

Learn To Run



Table of Contents

<u>Getting Started</u>	i
<u>Building Your Program</u>	15
<u>Shoes and Clothing</u>	38
<u>Weather</u>	55
<u>Stretching</u>	77
<u>Running or Walking Intelligently</u>	81
<u>Running Form</u>	88
<u>Heart Rate Training</u>	93
<u>Types of Running</u>	103
<u>Nutrition</u>	114
<u>Strength Training</u>	133
<u>Cross Training</u>	149
<u>Women's Running</u>	159
<u>Injuries</u>	170
<u>5K and 10K Events</u>	199
<u>Mental Preparation</u>	208

Getting Started

Overview

Let's talk about designing your training program. One of the first things to consider is that every runner is unique, so your program must be modified according to your individual requirements, talents and commitment. You recognize that your fingerprints are unique, but so are a number of other factors that you should work around your running program: your distinctive physiological characteristics (body type, resting and maximum heart rates and the basic ability of your body to use oxygen); your individual needs (what you want to achieve through exercise); and the different demands placed on you by your commitments to your family, friends, community and work.

Fitting It All In

All of us are faced with the challenge of fitting a workout into our busy daily schedules. Our friends, families and communities all require time, and in today's marketplace many people have great demands placed on them at work. Our personal time is becoming very precious.

So, just how do we have time to fit it all in? To start with, make a daily appointment with yourself for your own health and fitness. It is not selfish, it is necessary. In order to care about the other people in your life, you must first care about yourself. If not, just how are you going to be any good to them?

One of the more common questions I get asked is, What is the best time of the day to run? Well, here are the answers I have received from thousands of runners over the years. As you will see, there is no best time. There is, however, a best time for you.

I like to get out of bed and run to start my day.

An early morning run works best for some people. It starts their day off and gets them in the right mental shape for the day. They find that they eat less, are more productive throughout the day and then come home to relax without the stress of having to get their run in when they are tired. They also tell me they sleep well at night.

I like to run at noon; it's the perfect time for me.

Runners that run at noon tell me their run breaks up the day, gives them an attitude change for the afternoon and forces them to eat a light lunch.

I like to run right after work, before supper.

These runners say they can come home from work tired mentally, but then go out for a run and come back feeling rejuvenated. They say that the run after work and before supper makes them enjoy their evenings more, and for many of them exercise is an appetite suppressant.

I like to run before I go to sleep.

Some runners tell me that the late-evening run is grand. It relaxes them for the night and is a great time to meditate about life's challenges and find the simple solutions that a run can deliver. They also like to brag that the run revs up their metabolism, which continues to burn fat as they sleep. Sounds like a great deal for those of us looking for a fat-burning advantage.

So, when is the best time to run? Remember that we are each unique and that running is supposed to be adding value to your life, so find the time of day that fits your individual schedule. (For me, an evening run just makes me a bigger fan of late-night television! I return from a late run full of new energy, stay up late and then find myself tired the next day.) Use your runs to improve your mental as well as your physical well-being. Keep your running time as a

stress bustermost of us have enough stress in our lives that we do not need to add any more.

Goal Setting

To get the most out of your training program, you should set an ultimate goal and then set several smaller goals to get you there. Your ultimate goal might be to run a particular race, but before you run that race you must first train consistently. It can help to set some smaller, shorter-distance races as targets to test yourself along the way. (Interestingly, many marathon runners will tell you that the true reward comes from the training, not the marathon itself.)

Your goals can be qualitative or they can be quantitative: a qualitative long-term goal might be to make fitness part of your daily routine, just like brushing your teeth or combing your hair; a quantitative long-term goal might be to run a specific marathon when your birthday takes you into a new decade.

