



# RUN 5K

IN 5 WEEKS  
TRAINING PLAN

Coach Juber

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## FOREWARD

As a fitness enthusiast and long time-runner, I speak from personal experience. Everyone has to start somewhere. While I ran long distance events as a teenager, my running and personal fitness both took a back seat as I became a mother and career woman. I just didn't think there was enough time in a day to get everything done. What I have learned since, is that I am most happy when I make time for the most important things, and my health and fitness is one of those! I started back into running in 2009, thanks to a friend who helped motivate me to train for my first half marathon. While going through a stressful time in life, and while living in a foreign country which was hot year round, my day began at 5am so I could be done with my run before it was time to wake the kids up for school.

I wish I'd had Coach Juber's training plan back then! I really didn't know the first place to start after so many years of being a non-runner, so I ended up wasting a lot of time and money trying things out. Like buying the wrong pair of shoes, not properly hydrating, and starting too fast rather than easing into my new running lifestyle. Not following a proper training plan resulted in a minor injury during my first half marathon. After proper healing, however, I went on to run my first Marathon, and I've run over 10 additional half marathons, 10K, and 5K races. Honestly, I lost count. I wasn't doing it to impress anyone. I was doing it for me! Running became my therapy, and it still gives me that natural high you'll soon come to love!



Coach Juber's Training Plan is a great way to start! Whether you want to get into running for the first time, or if you're getting back into running after an absence, this plan will set you on the course to a healthier lifestyle. Make sure you enjoy the

delicious running drinks included as well. My favorite? Pineapple juice and the Banana Walnut Bliss Smoothie!

This training plan starts you off smart and anyone can run a 5K! You just need to follow the program. If you want, after your 5K, continue onto a 10K, then a half-marathon, then even a full marathon. You don't think you can do it? Think again! You absolutely can!

Warmly,

Kimberly Hash de Vries

Founder

[IMMarketNews.com](http://IMMarketNews.com)



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## BOOK DESCRIPTION

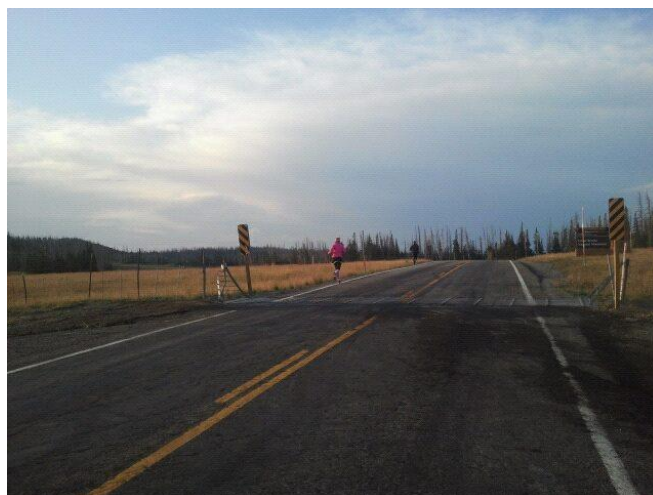
If you have ever thought about running a 5k, even if you have never done any running before, you must have looked at it in some depth. While running a 5k race doesn't compare to the grueling and often unforgiving marathon distance, it's still fairly tough and requires a high level of personal fitness. When you have accomplished your goal, you will feel very proud of yourself for all that you have accomplished and how far you have come. You will have a great deal of respect for yourself, for not just having dreamt about something, but also actually achieving it.

Every journey, whether long or short, starts with just one small step. Your first step was getting hold of this book, which will serve you as a training manual.

It covers all aspects of running: starting out, choosing the right sort of shoes, understanding all the changes your body will go through, avoiding injuries, ways to improve your fitness and endurance, and ways to achieve your goal, right through to the race day and beyond.

When you finish reading this book, though you may not be ready to run a 5k yet, you will know all about running one, and will be able to get ready for it. This book will provide you with all the necessary information to get ready.

