.uk/sportrelief](http://www.fitnessfirst.co.uk/sportrelief) and pop into a Fitness First club with your miler number to redeem. For every person who uses their free guest pass, **Fitness First will donate £1 to Sport Relief\***. If you decide to join us after, **we'll donate a further £5 to Sport Relief**. Don't forget - you can buy your Sport Relief socks from Fitness First too!

# Go the extra mile



# Fitness First

Try one of these workouts to help you get the best results when you take on the Mile. Feeling fit? Then why not try them both on different days.

Workout option 1 Exercise	How many per set/time	How many sets	Workout option 2 Exercise	How many per set/time	How many sets
Warm up - step ups alternating legs	5 mins	1	Warm up - step ups alternating legs	5 mins	1
Wall marching hold (see description below)	30 second hold	3	Wall marching hold (see description below)	30 second hold	3
Front plank (see description below)	30-60 seconds	3	Reverse crunch (see description below)	8	3
Walk, then jog when ready	5 mins	1	Walk - then jog when ready	5 mins	1
1 leg hip raise (see description below)	8 on each side	3	1 leg hip raise (see description below)	8 on each side	3
Bent over row (see description below)	8 on each side	3	Press ups	8	3
Walk or run as far as possible in selected time	10 mins	1	Walk or run as far as possible in selected time	10 mins	1
Cool down walk and stretch	5 mins	1	Cool down walk and stretch	5 mins	1

**Progressions -** for when you are ready to push yourself a little harder;

**1 Milers** start with 1 min jog and add 1 min per workout

**3 Milers** start with 10 mins jog and add 2 mins per workout

**6 Milers** start with 15 mins jog and add 2 mins per workout



## A bit more info

### Wall marching hold

Stand as if you're about to do a press up standing up against a wall. Keeping your abs tight and bum squeezed, bring one knee up 90 degrees and hold, then lower leg back to the floor. Repeat on both sides.

### Front plank

Lie on your front with your forearms beneath your shoulders supporting your weight - either on your toes or on your knees, lift up your bottom so you are holding the plank position in a straight line.

### Leg hip raise

Lying on your back with your feet on the floor, lift one foot, squeeze your bum and lift your hips towards the ceiling. Hold, then return to starting position.

### Bent over row

To get into the bent over row position push your hips back and tilt from the waist keeping your back straight. Place one hand on a secure surface and hold a weight in the other hand. Pull the weight up toward your chest squeezing your shoulder blades together. Return to the start position and repeat the move.

### Reverse crunch

Lying on your back with your legs extended and feet pointing toward the ceiling, keep your abs tight and lift your hips towards the ceiling. Then, return to the starting position and repeat.