

# Dynamic Fitness For Runners

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## 1. What is running about

### Definition

A terrestrial locomotion allowing humans and other animals to move rapidly on foot is called running. Contrary to walk, where one foot is always in contact with the ground; running in athletic terms as a gait in which at regular points during the running, both feet are off the ground. The term running can refer to any of a variety of speeds ranging from jogging to sprinting.

### ***Why should you walk, jog and run?***

There are number of benefits of running here are a few key points.

### 10 Key benefits of running

- Increases energy level
- Boosts immunity
- Helps in weight loss
- Improves physical and mental levels
- Increases bone mass
- Slows the ageing signs
- Improves appearance and mood
- Lowers anxiety level
- Boosts morale & confidence
- Improves blood circulation

### **Great Idea!**

**Talking from lunch time running perspective.... with a hectic lifestyle...**

### **Two Lunch Time Running Benefits**

- (1) You get your workout in before the day gets away from you
- (2) You get a midday break from work stress

Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp, or are you going to be strong today?'

## 2. Goal Setting and Motivation

### ***Want to run for a charity?***

In past, charities had a handful of runners raising a few hundred euros – it has all changed. Now the big charities like Irish Cancer Society, Our Lady's etc have teams of 100 or more in Women's mini marathon and Dublin marathon. Once you decide to run for any specific charity that means that you have a commitment once you received their sponsorship card etc. Because they allocate these cards including an assessment of how good they think the applicant's fundraising potential is. Be realistic when forecasting how much you think you can raise and don't tell them a figure that you think they want to hear. If it is unrealistic then don't suggest it. Also charities build their budgets around projections of sponsorship from these events so don't be unfair giving them false information.

### ***Just want to finish?***

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Maybe just to finish the race is your target because of tight and hectic schedule in routine. No harm just to finish it off as you still get the benefits, i.e. exposure to an event, boosting confidence, improved cardio & fitness, opportunity to socialise, watching others and observing their techniques and much more.

## ***Want to improve your finish time?***

If you've been running and participating in the events already, then you may want to improve your finish time. Again, be realistic and don't build up on false belief and always accept your current form and build your training accordingly that you don't push beyond those limits which could be disastrous and may hold you back from future participation.

## ***Want to get fitter?***

If your goal is to become fitter and you've been through the finish line once or maybe more, and have seen much improvement in your training. Now this is the time for you to act upon, your training should not lead to a short-cut but must follow a SMART plan

## ***SMART goals***

### **Specific**

Sit down and write that what exactly you want to achieve through your training programme but please avoid vague statements such as 'bulk up' or 'want to be strong' etc. Because you'll not be able to focus on your mind to achieve the goals you want. Your goals should include i.e. 'how much lean muscle mass you want', 'what should be the fat ratio' and 'what bone density you want'. You can also write down your desired body measurements and what type of weight you should be able to lift which you can't lift right now etc.

To help, make your goals clearer and also mentioned that why do you want to achieve them such as want to change lifestyle, want to be a body builder, required better sports performance or want more strength. Push beyond superficial reasons and find the inner motivations that are driving your goals. This is the fact that internal motivation drives you to success.

### **Measurable**

You need to measure your progress. Unlike your long-term goals, short-term goals must be more specific in terms of your body weight and fat measurements, and the weight you want to lift or the strength you want to achieve. For example, you may set a goal of 70 kg for your maximal bench press, or reduce your waist 1 inch. To monitor your progress, you should keep your track record for the exact weight lifted, no of repetitions and the sets completed and check them weekly and compare with the week went by. You can use the comparison of each week to set the long term goal

### **Agreed**

To get the best and faster results, discuss your goals with someone who is a qualified instructor/personal trainer. To show commitment for a change, write down your exercise programme on paper and use them as your mission statement: sign and date whatever you

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have written. Again, recommended to ask someone qualified to help reviewing your exercise programme. Place your written programme somewhere where you can see it every day.

## **Realistic**

Your goals should be attainable and realistic to suit your body size, shape and lifestyle. There is nothing wrong aiming to become a world champion but at the same time, be realistic and see what they have done in their life to achieve the gold medal, then compare with your start and measure that how much time and energy you have to follow a similar path.

## **Time Framed**

Write down a clear time frame to reach you goals. Decide and write down the deadline because setting a deadline will prompt action and you will be able to plan in motion. Without setting out a deadline, you might end up putting off starting your programme and will never achieve your goal. Once your major goals are fixed, set short-goals, which can be achieved relatively in short period of time and long term plans could take longer. You may even find to break your long-term plan into short-term segments to make it easy to act and focus each week's progress.