***Let the journey begin.***



## INTRODUCTION

So you are thinking about running a 5k? The 5k race is the most popular distance run, and there are usually thousands of events all around the world happening all through the year. A 5k race is basically a race spread over 5 kilometers or 3.1 miles, which will take an average person about 30 – 60 minutes to complete. Some people, of course, can do it faster. The fastest time ever recorded for a man completing a 5k was 12 minutes 37 seconds, which was accomplished in 2004 by Ethiopian distance runner Kenenisa Bekele. The fastest women's time was 14 minutes 16 seconds, which was set by Meseret Defar in Oslo in 2007. These people are super humans, however.

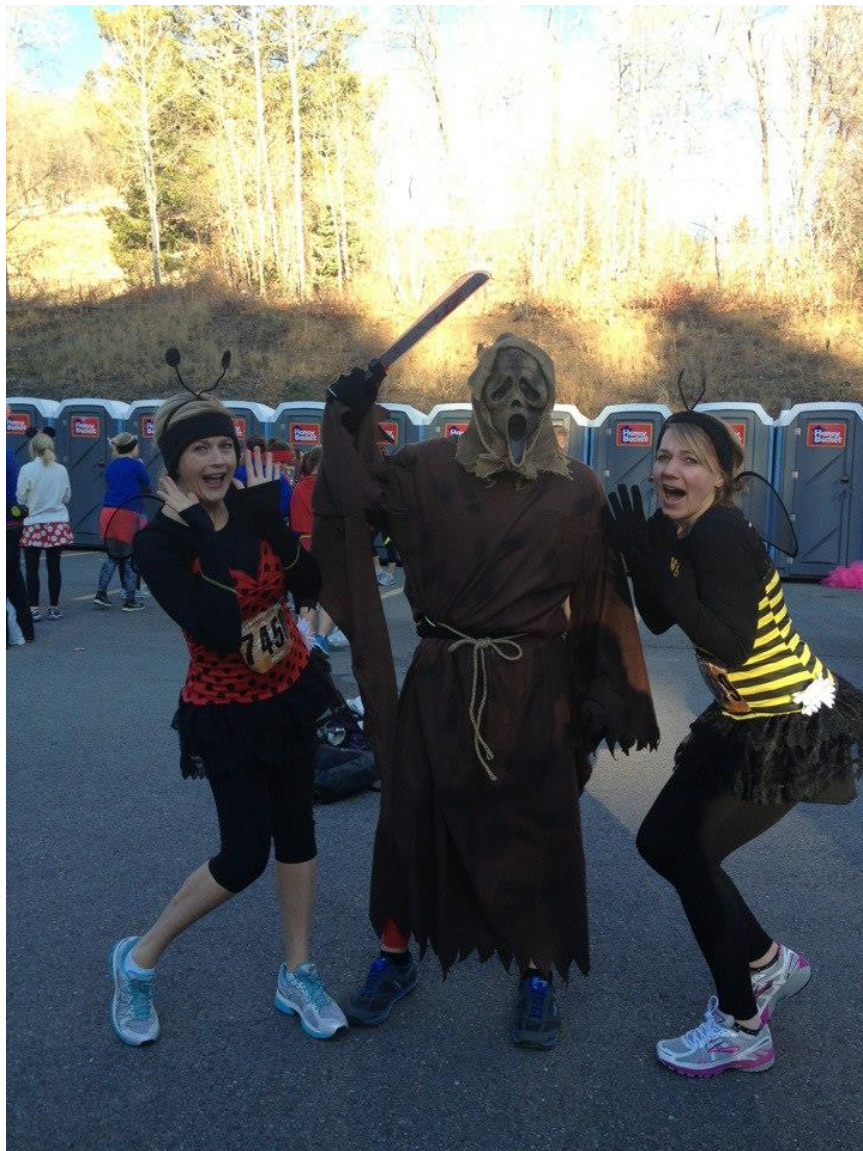
The comparatively short distance means that it has an appeal to most people who would like to start running that just need a focus and a target to aim for. This could provide an excellent motivation to get fit and in good enough shape to start running long distances. Some of the most popular races have tens and thousands of participants, of all ages and from all walks of life.

