

賽前貼士 - 黃品立醫生

心臟科專科醫生

1998 年起多次 10 公里,半及全程渣打香港馬拉松完成者

香港樂施會 100 公里毅行者 10 次完成者

香港醫學會龍舟隊前隊長

比賽前的準備

- 於賽事兩週前減少操練水平至輕鬆的帶氧及柔軟訓練
- 賽員亦應保持豐富及均衡的飲食，有充足休息及睡眠，讓身心放鬆

比賽期間:

A. 在出現以下徵狀時請即時停止作賽:

- 極端疲倦
- 不尋常的氣促，出汗，心跳
- 暈眩，眼花
- 胸痛
- 發冷、打冷震
- 反胃作嘔

向工作人員尋求協助，於陰涼的地方稱作休息，並補充水份

B. 液體及熱量的補充

- 每三十分鐘補充一次，尤以有電解質的運動飲料最佳，如水動樂
- 容易進食及消化，含充足熱量的食物(例如：能量棒或能量啫喱)
- 避免於比賽日子食用訓練期間沒有食過的食物，以肯定你的腸胃能適應
分多次及少量進食，每三十到六十分鐘為佳，以避免過飽或餓

衝線之後:

- 賽員於衝線後不宜立即停下來，保持最少十五分鐘的冷卻運動，如伸展及步行
- 充足的液體補充，有電解質的飲料最佳，如水動樂
- 充兄營養及熱量的簡餐
- 充足的休息及睡眠 (每十公里需補約多一小時的額外睡眠)

Tips from Dr. Wong Bun Lap Bernard

Specialist in Cardiology

Oxfam HK 100Km Trailwalker 10 times finisher

Hong Kong Standard Chartered Marathon:

- 10km, 21km and 42km runner since 1998'

HK Medical Association Dragon Boat Team EX-Captain

Advanced preparation:

- Trim down intensive training to leisure aerobic and flexibility training when the race is nearer
- Rogainers should also have adequate sleep and rest, make sure to have balanced diet and stay relax!

During the race:

A. Symptoms for terminating the race:

- Extreme fatigue
- Shortness of breath
- Dizziness/blurring of vision
- Chest pain
- Palpitation, chills & rigor
- Nausea and vomiting

When you can't go further, don't be hesitating! Just seek help from officials.

B. Fluid and Energy replenishment

- Replenish in every 30mins especially with electrolytes e.g Aquarius
- Bring more energy bar or energy gel with you, which is easy to digest
Avoid eating any food that you haven't tried during training days
- Take small portion in a frequent way, eg. every 30minutes to 1 hour in order to prevent overeating

After the race

- Don't stop immediately after crossing finishing the line
- Cool down your body by 15 minutes stretching or jogging
- Reward yourself by Aquarius, nutritious meal, hot showers and sleep more!