Set short-term goals that allow you to savor some of your training rewards. Your first goal might be to run continuously for 20 minutes. One good goal at the start of any program is to run for 30 days without an injury, which will force you to listen to your body. In your program, you will have five kinds of goals:

1. A daily goal to get out the door every day.
2. A self-acceptance goal to condition yourself to the acceptance that daily fitness is part of your lifestyle.
3. A performance goal for a season—either a distance goal, such as running a 10 K, or a time goal, such as breaking 45 minutes for a 10 K.
4. A dedication goal or a special goal for a season—something that will motivate you to continue training throughout the year. Dedicate your year to the memories of a loved one, or dedicate your goal to proving you can do it when others believe you cannot.
5. A dream goal—a big race or special distance that seems just slightly out of reach but achievable.

If your goals are intelligent and realistic, you will be more likely to succeed and not get discouraged partway through your training. There is no special formula for where you should start or the rate at which you should progress, but take care not to let your newfound fitness carry you beyond improvement into overuse. Don't look at the people around you, you look at where you are now and start a program of improvement from that point. Set a current benchmark and try to improve by approximately 10% a week. (Keeping a limit of 10% a week allows you to improve while minimizing your risk of injury.)

To help you along the way, in both assessment and encouragement, start a logbook. A daily log will reinforce your progress towards your individual goals. There is a certain pleasure that comes from recording your workouts and assessing the quality of the effort. Record the distance you ran, where you ran and the type of run (e.g., hill workout, long and slow, speed training). Include notes on how you felt, especially if your stress level was above normal, and on abnormal weather conditions.

Be sure to monitor and evaluate your training, adjusting your program and goals to your progress and the other facets of your life. Use your logbook to document any changes in your circumstances and the corresponding adjustments to your short-term and long-term goals. Now, this is not a free-ride ticket that lets you off your training for every little interference, but you should back off if conditions warrant. For example, if the weather becomes extremely hot, you must intelligently modify the program, or if a busy work schedule leaves you tired, and you have bad runs on two consecutive days, you need to progress more slowly.

Remember that sometimes your daily goal will be to have a rest day. Rest is a good four-letter word that lets your body rebuild and get stronger. Sports medicine experts say you need 48 hours to recover from a hard workout, so it should be a scheduled part of every training program.

The setting of athletic goals, the discipline of following a regimented program towards specific goals and the recording of your progress will transfer over into the other parts of your life. Studies continue to prove that people who are physically active are more positive in their approach to challenges, have more energy and eat better. These added benefits and feelings of improved health are some of the reason runners become highly self-motivated over a period of time. You should decide on a strategy:

A. Determine Your Goals

Try to establish weekly goals for improvement. The more realistic the goals are, the more likely that you will not be discouraged partway through your training. Use a running diary to help evaluate your progress. Always be ready to readjust and reevaluate your goals. For example, bad runs on two consecutive days may indicate a need to back off and progress more slowly.

Short term goals:

e.g. to complete a 5-km run in the spring.

e.g. to lose 10 lb.

Long term goals:

e.g. to lose 25 lb. and have fitness as a part of daily routine.

e.g. to complete the Boston Marathon.

Remember!

Your goals can be qualitative (e.g. to get in shape) or quantitative (e.g. run a 25-minute 5 K).

B. Record Your Goals Commit to your goals by writing them down and reviewing your progress towards these goals on an active basis.

C. Monitor Your Progress by Means of a Logbook

Logbooks reinforce your daily step-by-step progress towards achievement of goals.

D. Modify Your Goals

As you progress in your training, your short-term and even longterm goals may change. Modify your goals according to changes in circumstance and document this change.

Focus on aspects within your control, e.g. skills, preparation. Avoid outcome goals beyond your immediate control, e.g. scores, placing, winning.

How to start:

1. Write down a difficult but achievable ultimate goal.
2. Write down your dream goal for the next few months that would help attain your ultimate goal.
3. Write down your realistic performance goal for this season. It might help to set dates for other goals leading to the performance goal, such as running a distance within a certain time or completing a distance without walking.
4. Evaluate your progress and consider whether you are aiming too high (you might need more base mileage) or whether you should set yourself a harder target.
5. Establish a weekly goal for improvement, remembering that the more realistic you are, the better the chances are of attaining it. Use a logbook, such as the "Running Room Lifestyle Log", to record your progress. Use it as a diary to record how you feel and where you ran. Modify your training if necessary.