If you are just starting out and are worried about the level of commitment required, remember that this is much easier than running a 10k or a marathon, but it still does require commitment and effort. However, if you follow the plan and tips given in this book, you can achieve your fitness target in five weeks. It's not going to be easy, but it will be intensely rewarding and hopefully, even fun.



You will realize that all the effort was worth it the minute you cross the finish line. If you begin to lose motivation anywhere during the middle of the journey, just keep thinking about that moment of glory: the crowds cheering you on, your legs pumping faster than they ever have before, that adrenaline rush, and that newly fit body.

So tie up your laces and let's go.



## **CHAPTER 1: GETTING STARTED**

So you have decided to run a 5k. Well, you have come to the right place if you need a guide on how to go about achieving your goal. Before you start, you should think carefully about the whole thing. The journey of a thousand miles starts with one step, and in your case, that first step was buying this book. You should be clear about your motivations because they will take you a long way.

Why is it that you want to do it? Do you want to get fit? Do you want to start running and think a 5k is a good place to start, or have you always just wanted to run a race but previously never thought you could? Write it all down.

This is not going to be an exercise in futility, but rather it will serve as a reminder in all the weeks to come. Remember that it is going to get tougher before it gets easier, and you will need something to keep you going through all of those days. There will be days when you just won't want to get out of bed, and there will be days when you will want to go the extra mile. So it will help to have something to keep you moving.

Write down all the reasons for you to do this, put them somewhere you can see them every day, and remember how you felt when you began. You are going to need all the motivation you can get.

If you are unsure about the level of commitment required and all the training you need to do, this book will help you in that regard. It will get you to that finish line, if you allow it to lead you on.

### **SO LET'S GET STARTED.**

However, before you actually start running, you should go to your doctor and get his or her clearance. If you have health issues or old injuries, get them looked at, because with the additional strain placed on your body, they can become bigger problems. Remember that your health comes before everything else.



## SETTING GOALS

As I have mentioned before, it helps to be extremely clear in your ideas and motivations. Why are you doing this, and what do you hope to achieve from it?

Write it all down before you begin. If your end goal is to run a proper 5k, it also helps to officially register for a race. It is actually recommended, because once you finally decide on it and register, it will provide you with motivation in all the weeks to follow. It will become the thing that keeps you going.

Think about when you want to do it. Again, it helps to have clear goals. If you are just



starting out, you need at least five weeks to get in shape and to get your body up to par. You should remember that while hugely beneficial, running is not an easy activity, and it does have its toll on your body. When you increase your physical activity, there is an increased risk of injury and burnout, so it is always better to proceed slowly, with adequate precaution, slowly increasing the frequency, duration and intensity of your workout.


There are two types of goals: process goals and outcome goals. Process goals are those that will help you achieve your ultimate target.

Process goals include the following:

- I will follow this training plan religiously.
- I will eat healthy from now onwards.

Outcome goals are your end goals. Examples include the following:

- I will run 5k on this specific date.
- I will finish the entire race in 30 minutes.



These goals are not only going to get you to your final target, they are also going to help you measure your progress along the way. Remember that good goals are S.M.A.R.T.

- *They are **s**pecific.*
- *They are measurable.*
- *They are achievable.*
- *They are realistic.*
- *They are time framed.*

## **TRACKING PROGRESS**

Along with your written goals, you should also keep a training record or journal. Write down all that you hope to achieve and all that you do on a particular day.

***Some things that you can include are:***

- The date
- The distance you ran
- The route you took
- The time it took you
- How you felt before and after
- Any aches or pains or injuries

This will help you chart your progress and will also provide you with motivation on your bad days as you can see how far you have come from when you started out.

Keeping track of your progress is a good idea, because not only it will tell you about your current fitness level; you will also see how far you still have to go.

