

HOW CAN I EASE TIGHT HAMSTRINGS?

Our *healthy* panel on the right pre-race fuel, treating tight hamstrings and how to juggle training with family life

→ THE HEALTHY PANEL



NIKI REIN is founder and creative director of Barrecore (barrecore.co.uk)



CHRISSIE WELLINGTON is a retired British professional triathlete,

four-time Ironman Triathlon World Champion and author of *To The Finish Line* (Constable, £18.99)



KIM PEARSON is a nutritionist and weight-loss specialist with more than

10 years of clinical experience (kim-pearson.co.uk)

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How can I fit my training around my life and work?

(A) Chrissie says: Create a realistic plan that fits with your and your family's lives, carving out free slots in which to train. With a young child, husband, work and other commitments, I focus on 'bang for buck' sessions: a 45-minute run rather than a two-hour slog, for instance. Training alone means you needn't fit in with anyone else's timetable, and a skipping rope can provide a burst of exercise in a lunch hour. Parents might get the family involved – consider a running buggy or a bike seat or trailer. Many gyms have crèches, or you can team up with a sporty friend and take turns to train while the other one watches the kids.

I HAVE VERY TIGHT HAMSTRINGS. HOW CAN I LOOSEN THEM?

(A) Niki says: Hamstrings are tough to release and the fascia that surrounds them can become very rigid, but foam rolling or massage will help. Dynamic exercises such as front leg lifts followed by backward lunges will warm the muscles, making them and the connective tissue more supple. For more permanent change, end workouts with longer static stretches to help lengthen the muscle group. Sit on the edge of a chair, back straight and one leg extended with the foot flexed. Lean towards the extended leg without rounding the spine. Hold for at least 60 seconds, then switch sides.



WHAT SHOULD I EAT THE NIGHT BEFORE A RACE?

(A) Kim says: Focus on moderately sized meals which include carbohydrates, protein and fats. Carbohydrates ensure both muscle and liver glycogen (energy) stores are optimised and will fuel you through your race. A baked fillet of fish

or marinated tofu with some roasted vegetables and brown rice drizzled with olive oil would be ideal. Avoid heavy and highly processed foods. Be wary of foods that can cause gut issues, such as wheat and dairy. Experiment in the weeks leading up to your race, to see what works for you. The golden rule of pre-race eating? Don't try anything new! **(b)**