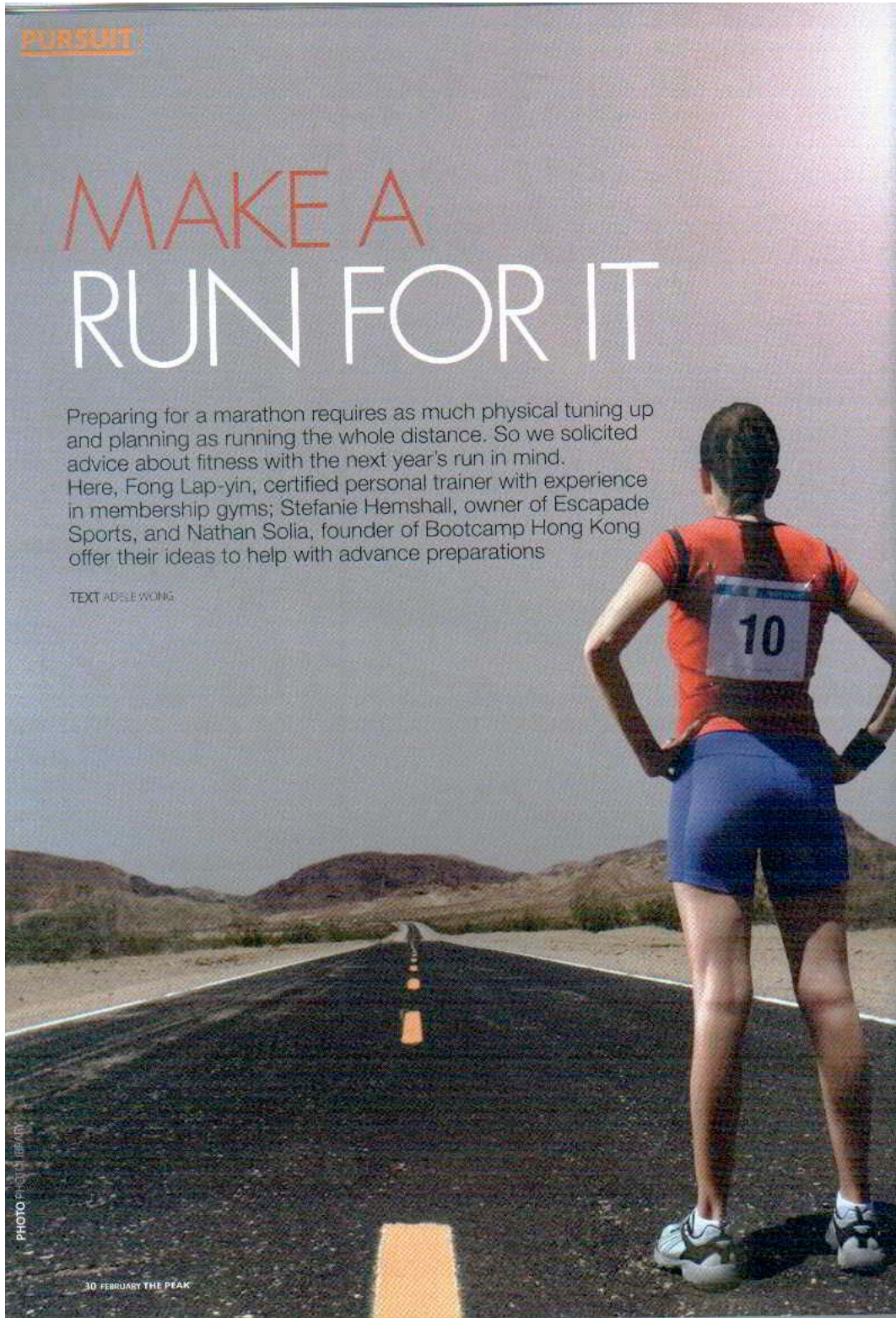


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THE PEAK HONG KONG

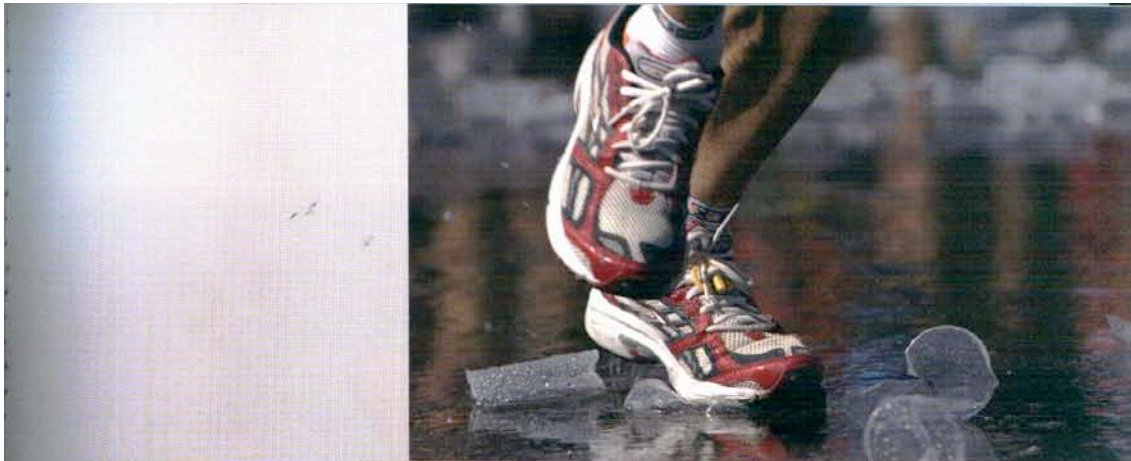


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FONG LAP-YIN:

"Completing a marathon is a very 'mental' thing, on top of the physical training. One should start training for a full marathon at least three months in advance, working progressively from, say, running 50 kilometres per week, to 70km and so on. It will be good to keep in mind one's form when running, to conserve energy and reduce excess movement, whether up and down and or sideways. One can invest in a heart rate monitor to optimise training intensity for a full marathon, on top of a proper pair of runners."

STEFANIE HEMSHALL:

"The most important gear is the running shoes. Depending on the weight and age of the person, more cushioning could be recommended. Top marathon runners choose a very light shoe – to be faster. Lighter shoes have less cushioning though, and this can be a strain on ankles, knees or shins.

"Another item that more and more people use is a compression sock, which compresses your leg up to your knee. Others will choose special socks, like double-layered socks, which help prevent blisters. Most people will use a product to prevent them from chafing. This product can also be used on the feet to prevent blisters.

"Electrolyte and carbohydrate supplements are essential in Hong Kong's heat and humidity. Hand-held bottles or other hydration systems are often used during training. Compression socks and also tights can be worn during and or after exercise for recovery.

"We have many top athletes come to our store who train five to seven days a week, any time between two to five hours each session. Two hours during the week and three to five hours on the weekend. It depends on the fitness level on the individual to determine when the training should begin before the race.