## **CHECKING THE WAY YOU RUN**

Your running gait, put simply, is the way in which you run. It is important so that you can understand your own type of gait and choose appropriate shoes. By choosing the

right shoes, you can redress the imbalance and greatly reduce the risk of contracting a "biomechanical" injury.

The major focus of gait analysis is to measure the degree of pronation. Pronation is the natural inward roll of the foot as the outside part of the heel strikes the ground. This roll acts as a shock absorber for the leg and body, optimally distributing the force of the impact of the heel hitting the ground. Gait analysis matches the runner's degree of pronation with the correct shoe type, with the aims of counter-balancing over- or

under-pronation, helping reduce the risk of injury and improving running efficiency.



With the help of specialized computer software and running gait specialists, your running pattern can be analyzed and accurate advice can be offered as to which type of shoe you should choose. This procedure may seem like an expensive and inaccessible luxury, but you would be wrong on both counts. This service is usually free


and leaves you with peace of mind, knowing that that the shoes you use for your training are the right ones.

There are even some techniques by which you can assess it for yourself, e.g. by looking at your shoe and its wear and tear, or doing the wet feet test. You do it by wetting your bare feet and then walking on something on which you will be able to see the marks. Then look at how your feet land.

## **CHOOSING YOUR RUNNING EQUIPMENT**

First, let's talk about the necessary items. All you really need is a pair of good running sneakers—something comfortable to wear while you run—and, for women, a good sports bra. Seriously, that's it. Everything else is gravy.





For runners, selecting running shoes is akin to purchasing a house or a car; you're going to spend a lot of time in them, so you want something you really like. In addition to a comfortable ride, shoes can play a major role in keeping you running strong.

As you set out to find the best shoes for the job, you should first consider the shape of your feet. The three main foot types are flat, neutral and high arches. Flat feet tend to have fallen arches, making them flexible and prone to over-pronation, an inward rolling motion. Neutral feet are the most biomechanically sound variety, putting them somewhere in the middle. High-arched feet are essentially the polar opposite of flat feet. When the arches are particularly defined, the feet end up being rigid, leading to supination or landing on the outside edges of the feet.

As a result of the variety of foot shapes, shoe companies have developed models to accommodate runners of all strides. In the selection process, be sure to align your foot type with the proper shoe category. Flat-footed harriers tend to gravitate to a higher stability shoe, as they help prevent over-pronation. Neutral runners can often run in many types of footwear, but most commonly go for a moderate stability shoe. Runners with high arches are best suited for a cushioned shoe, providing midsole padding with flexibility.

Once you are directed to the correct category, try on several pair. Most runners need to go up a half size from their street shoes, allowing for one-fourth to a half inch of wiggle room in the toe box. While you want to be able to move your toes around, be sure your heel is snug and secure, avoiding any unnecessary slippage.

In the end, most runners know when they have found the ideal shoe. It should literally feel like a part of your foot, working in concert with your natural foot shape and biomechanics. Whether you're an Olympic athlete or a periodic pavement pounder, happy feet can make all the difference.

***To choose the best shoe, follow these five tips:***

1. Visit a local running store to have your gait analyzed based on your foot type and biomechanics.

2. Choose which feel is right for you.

3. Make sure you have a half to a full thumb's nail length from your big toe to the end of the shoe.

4. Take a short run around the store to test the fit, function and comfort before you make your final purchase.

5. To prevent injuries, replace your shoes every 300 to 400 miles, depending on the surface on which you run.

Once you have your sneakers picked out, look for some basic running apparel. You'll need a shirt or two, preferably made of good wicking material, as that will help pull the sweat away from your body and will dry faster than cotton. But, if you're just starting, feel free to wear what you have in your closet. You'll also need running shorts, pants, tights or even a skirt if you like. Feel free to shop for new ones or just wear what you have at home.

A good sports bra is a must for women.


