

# NOT JUST A WALK IN THE PARK

Part 2

By : Dr Paul Bell



## GOBI DESERT - MARCH 2011

### Race Preparation

Last month I wrote about my aim to stay injury free while training for the Gobi Desert Race. So far so good! My training has increased so I am now running up to 130km per week. Over the next couple of weeks I will add in an extra long run of around 65km. I interchange the terrain from road to tracks, which helps to prepare for the different terrains I will encounter in the desert (it's not all sand!).

I have increased the weight of my rucksack, again ensuring that it's not a sudden increase, which would put additional stress on my back, shoulders, knees and ankles. Again so far so good!

The race is now only seven weeks away so it's time to look at kit, decide what to take and what not to take, and order what I need well in advance. The race organisers provide each competitor with a 14-page kit list. Although it sounds a lot, there is a list of mandatory items to be carried like a headlamp and back up

light, compass, knife/multi-tool, blister-kit; all things essential for six nights in the desert.

Anything else on the list is really a luxury. I want to have the right kit, but I don't want to be weighed down by stuff I don't need. My challenge here is that ever gram counts.

Then there is the issue of food; what type of food to take ensuing I have enough calories for each days exertion of effort. This I am still researching, as there are so many options out there. I am also getting some advice from a sports nutritionist to make sure every corner is covered. My challenge here is that every calorie per ounce counts.

Finally, I should mention my feet. As I said at the start, so far so good, not even a blister but its important to note that I do change my footwear regularly and also the type of trainer/cross trainer to run in depending on the terrain. Look out for my final write-up next month, three weeks before the race.

*“Set yourself smaller progressive goals listen to your body and try to prevent injuries rather than deal with the after effects.”*

### The Osteopathic Centre Pte Ltd

#### CENTRAL

Park Avenue Rochester, 31 Rochester Drive, Level 24, Singapore 138637  
Tel: +65 6221 1977

#### CITY (CBD)

11 Collyer Quay, #06-05 The Arcade, Singapore 049317  
Tel: +65 6221 4064

#### EAST COAST

20 Siglap Drive, #01-02 Bowmont Centre, Singapore 456192  
Tel: +65 6446 7236