

ASK THE EXPERTS

CORSA 

TRAINING



Triple IRONMAN, Record Breaking Cyclist, campaigner for the Welfare of Animals and Sports Coach Fabio Spiteri joins Ask The Experts to offer some guidance on training:

1) What do I do if I miss a training run?

Generally speaking, if you miss a week of training, you can jump back into your plan as long as you were consistent and diligent with your workouts for at least four to six weeks before the break. But if your downtime stretches from 10 days to two weeks (or more), you have to re-evaluate your comeback strategy. If you skip a run one day, it likely isn't going to affect you in the long run. There are many times when you should be okay with a missed run, but make sure to tell yourself that this is only temporary otherwise skipping sessions would become more frequently.

2) What is recovery and why is it important?

Rest and recovery is an important aspect of an exercise program, for all type of athletes. Active recovery improves blood circulation that helps with the removal of waste products from muscle breakdown that build up as a result of exercise. Then fresh blood can come in to bring nutrients that help repair and rebuild the muscles. Recovery should be taken mostly after long runs and strenuous quality runs to allow our body to recover for the next session.

3) How do I prepare before the Big Day?

DO opt for carbohydrate-rich options.

DO hydrate well and consume plenty of water (but don't go crazy).

DON'T choose greasy, spicy, gassy, or high-fiber foods.

DON'T drink alcohol the evening before.

Prepare running out fit , number and chip time , don't leave these for the morning before the race.

Sleep early.

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