

Avoid The Dreaded Side Stitch

Avoid the Stitch

Control Your Pace - side stitches are often a result of going out too hard and running into oxygen debt early on in a competition

Reduce Anxiety - train smart, visualize success, and stay relaxed

Test your tummy's durability - during training days; determine when the best time is for you to have your pre-race meal. A general rule of thumb is to avoid any substantial meals two hours prior to competition

Stay hydrated - place a piece of masking tape on your water bottle and place a check mark on the tape every time you finish a complete bottle. Set a goal for the day!

Manage the Stitch

According to renowned exercise physiologist and elite running coach Jack Daniels, athletes experiencing a side stitch should “make a conscious effort to take slower, deeper breaths.” He suggests breathing in for a count of three and out for an equal count of three. In most cases runners are able to run through a stitch.