For some, running 1 km or running a certain distance without stopping is reward enough. Others may want to lose a certain amount of weight, and yet others may want to qualify for the Boston Marathon. Goals are personal don't worry about what others strive after. We all compete against ourselves.

Assessing Your Running Fitness

Running is a strenuous physical activity. Seven questions from the Physical Activity Readiness Questionnaire (Par-Q) will help you assess your readiness to start running.

Questionnaire

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?

Yes No

2. Do you feel pain in your chest when you do physical activities?

Yes No

3. In the past month, have you had chest pain when not doing physical activities?

Yes No

4. Do you lose your balance because of dizziness or do you ever lose consciousness?

Yes No

5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?

Yes No

6. Is your doctor currently prescribing drugs (for example water pills) for your blood pressure or heart condition?

Yes No

7. Do you know of any other reason why you should not perform physical activities?

Yes No

If you answered yes to any of the above questions, do not continue until you receive a doctor's clearance. If you answered no to every question, you may be reasonably sure it's safe to increase your physical activity.

Unsure of your current fitness level? Where is your starting point? Just how healthy and fit are you?

This self-test checks both your health history and your fitness habits.

Choose the number that best describes you in each of the 10 areas, then add up your score. The results tell you whether your startingline condition is high, average or low cardiovascular health.

Cardio

Which of these statements best describes your cardiovascular condition? This is a critical safety check before you enter any vigorous activity. (Warning: If you have a history of cardiovascular disease, start the running programs in this book only after receiving approval from your doctor and then only with close supervision by a fitness instructor.)

- No history of heart or circulatory problems (3)
- Past ailments have been treated successfully (2)
- Such problems exist but no treatment required (1)
- Under medical care for cardiovascular illness (0)

Injuries

Which of these statements best describes your current injuries? This is a test of your musculoskeletal readiness to start a running program. (Warning: If your injury is temporary, wait until it is cured before starting the program. If it is chronic, adjust the program to fit your limitations).

- No current injury problems (3)
- Some pain in activity but not limited by it (2)
- Level of activity is limited by the injury (1)
- Unable to do much strenuous training (0)

Illnesses

Which of these statements best describes your current illnesses? Certain temporary or chronic conditions will delay or disrupt your running program. (See warning under "Injuries.")

- No current illness problems (3)
- Some problem in activity but not limited by it (2)
- Level of activity is limited by illness (1)
- Unable to do much strenuous training (0)

Age

Which of these age groups describes you? In general, the younger you are, the less time you have spent slipping out of shape.

- Ages 19 and under (3)
- Ages 20 to 29 (2)
- Ages 30 to 39 (1)

Ages 40 and older (0)

Weight

Which of these figures describes how close you are to your own definition of "ideal weight"? Excess fat is a major mark of unfitness, but it's also possible to be significantly underweight.

Within 5 lb. of ideal weight (3)

6 10 lb. above or below ideal weight (2)

11 19 lb. above or below ideal weight (1)

20 lb. or more above or below ideal weight (0)

Resting Pulse Rate

Which of these figures describes your current pulse rate on waking up but before getting out of bed? A well-trained heart beats slower and more efficiently than one that's unfit.

Below 60 bpm (3)

60 69 bpm (2)

70 79 bpm (1)

80bpm or more (0)

Smoking

Which of these statements best describes your smoking history and current habit (if any)? Smoking is the number one enemy of health and fitness.

Never a smoker (3)

Once a smoker but quit (2)

Occasional, light smoker now (1)

Regular, heavy smoker now (0)

Most Recent Run

Which of these statements best describes your running within the last month? The best single measure of how well you will run in the near future is what you ran in the recent past.