### **3. Running attire.**

#### ***How to dress for winter running***

In Ireland, we've got a long winter or long period of year is colder but it doesn't mean that you have to banish yourself to the treadmill for whole year. New technology in the running clothes have a big change in running now.

What you need to take care of:

i. Neck and head

You need to cover your head on a cold day, because you will lose 30-45% heat from your head. Skin should also be protected from cold and wind. You have to very careful about frostbite and chapping.



#### **Thermal Hat**

A fleecy or a woolly hat should be worn to keep your head warm during winter run.



#### **Neck Gaiter or Bandana**

Could be extremely valuable on a very cold and windy day to protect your neck and face. You can pull it up over your mouth to warm the air you're breathing in, which is especially helpful when you first start your run. Some runners wear a simple bandana

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over their mouth for the same purpose.



**Bavaclava** is also known as a ski mask, a balaclava is a type of headgear that covers your whole head, exposing only your face or part of it, and sometimes only your eyes. They're usually made of fleece or wool and are only necessary if the temperature or wind chill is below 10 degrees F.

**Chapstick/Vaseline:** Protect your lips from chapping with some Chapstick or Vaseline. You can also use the Vaseline on your nose and cheeks (or anywhere else on your face) to prevent windburn and chapping.

- ii. **Upper Body** The key key to winter running dressing, especially with your upper body, is layering. Not only do layers trap body heat, they allow sweat to move through the layers of clothing. The moisture is wicked away from your first layer to your outer layers, and then evaporates. Here's a guide to how you should layer on your upper body:

**Wicking Base Layer:** The layer closest to your body should be made from a synthetic wicking material, such as DryFit, Thinsulate, Thermax, CoolMax, polypropolene, or silk. This will wick the sweat away from your body, keeping you dry and warm. It's very important to make sure you don't wear cotton for this layer because once it gets wet, you'll stay wet. When it's above 40 degrees F, you can usually wear just a long-sleeve base layer.

**Gloves/Mittens:** You can lose as much as 30% of your body heat through your extremities, so it's important to cover those hands. On cold days, wear gloves that wick away moisture. When it's extremely cold, mittens are a better choice because your fingers will share their body heat.

- iii. **Lower body**

**Tights/Running Pants:** Your legs generate a lot of heat so you don't need as many layers on your lower body. You can usually wear just a pair of tights or running pants made of synthetic material such as Thermion, Thinsulate, Thermax, Coolmax, polypropolene, and/or silk. If it's below 10 degrees F (temperature or wind chill), you may want to consider two layers on your lower body: a wicking layer of tights, and a wind-proof layer such as track pants.

**Shoes:** Your feet also stay pretty warm, as long as you keep them moving and dry. Try to avoid puddles, slush, and snow. Look for a running shoe with as little mesh as possible, since that's where the water will seep through to your feet. Or, if you can't avoid running in snow, you may want to think about buying trail running shoes, which are somewhat water-proof and will give you a little more traction in the snow.

**Socks:** Never wear cotton socks (in cold or warm weather) when running because they won't wick away the moisture, leaving your feet wet and prone to blister. Instead, be

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sure to wear a good pair of wicking socks made of fabrics such as acrylic, CoolMax, or wool (in the winter).

## ***How to dress for hot weather running***

Avoid wearing cotton when running because it holds your sweat and doesn't dry quickly, which can lead to chafing. Synthetic fabrics (such as CoolMax or Dri-Fit) wick moisture away from your skin so cooling evaporation can occur. Although the technical fabric running clothes may cost a little more, you'll appreciate the comfort -- especially during long runs.

### **Choose Running Socks Carefully**

Don't wear 100% cotton socks during your runs. Your feet will most likely be sweating a lot, and cotton tends to keep your feet wet, which can lead to blisters. Look for synthetic blends like those made from polyester, acrylic, or CoolMax, which are best at wicking away moisture.

### **Dress Lightly**

Light-colored, loose-fitting clothing will help your body breathe and cool itself naturally. Tight clothing restricts that process, and dark colors absorb the sun's light and heat. Light colors reflect the sun from your skin.

### **Wear Shades**

A good pair of running sunglasses help protect your eyes from the sun's damaging rays. Also, wearing running sunglasses helps prevent headaches that come from squinting or exposure to bright light.

### **Use Sunscreen**

Apply your sunscreen (at least SPF 15) before you get dressed for your run. Some summer running clothes are made of mesh or very thin fabric, so they might not provide protection from the sun's rays. Also, your clothes move when you run (or you may choose to take off some clothes, like your shirt). So it's best to make sure you're fully covered with sunscreen

## **4. How to build up a safe programme.**

Running injuries are quite common; you can reduce the risk of injuries while making a safe running programme.

