



**Kent
Association
for the
Blind**



TEAM KAB

Runners Pack



Registered Charity 1062354

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Welcome to #TeamKAB!

Thank you so much for taking on this personal challenge and running in support of Kent Association for the Blind! This pack contains useful training advice to help you get ready for race day.

We have also enclosed a range of useful tips to make your fundraising as easy as possible. If you have any questions, please do get in touch. Thank you and good luck!



Call: 01622 691357
(Press 3 for fundraising)



Email:
fundraising@kab.org.uk



About KAB

Supporting sight impaired people to live independent lives.

Kent Association for the Blind works with over 11,000 people across Kent and the surrounding areas, and is one of the largest and most respected local sight loss charities in the UK.

We strive to prevent avoidable sight loss and provide support services that help visually impaired people live independently. With sight centres in Maidstone, Bromley and Canterbury, our services are tailored to each individual's needs and range from counselling and rehabilitation to assistive technology and social clubs.

Having support to regain independence can make a real difference to people who are living with a visual impairment, people like Pat who says:



"Losing your sight is scary. My eyesight is getting worse and worse. Fortunately, I know that KAB is always there for me which is a help."



Gear Up!

Running doesn't need lots of specialist kit—just good shoes that you've broken in! Extras like leggings, shorts, running watches and hydration vests are optional. Use this guide to learn more about running gear.



SHOES:

Proper shoes should be your priority, so make sure you invest in a good quality pair that suits your gait. Most importantly, make sure they are broken in by race day!

1

2

RUNNING TOPS:

Aim for a fit that is snug, but not tight. A little looseness is good for movement.



TOP TIP:

To prevent chafing, always wash your new running vest before wearing it.

TOP TIP:

Visit **Runner's World** to see a review of the best nutrition products on the market. Click [here](#) for more information!

FUELLING:

If you are running more than 60 minutes, mid-run nutrition is essential. Aim to sip a gel roughly every 30 minutes. There is wide range of gels, powders and tablets available, experiment to find what is most compatible with your body.

3

4



HYDRATION:

Most organised long runs will provide hydration stations, but do not drink excessively. Too much water can be dangerous, so sip little and often, use your thirst as a guide.

TOP TIP:

Carry some Vaseline in a tin so that you can apply it mid run if you develop any irritation.



5

VASELINE AND CHAFING CREAMS:

Prevention is better than cure when it comes to chafing. Apply plenty of chafing cream before the race, especially if rain is forecast.

Start Training

Training is essential to make race day easier and reduce the risk of injury. Whatever the distance, consistency is key. Stick to your weekly routine and gradually build up your fitness, stamina and distance, giving your body time to adjust.

Training Plans:

There are many training plans available online, catering from beginner to advanced levels. Whatever your level, a good plan should include a mix of easy runs, steady runs, tempo runs and long runs to challenge you on both pace and distance.

- Marathon plans generally cover **16 weeks**.
- Half marathon plans cover **12 weeks**.



TOP TIP:

Your training plan should challenge you, but not overwhelm or injure you. Make sure it fits your lifestyle.

Rest and Recovery:

Aim for at least three runs per week. If you're prone to injury, try two runs supplemented with strength or cross fit training.

Include rest days between run days to give your body time to recover. Spacing your runs out can help reduce the risk of injury.

Strength Training

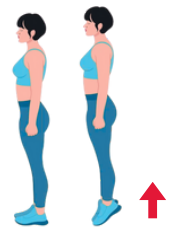
When preparing for a distance run, incorporating strength training into your plan can help reduce the risk of injury while boosting power and speed. It's also perfect for anyone aiming for a PB!

Here's **3** simple exercises you can incorporate into your strength training:

1

SINGLE-LEG CALF RAISE:

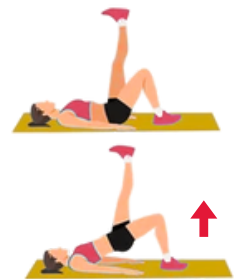
Click the link [here](#) to watch a video of this exercise!



2

SINGLE-LEG DEADLIFT:

Click the link [here](#) to watch a video of this exercise!



3

SINGLE-LEG HAMSTRING BRIDGE:

Click the link [here](#) to watch a video of this exercise!

For more strength exercises click [here](#)!

Cross Fit:

Also include cross-training in your plan:

- To improve cardio, try swimming.
- To build strength, try Pilates, Yoga or weight training.

Taper:

The taper is the final phase of training, reducing the volume and intensity of your runs, while maintaining frequency.

Tapering usually starts 2-3 weeks from race day to give your body time to recover.

Race Day!

Race day is an exciting and memorable experience, no matter the route. The atmosphere is electric as you join a sea of eager (and nervous!) participants. Here's what you can expect.