Ran nonstop for more than 4 km (2.5 mi.) (3)

Ran nonstop for 2 4 km (1 2.5 mi.) (2)

Ran nonstop for less than 2 km (1 mi.) (1)

No recent run of any distance (0)

Running Background

Which of these statements best describes your running history? Running fitness isn't long lasting but the fact that you once ran is a good sign that you can do it again.

- Trained for running within the past year (3)
- Trained for running 1 to 2 years ago (2)
- Trained for running more than 2 years ago (1)
- Never trained formally for running (0)

Related Activities

Which of these statements best describes your participation in other exercises that are similar to running in aerobic benefit? The closer they relate to running (as do bicycling, swimming, cross-country skiing, and fast walking, for example), the better the carry over effect will be.

- Regularly practice similar aerobic activities (3)
- Regularly practice less vigorous aerobic activities (2)
- Regularly practice non-aerobic sports (1)
- Not regularly active in any physical activity (0)

Your Rating

If you scored 20 points or more you rate high in health and fitness for a beginning runner. You probably can handle continuous runs of at least 4 5 km (2.5 3 mi.) or 20 to 30 minutes.

At 10 to 19 points, Your score is average. You may need to take some walking breaks to complete runs of 4 5 km (2.5 3 mi.) or 20 to 30 minutes.

A score of less than 10 is low. You may need to start with walking only. Start with 20 minutes of brisk walking, adding 2 minutes each week until you are walking for 40 minutes comfortably.

Keeping It Fun

I enjoy my running; it truly is fun. However, there are a few annoyances that can take the fun out of running. I have provided a summary of tips you can use to help stay focused on the "enjoyment" aspect of running. These are general tips, many of which will be addressed later in the book in more detail. Enjoy these tips and stay having fun!

Delayed Onset Muscle Soreness

This general soreness and muscle ache comes from tiny tearing of the muscles as a result of running a longer distance or increasing the speed or intensity of a run.

Ice or a cold water stream on the sore muscles immediately following your run will help provide comfort and recovery. A warm Epsom salt bath and some gentle stretching will make for a more relaxed sleep and speedy recovery.

Skin Chafing

Chafing generally occurs under the arms, between the thighs, along the bra line for women and around the nipple area for men. The culprit is the salt in our sweat, which causes the abrasive chafing in these sensitive areas.

The chafing control product Bodyglide works best. Vaseline also works in a pinch, but it stains clothing, whereas Bodyglide will not. For guys, try NipGuard bandages; they work wonders on preventing raw chafed nipples.

Blisters

Friction between your foot and your shoe is usually the cause of blisters. This can be from poorly fitting shoes, a rib or seam in your sock or, on occasion, running on a slated or uneven surface that causes the shoe to rub on the side of the foot.

The best recommendation is Running Room CoolMax double layer socks they work. If you do have a blister, cover it with a liquid bandage, which provides protection and helps dry the area promoting healing while you continue to run.

Black toenails

You have arrived wearing the badge of the black toe. Most often this condition occurs with an increase in mileage or from running a downhill session for an extended period of time. The repeated tapping of the toe against the front of the shoe causes blood to pool under the toenail.

If there is no pain, leave the nail to fall off by itself, but apply an antifungal cream to prevent infection. If you suffer a throbbing toe, then have your doctor (don't do this at home kids) make a small hole in the nail to drain the blood. It sounds far worse than it is; the good news is the relief is instant. The key in the future: make sure you go up from your current shoe size by a

half or a full size to prevent a reoccurrence.

Athlete's Foot

Runners with red cracking skin, itching feet and soreness between the toes are nearly always suffering from athlete's foot. This condition usually results from someone using a public change or shower room.

Rule one: always wear sandals in the change room and shower areas of public facilities. Spray your shoes with an anti-fungal product, taking care to remove the insole to give them a good spray.

