

A lot of focus is placed on being prepared for an event. Being prepared does not just include training, although this is the major component. Being prepared also includes the little details that you need to think about in the days leading into the event.

During the final week leading into the event, what are the things you can do to improve your preparedness?

1. Hydrate

Ensuring you are adequately hydrated before starting an event is paramount for running performance. The climate in Singapore is harsh and you need to take the necessary steps to ensure you don't fall victim to the conditions. Keep a water bottle on you all day and sip from it regularly. Your pee should be a very light yellow at all times.

2. Study the course

Many runners have been lead astray from not knowing the course properly. While you should have run all (or at least parts) of the course in training, you should also study the course online or in paper form taking note of key points. Study the start and finish areas and see how you can easily access them. Notice where the water points are and what they will be serving.

3. Prepare your gear

Don't leave packing your gear to the morning of the event. You have enough on your plate on race morning so get organised and pack your bag the day before the event. Prepare a gear list of all the essentials and cross it off one by one as you place the items in your bag. This helps to make certain that you have not forgotten anything and will give you peace of mind.

4. Plan your transport

On race day you do not want to be stressed because you are running late. Allow plenty of time and carefully plan how you will get to the event venue. Consider the following points.

- Roads will be closed, possibly causing jams and reducing access to some car parks
- Identify where you want to park and check that there are no road closures that will affect this
- Book a taxi the night before if you plan to reach the venue by taxi. Again be aware that roads will be closed and advise the driver accordingly
- If you are taking the bus or MRT, check the operation times – you don't want any negative surprises on race morning

5. Arrive at the venue early

Allow plenty of time to get to the race venue. As mentioned earlier, roads will be closed and this may affect your timeline. At the race site, you will need to check in your bag, warm up and make your way to the starting point so there are a number of things to do and the sheer volume of people will affect some of these.

The ultimate race experience comes down to preparation. The more thought and planning you can put into it, the better your day is likely to go.

Have a great race!