

## Hi Runners/Walkers!

By now you will be well into your training for the 2011 Chevron City to Surf for Activ and are hopefully on track with your training schedules. Now enough can't be said of the need for hard work, commitment, preparation and dedication required to achieve your own personal goals come August 28th – but did you ever think about the need for not doing anything... the need for SLEEP?

Many people vastly underestimate the need for quality sleep as part their training regime – it is absolutely vital and not just in the week before the big run. The best way to have a poor race is not to give your body adequate amounts of sleep. To be in peak shape for your marathon you need to get a good night's sleep for the entire training program.

One night of bad sleep isn't going to do much harm though consistent lack of sleep will greatly hamper your results. It must be said that we all have varying requirements when it comes to sleep. Some people get away with less than 6 whilst others need up to 10. Most research has shown that the average requirement is 7-9 hours. You need to listen to your body and know how much exactly it is you require in order to optimize your results.

Remember the five main key points of a bedroom for a good night's rest, according to research, are; quiet, dark, comfortable temperature (18-24 degrees), well ventilated with fresh air and importantly no TV - Good luck!