"The Happy Valley Race course is perfect for training; others are the HKU Sandy Bay Oval, Bowen Road, Sai Kung Country Park."

NATHAN SOLIA:

"To get ready for a marathon, there are literally hundreds of exercises you can do at home. For your legs and bum, you can do squats, lunges (targets bums,

top of the legs as well as the back of the legs), step ups on a chair, stool, bench or even walking stairs will target your butt, hamstrings and calves); for your chest, you can do push-ups which will also strengthen your triceps (the flabby part on the back of your arms) as well as dips on a bench that will also strengthen your back too. For your abdominals, you could do ab planks, ab crunches and leg cycles. You can, however, target the abs all day just by pulling in your tummy nice and tight!

"Many of these exercises are great for those who are always on the move, because you can do them anywhere.

"Many of the machines at the gym target just one part of the body. If you are looking for an all-round machine that can hit many body parts I highly recommend the cable machine. The FreeMotion Cable Machine (although there are many types of cable machines) is capable of working out many parts of the body at the same time or just target one area. The best cardio machine I have seen to give you a great workout is the latest Precor AMT (Adaptive Motion Trainer) that works well as a cross-trainer, stepper and you can simulate running at high speeds with no impact on your knees!

"Bonham Road is a great jogging trail for marathons, with four kilometres each way, you can pace yourself for four kilometers, eight kilometers, or more plus it is a lovely view of Hong Kong city from up there. A great off-road trail for running and trekking is The Twins. This is located up behind Parkview at Wong Nai Chung.

"The Twins has a combination of (a lot!) of stairs, hills and flat tracks for cross-training, so it's an excellent way of getting an all round workout for your legs and as well as awesome interval training to build on your cardio." 