## **RUNNING GADGETS AND PERFORMANCE ENHANCERS**

Once you have your basic running gear, you can look at the fun extras. A running watch can help you know your pace, encourage you to run faster, or run negative splits (running the second half of a run faster than the first half).

A Smartphone loaded with a few running apps can also be a great help. You can even use your Smartphone in place of a watch. Any standard Smartphone will work, and you will probably want to buy an armband to hold it while you run. You can find an armband online at multiple sites or in your local running store.

Now that you have your Smartphone ready to hit the road with you, you'll need an app or two.





When your runs are on the shorter side, say up to five miles, you don't need a runner's belt, but it can be helpful to carry keys, ID or some cash in case of emergencies. As you increase your distance, you will need a belt to carry fuel and/or water. There are all different kinds of belts. Some will carry water bottles, some energy gels, and almost all have a pocket for small personal items.

Another item you will need as you run longer is some sort of fuel for your body. You are looking for a simple carbohydrate that your system can easily absorb to keep you fueled on your longer runs. You can try energy gels or even candy like jelly beans or gummy bears. Stay away from chocolate, as the fat content will not work, as well as the sugary candy, which can upset your stomach.

One last piece of gear that can be helpful as you continue running: a foam roller. A foam roller is a long tube that helps you massage and stretch your muscles after you run; it helps to break up the lactic acid in your muscles, as well. You don't run with your foam roller, but rather use it after you run to help your body recover faster.

There are so many things that can be fun to have as a runner. You could try bright running sleeves to give you a pick-me-up on your runs (and keep your arms warm when you don't feel like wearing long sleeves), or perhaps you'd have fun running a 5K in a costume.

The one fun thing that is truly recommended adding to your running "gear" is some good music. If you're already running with a Smartphone, load it up with some cool tunes, or download your favorite music onto your mp3 player. Running with some good, upbeat music can really help your pace and give you that extra edge to keep on going. Give it a try!

## CHAPTER 2: SLOW AND STEADY WINS THE RACE

Now that you have planned everything out, it's time you started the actual business of running. If you are to get ready to run 5k in 5 weeks, you need to follow a specific training plan. You will accomplish some specific goals during each of your workout sessions so that by the end of this time period you have achieved your required fitness level. ***Before we go to the training program you should understand what the following terms mean:***

**CROSS TRAINING:** Do any cardio activity, except running, for 30 to 45 minutes. Hiking, the elliptical, stair climbing, swimming, and biking are all great choices.

**DISTANCE WORKOUT:** Run far at a moderate pace, which increases your endurance.

**RECOVER:** Walk or jog at an easy pace.

**REST DAY:** No workout.

**RUN-WALK:** Run at an easy pace, and walk when you need to catch your breath.

**SPEED WORKOUT:** Run a short distance fast, recover, then repeat. This type of training increases your quickness and endurance.

**STRENGTH TRAINING:** Do 1 or 2 sets of a resistance move for every major muscle group.

**STRIDE:** Run fast (not quite a sprint) for a short distance.

**TEMPO WORKOUT:** Run at a steady, moderately hard intensity for the entire session. It increases the amount of time you can spend moving fast.

## WEEK 1

The first attempt: you have bought all of your gear and you have written down all of your goals. Now you are ready to go running. If you are worried, remember that planning will help take the edge off. Think about the route you are going to take, and plan your meals of the day carefully. Lay out your training gear and get at least eight hours of sleep the night before. We don't want you tired even before you have begun.


For your first attempt, don't worry too much about the pace, but rather just focus on not giving up. Once our body is placed under stress, it starts telling us to stop. It's very easy to listen to it. However, you can't give up, and certainly not in the very beginning. So think about putting one foot in front of the other and run the distance.



**THE FEAR FACTOR:** This is going to be your first attempt at running, so it is understandable if you are afraid or if you feel that you won't be able to do it. At this stage, it is all about the fear factor, so your starting hurdle is going to be overcoming that. Your first workout session will get you over that. You will see that, though this is hard, you are fully capable of doing this.