### **Planning for Environment**

To avoid direct sun, run in the shade if possible. Apply at least SPF 15 sunscreen, If exposed to the sun. Wear sunglasses to filter out UVA (Ultraviolet A) and UVB (Ultraviolet B) rays, and wear a hat with a visor to shade your eyes and face.

Run in the early morning or evening during hot weather to avoid heat exhaustion and to avoid high pollution levels.

In high altitudes, gradually acclimate yourself to lower oxygen levels by slowly increasing your speed and distance.

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Do not run at night. If you run at dusk or dawn, wear reflective material. Avoid wearing a headset or jewellery while running.

Whenever possible, run on a clear, smooth, resilient, even, and reasonably soft surface. Being a beginner, avoid running on hills, which increases stress on the ankle and foot. When running on a curve such as a running track, reverse directions halfway through your run so that you have even pressure on both feet during the run.

## **Preparation**

Plan a progressive running program to prevent injuries. A five-minute warm-up (which should raise your temperature by one degree) followed by stretching exercises, is essential before starting a run. Following the run, stretching again is important.

Start your run with your body feeling "a little cool." Your body temperature will increase when you start running.

Run with a partner. If alone, carry identification, or write your name, phone number, blood type, and medical information on the inside sole of your running shoe.

Let others know where you will be running, and stay in familiar areas, away from traffic. If possible, carry a small bag for a cell phone and a whistle or other noisemaker to use in an emergency.

## **Dress Appropriately**

When selecting a running shoe, look for good shock absorption and construction that will provide stability and cushioning to the foot. Make sure that there is a thumbnail's width between the end of the longest toe and the end of the shoe. Buy shoes at the end of the day when your foot is the largest.

Sixty percent of a shoe's shock absorption is lost after 350 to 500 miles of use, so people who run up to 20 miles per week should consider replacing their shoes every 8 to 10 months or depending on their mileage.

Excessive clothing can produce sweating, which causes the body to lose heat rapidly and can increase the risk of hypothermia. Instead, dress in layers. The inner layer should be material that takes perspiration away from the skin (polypropylene, thermal); the middle layer (not necessary for legs) should be for insulation and absorbing moisture (cotton); the outer layer should protect against wind and moisture (nylon).

To avoid frostbite in cold weather, do not have gaps of bare skin between gloves and jackets, wear a hat, and cover your neck. Petroleum jelly can be used on exposed areas, such as the nose.

## **Hydration**

You can lose between six and 12 ounces of fluid for every 20 minutes of running. Drink

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10 to 15 ounces of fluid 10 to 15 minutes prior to running and every 20 to 30 minutes along your route. Weigh yourself before and after a run. For every pound lost, drink one pint of fluid. This rule doesn't apply on advanced runners as they have capability to sustain for longer time without having fluids while producing the consistence performance.

Building a safer and **SMART(specific, measurable, agreed, realistic and time-framed)** running programme is the key. Train SMART and not only hard e.g. lots of beginners forget the REST.

## 5. Ways to make running knowledgeable, fun and enjoyable

Be knowledgeable and uncover your own secrets to make your running fun and enjoyable

### **Uncover your own secrets and learn to run efficiently**

Not all people are natural-born runners. There are many that have horrible running mechanics. Change the bad built-in habits and have someone watch your form from the side.

**Increase your breathing speed** - Many people think their problem is muscle endurance or muscle condition, while it could be low oxygen intake capacity. Many runners can't run fast because they can't breathe fast! Muscles are powered by energy; energy is pumped into your muscles from blood and oxygen. Explosive running requires explosive breathing!

**How;** breathe FAST! IN-OUT-IN-OUT-IN-OUT-IN-OUT-IN-OUT!! And do it at a frantic pace!!! Do it for 30 seconds at a time for several sets. And then work up your way to 1 minute. Do some sets breathing in and out with your nose, and do some sets breathing in and out with your mouth. Huff and puff that chest quick! Breathe deep, but avoid holding your breath. Make sure you don't hold your breath.

This exercise will help you give your muscles all the oxygen it needs.

**2. Claw the ground and don't over-stride** – Don't run on your heels and use the balls of your feet. Pushing the ground back is WRONG! It takes too much time touching the ground. Instead, you must quickly brush the ground back as fast as you can. Your feet will claw the ground back with your spikes just like a cat swipes at the air with its claws. Claw back, fast and hard!

Another common mistake is Over-Stride. A faster turnover with slightly shorter strides WILL BEAT a slow turnover with longer strides any day! Keeping your strides at normal length ensure your most efficient use of energy! Too many people are constantly trying to out-stride the other runner during a race. Out-Stride brings your lead foot in front of you and it acts as brake.

**3. Don't lean back** - To go faster, your feet must stay a bit behind you. Keep your body at a slight forward lean and your head straight. Do not throw your chest into the air.