Muscle Cramps

A muscle cramp during a run is usually caused when the fatigued muscle has become overstimulated and contracts involuntarily. Cramping can also result from insufficient electrolytes like potassium and sodium salts or from poor hydration.

Gentle stretching of the affected muscle is one solution. Massage the muscle gently to reduce the cramping effect. Work with isotonic sports drinks to remedy the problem.

Stitches

A stitch is a sharp pain in the diaphragm usually just under the bottom front of the rib cage. There are two theories for the cause. The first is that the discomfort is the result of the dome-shaped muscle of the diaphragm becoming irritated as it rises and falls to allow the lungs to breathe. The jostling effect of our running irritates this muscle and causes the cramp. The other theory is that the cramp is related to food. Many runners find it helps to avoid foods high in sugar and fat, as well as apples, fruit juices, dairy products and chocolate.

Personally, I think most of the stitch issues are related to breathing techniques. Breathe like a swimmer with deep, full and relaxed breaths in rhythm and time with your running cadence. This more relaxed and rhythmic breathing allows for a better run and cuts the risk of the dreaded stitch. Think belly breathing!

Burping, flatulence, gripping stomach pains and toilet calls

These annoyances can cause considerable discomfort and embarrassment to runners enough to make some stop running. There is no simple or consistent cause for these calls nor is there one simple solution. Running activity and the jolting movement of the body cause gastrointestinal disturbances. For some people a cup of coffee will help stimulate the bowels into action prior to the run. Having said this, caffeine and alcohol are stomach irritants, so avoidance may also be the solution. High fiber foods or dairy products prior to a run can also be the culprits. Many of our athletes also find the high sugar content of sports drinks can be detrimental. An easy solution for this is diluting the sports drink with additional water. If you find, as many runners do, that invariably it is at the 10-minute or 15-minute mark into your run that

you get a call for the toilet, simply plan a loop around your start point of 10 minutes. Stop, use your facilities and continue your run. Plan your long runs around potential public toilets. If there are none on your route, gyms, health clubs, gas stations, coffee shops, community clubs, fire halls and churches are all generally sympathetic to a runner in need.

Sweating

Sweating is your air conditioning and cooling system. It regulates your temperature and helps eliminate toxins. While running you sweat between 500 and 1000 ml per hour. Sweat by itself doesn't stink; it is when it contacts bacteria that we stink. So start your run clean and with a deodorant. Cotton is more smell resistant, but we know that it runs hot and we chafe. The high technical fabrics are perfect for sweat wicking, and they dry out quickly but retain the sweat odor.

Wash your clothing after each run to avoid stinky clothes. If your sweat smells odd consult your doctor. Sweat odors can indicate a medical condition such as diabetes or liver disease. Your sweat is a sign of your character so don't sweat the sweatafter all you are an athlete.

Urinary Incontinence

Urinary incontinence* affects many runners, particularly woman after pregnancy. This hindrance to running is usually caused by pelvicfloor weakness. These muscles support the pelvis and abdomen and control the emptying of the bladder and bowel.

The best course of action is pelvic floor exercises and lots of them. Done consistently and properly these exercise are very effective in stopping urinary incontinence. If you tried them and they didn't work, you likely did too few or did the exercises incorrectly. Athletes are proactive, so do the exercises and do them often. If they still don't work, see your doctor.

Lacking Motivation

Runners struggle occasionally to get themselves out the door to train. Motivation comes from within us. Do not rely on the coach or the club to motivate you to achieve your lifelong goals. Training tips supply the inspirationnow it is up to you to supply the motivation and perspiration.

Be consistent.

Be gentle and yet progressive.

Set short- mid- and long-term goals.

Build some rest days into your training.

Mentally prepare as well as physically prepare for every race.

Build long slow distance, strength and speed training into all programs.

Adapt your training to the conditions and take pride in your courage to accept the challenge to run.

If you find running boring, it may be you can't stand running with yourself for 30 or 40 minutes, so invite a friend along or join a group for motivation.