**LETTING IT ALL OUT:** Let out all your fears. Remember that you chose to do this and you are going to do this. So get super pumped and run your heart out. Envision Rocky running up the stairs.

**PLAY THE 'SO WHAT' GAME:** What is the worst that can happen? You feel that you are getting out of breath, but you can just slow down a bit and gather your energies. You are beginning to feel thirsty, but you can have a drink of water anytime you want. You are feeling tired, but you can just rest afterward. Just focus on running.



**THE WORKOUT:** You can either follow your own plan, which would consist of setting fixed targets for yourself and following them every day, or you can follow the plan given below. If you decide to make up your plan as you go along, it's a pretty good idea. Think about how much you want to run on a particular day and start off slow. Alternate walking with running as you find your stride.

**DAY 1:** Speed workout (2 miles). Run or walk ½ mile. Run ½ mile fast, recover for 4 minutes. Repeat. Walk ½ mile.

**DAY 2:** Cross-training

**DAY 3:** Strength training

**DAY 4:** Rest day

**DAY 5:** Tempo workout (3 miles). Run or run-walk ½ mile. Run 2 miles moderately fast. Walk ½ mile.

**DAY 6:** Rest day


**DAY 7:** Distance workout (4 miles). Run or run-walk.

## **WEEK 2**

Congratulations on making it through the first week! You never thought that you could run, but here you are, well on your way. You have totally got this.

Assessing where you are: now that you are through the first week, you must be feeling better, and you must have started noticing a difference in your endurance, too. It's time to take stock of how far you have come and what you are capable of now. I hope you are maintaining that training log and can now see a noticeable difference in terms of your capabilities.

**BASELINE RECORD:** You should have a baseline record of your physical activity. Note it in your training log, and think about ways you can improve that, as you ultimately improve your performance.



**THE GETAWAY:** How are you doing with running at this stage? It helps if you start thinking of it in terms of a getaway. You can utilize this time for yourself as you sort through your own thoughts and just get away from the hustle and bustle and the daily grind of daily life. It can help you relax, even.

How long can you last? Now it's time that you start testing yourself. If you are following your own race plan, set aside a day, and on that day concentrate on going on for as long as you can. No fixed targets, just whatever you can push yourself to do.

**DAY 1:** Cross training

**DAY 2:** Speed workout (3 miles). Run or walk  $\frac{1}{2}$  mile. Run  $\frac{1}{4}$  mile, walk 90 seconds; repeat 7 times. Run-walk  $\frac{1}{2}$  mile.

**DAY 3:** Strength training

**DAY 4:** Rest day

**DAY 5:** Tempo workout (4 miles). Run or run-walk  $\frac{1}{2}$  mile. Run 1  $\frac{1}{2}$  miles fast. Recover for 3 minutes. Repeat. Run-walk  $\frac{1}{2}$  mile.

**DAY 6:** Rest day

**DAY 7:** Distance workout (5 miles). Run or run-walk.

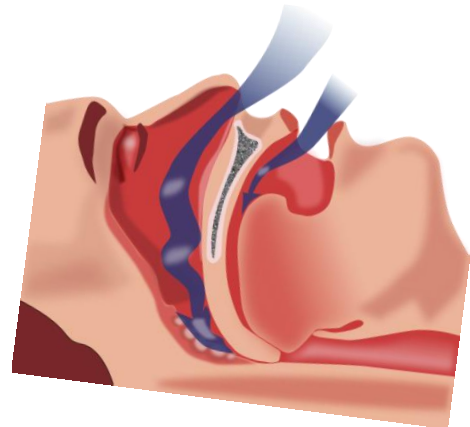
## **WEEK 3**

You are improving, aren't you? Even though it feels endless, you know that you are making progress, and it must feel good. Now you are ready to embark on a whole new week.

**IMPROVING TECHNIQUE:** Your previous runs concentrated on getting you acclimatized to running, as the goal wasn't to run fast but rather to keep running. That is very important in long distance running, as your end goal is ultimately making the distance. Now it's time that you start running more proficiently and efficiently. If you have a good technique, each of your training sessions will be much more productive.