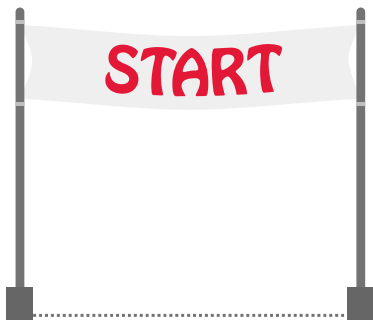
Running Numbers:

For most races, you'll receive your running number in the post before race day.



TOP TIP:

For the **TCS London Marathon**, you must collect your number in person. You will be sent instructions about how to do this ahead of time!



Getting Started:

The start line is full of nerves and excitement. It may take a while to cross, so stay focused on your race strategy and do not set your watch until you cross the line.

Pace:

Pace yourself evenly from start to finish. Avoid starting too fast and stick to the race pace you've trained at.



Here's a **top tip** from previous KAB marathon runner Rhian:



My biggest tip for anyone is to take time on the day to breathe and appreciate it all. You train such a long time to do the marathon, so just take a second to appreciate all of the hard work you've put in.

JustGiving

Setting up a Just Giving page is an easy way to fundraise and share your journey with family and friends as you take on this challenge. Here's how to make the most out of your page.

1

Make it personal:

Fundraising pages with a profile picture and a heartfelt story about why you're supporting Kent Association for the Blind can receive twice as many donations.



Fundraising Goals:

Setting a fundraising target will inspire your supporters to help you achieve your goal.

2

3

Show your Progress:

Treat your fundraising page like social media—update it regularly with training milestones, photos and comments.



Kick Start Your Fundraising:

Consider making a self-donation to jumpstart your page. This shows your dedication and often encourages others to match your contribution.

4

5

Say THANK YOU:

Remember to thank your supporters and let them know how much their help means to you. Fundraisers who say thank you receive 50% more donations to their page!

Event Planning

The sky's the limit when it comes to fundraising in person. Use this handy To-Do list to plan a successful event!

To-Do

FIRST STEPS

- Set clear goals-** Define a fundraising target and event outcome. ☐
- Create a budget-** Estimate costs and cover any expenses. ☐
- Choose a theme and format-** Check out our Fundraising A-Z for inspiration! ☐
- Set a date and venue-** pick a convenient date and suitable venue. ☐

GETTING THINGS MOVING

- Secure Sponsors-** Approach local businesses to see if they would like to be sponsors. ☐
- Plan-** Plan out the event and how you are going to advertise it. ☐
- Sell tickets-** Think about your network and community. ☐
- Organise Helpers-** Can you get your family and friends to volunteer their help. ☐
- Sort Logistics-** Do you need catering, certain tech or materials? ☐
- Prepare for the Event-** Confirm bookings, seating plans, check in process and event schedule. ☐

PULLING IT ALL TOGETHER

- Event Day-** Don't forget to take pictures and share them on your social media and with KAB. ☐
- Follow Up-** Send thank you messages and share on your social media and fundraising pages the total made! ☐

MATERIALS:

If you are planning a fundraising event, we can provide a variety of materials such as banners, balloons, stickers and collection tins. **Please do get in touch!**

Fundraising A-Z

A: Art- hold an art auction or make something to sell.

B: Bake Sale- Ask others to donate some treats!

C: Charity Ball- Sell entry tickets and include an auction/ raffle.

D: Dinner Party or Gala- Have a theme and charge for tickets.



E: Escape Room Challenge- Book somewhere local or make your own.

F: Fashion Show- Ask your local community to donate clothes and auction them at the end.

G: Golf Day- Charge entry fees and include an auction and raffle to raise as much money as possible!

H: Hike or Walkathon- Choose a specific distance or a set route.

I: Ice Cream Social- Provide a variety of flavours and toppings.

J: Jumble Sale- Ask family and friends to donate.

K: Karaoke Night- You can charge a small fee for favourite songs and add a competition!

L: Lip Sync Battle- Audience members can vote for their favourite performers with donations.

M: Movie Night- Sell tickets, snacks, drinks.



Fundraising A-Z



R: Raffle- Ask local businesses to donate.

S: Sports Tournament- Teams pay an entry fee to participate.

T: Talent Show- Charge for tickets and participation.

U: Urban Scavenger Hunt- Teams pay to participate and collect items or complete challenges.



N: Night at the Races- Everyone gets dressed up and place bets on the race. Use the proceeds from the bets for fundraising.

O: Open Mic Night- Guests can donate to watch or perform poetry, music or comedy.

P: Pantomime or Play- Sell tickets and include an auction or raffle.

Q: Quiz Night- Charge entry per team or individual.



V: Vacation Raffle- Sell tickets for the chance to win a holiday!

W: Wine Tasting- Visit local wine shops and host an event at home.

X: Xmas themed event- Christmas markets, parties, ugly sweater days or a gift wrapping service.

Y: Yoga Class- Participants donate to take part.

Z: Zumbathon- Participants collect sponsorship for the hours of dance they complete.