



PRESS RELEASE: 14 February 2019 (Sunday 17 February marks 4 week countdown)

**4 WEEKS COUNTDOWN IS ON
ARE YOU READY FOR THE 2019 SAGE READING HALF MARATHON?**

Are you ready to run Reading? We're four weeks away from one of the UK's most-loved spring half marathons. 15,000 runners will line up for the Sage Reading Half Marathon on Sunday 17th March – now's your chance to join us for one of the fastest 13.1 road races in the UK. The Reading Chronicle team have been training hard for race day, and there's still time for you to enter www.readinghalfmarathon.com

With the weeks speeding away, we spoke to Laura Burke, running coach and Sage Reading Half Marathon senior events manager, for her top training tips and gems of advice for race day preparation:

Stretch, roll, repeat: regular stretching and foam rolling is a brilliant way to ease tight muscles, speed up recovery and ensure a smooth run up to race day

Treat yourself: a sports massage or MOT from a physio is highly recommended to nip any niggles in the bud or stall any injuries in the making. You'll have worked hard for the last few months, upping the miles and the demand on your body. We're all guilty of waiting for injury before we receive treatment – think ahead, be kind to your body and book a massage today!

Tip top condition: Complimenting your running training programme with functional exercises such as squats and planks will increase your core strength, improve running posture and help to maintain body alignment and stability.

The plans for the 2019 race are in full swing; the world renowned course with roaring crowds, musical talent and inspiring University grounds await 15,000 runners. A finish like no other promises every runner an awe-inspiring home straight inside the Madejski Stadium, the Reading FC home ground.

Six weeks ahead of the London Marathon, the Sage Reading Half is the ideal event to fill that spring race spot, test your legs and practice that marathon pace ahead of the big 26.2 in April. Spaces are still available, sign up now www.readinghalfmarathon.com

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Words: 338

PRESS ENQUIRIES

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www.readinghalfmarathon.com