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4. **Loosen up your body!** - Running too tensely is disastrous; it shows the aggression and intension to overpower other runners. But only Swiftness, quickness, and explosiveness win the race. Strong barbaric plodding doesn't.

5. **Hold your form straight and steady** – While running some people move sideways, swing their arms in front of them because they built up the bad habit. Keep the neck and spine in one line, swing your arms back and forth, elbows generally form a 90 degree angle and always stay bent. Don't roll your shoulders forward. The whole idea of all this is to make sure none of your energy is being wasted.

6. **Tunnel Vision** - THINK LIKE A RACE HORSE, LOOK STRAIGHT, AND NO WHERE ELSE! Do NOT turn your head to get a good look at the runner in the next lane! Run straight and look at him in your peripheral vision if you must. Think forward and go forward!

7. **KEEP PUSHING** - Don't ever slow down till you cross the finish line. Pretend you have to run an extra 10 meters for the finish line. It's not over till it's over, keep pushing way past the finish line! Don't doubt yourself. Keep trying and pushing. YOU WILL AMAZE YOURSELF! Don't give up!

### How the diet can boost your performance

Carbohydrates is one the most important component in your diet. Without a doubt, carbs are the best source of energy for runners. Our bodies work more efficiently with carbs than they do with proteins or fats.

The more intense you're running, the more your body relies on carbs as the main source of energy. Although your body burns a mixture of carbs and fat, but it relies heavily on it, because they provide a more readily source of fuel, easy to access and use. The harder you run the higher amount of carbs you use.

### Types of carbs

Not all carbohydrates are created equal; they are classified as either complex (the good carbs), or simple (the bad carbs):

#### Simple carbohydrates:

They gained a bad reputation because they have a high glycemic index, this means that they increase your blood sugar level very fast, causing hunger, cravings and mood swings.

If your goal is to lose weight, you should cut this type of carbs entirely from your diet, but you can start reintroducing it gradually once you have reached your weight loss goal.

#### Common sources of simple carbs:

Table sugar, Corn syrup, Fruit juice, Candy, Cake, Soda pop, Candy, Most packaged, cereals, Honey, Yoghurt, Jam, Chocolate, Biscuit

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## Complex carbohydrates:

Complex carbohydrates are the good carbs; they take longer to digest and are usually packed with fiber, vitamins and minerals. Its slow absorption will provide you with a steady supply of energy for long periods of time.

Common sources of complex carbs: Pasta, Brown rice, Potatoes, Other root , vegetables, Whole meal breads, Bagel, Wholegrain cereals, High fiber breakfast, cereals, Yam, Oatcakes, Peas, Beans, Lentils

## 6. How to check and track your progress.

Tracking your progress is one the aspect of your successful running. Have a proper tracking template where you can log your miles, hills, track etc. on daily basis and tracking them with mileage done and by reviewing having your reflective practice. Here is a simple template to help you tracking your progress.

### Using mileage / progress log templates etc.

Wk	Date	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Total
1	01/04 08/04	<b>Easy Run</b> Dist:6mi @8:10	<b>Speed work</b> Dist: 8 mi, inc Warm; 10x800 @3:04 60 sec. rec.; Cool	<b>Easy Run</b> Dist:7mi @7:55	<b>Speed work</b> Dist: 8 mi, inc Warm; 16x400 @1:27 60 sec. rec.; Cool	<b>Easy Run</b> Dist:5 mi @8:30	<b>Rest</b>	<b>Long Run</b> Dist 16 mi @8:10	50 miles

### Reflective Practice

Monday:

Tuesday:

Wednesday:

Thursday:

Saturday:

Sunday:

## Testing and progression

1. Start by making a list of concrete goals. Design both short-term and long-term goals. If you are a beginning runner, one of your first short-term goals might be to run for 10 minutes, but you might plan to run a 5K in 4 to 6 months.

2 . Begin by walking. Before you begin running you need to warm up your body. After a few minutes, run for 30 second to 1 minute. Then reduce your speed to a walk. Repeat the running and walking intervals for 20 to 30 minutes.

3. Increase the length of the running intervals as you progress. As you advance and become more physically fit, you walk less and run more. You may also find that you can increase your running speed.

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- 4 . Stretch before and after your walk/run workouts to help prevent injury.
5. Wear appropriate shoes. Old, worn out running shoes or shoes designed for other sports are uncomfortable to wear and can be dangerous. Avoid shin splints and injury by wearing running shoes in good condition.
6. Eat a balanced diet. Under-eating and poor nutrition make it difficult to find the energy to exercise. Fuel your workouts with quality food.
7. Continue to challenge yourself. Push yourself to the next level and you may surpass your original goals