**DEEP BREATHING EXERCISE:** Start thinking about your running. Do you feel like stopping because you are tired, or because you are out of breath? Most people complain that running out of breath is a huge problem, so you should work on that. When you are running, think about how you are breathing, and concentrate on drawing long deep breaths.



**TOP TO TOE ASSESSMENT:** An important way of preventing injuries is to pay attention to your body. Before, during and after every run, focus on your body; think about how you are feeling. Do you have any aches or pains? Any injuries? If you spot an injury in its early stages, it's easier to deal with it. It can become a much bigger trouble later on and cost you precious time.

**EXPERIMENTING WITH SPEED:** Now that you have gotten used to running, start experimenting with speed. Run as fast as you can and see how long you can maintain it for. Listen to your body and start palling your races more efficiently. The goal is to cover the most amount of distance in the least amount of time.

**DAY 1:** Cross training

**DAY 2:** Speed workout (3 miles). Run or walk  $\frac{1}{2}$  mile. Run 1 mile, walk 1 minute; repeat twice. Run-walk  $\frac{1}{2}$  miles.

**DAY 3:** Strength training

**DAY 4:** Rest day

**DAY 5:** Tempo workout (4 miles). Run or run-walk  $\frac{1}{2}$  mile. Run 3 miles, starting at an easy pace and increasing your speed with each mile. Run-walk  $\frac{1}{2}$  mile.

**DAY 6:** Rest day

**DAY 7:** Distance workout (5 miles). Run or run-walk.

## WEEK 4

Another new week is starting. At this point, you must be pretty pleased with yourself for having come so far. How are your runs going at this point in time? Are they still as invigorating, or is the monotony beginning to bore you?

**BE INSPIRED:** If you find that you are being increasingly bored with your runs and no longer look forward to them in the same way, bring about a change. It's human nature to be bored with repetitive activity, so bring something new to each run, and start incorporating your runs into your life in such a way that they become the highlight of your day.

**PLOT A NEW ROUTE:** Maybe you need a change of scenery. If you were previously running on a treadmill, start running on a track. If you were running on a track, think about alternate routes. That would help you freshen up each run, and you will start looking forward to your runs again.

**PODCAST/ AUDIOBOOK RUN:** If your phone or your iPod is a constant companion, you can simply download an interesting podcast or an audiobook. You can listen to it as you run and you won't even notice the time passing.

**SIGHTSEEING RUN:** If you live in a pretty city, you can use your runs as sightseeing expeditions. Find out about scenic routes. If there is a river or a lake, you can run alongside. If there is a pretty park, you can visit it for a run. It would make your runs much more fun.

**DAY 1:** Cross training

**DAY 2:** Speed workout (4 miles). Run or walk ½ mile. Run ½ mile fast. Recover for 2 minutes; repeat 5 times. Run-walk ½ mile.

**DAY 3:** Strength training

**DAY 4:** Rest day

**DAY 5:** Tempo workout (4 miles). Run or run-walk ½ mile. Run 3 miles at a fast pace. Run-walk ½ mile.

**DAY 6:** Rest day

**DAY 7:** Distance workout (6 miles). Run 5 miles at an easy pace. Do 4 strides (20 seconds each) during the last mile.

## **WEEK 5**

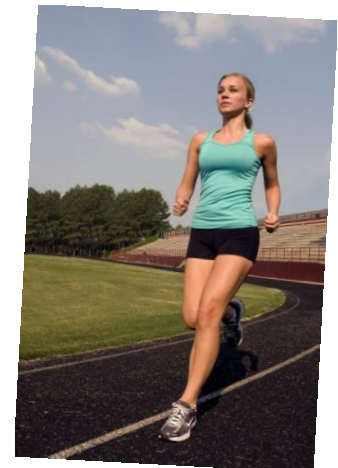
You must be quite pleased with yourself for having reached so far. You are entering the final week now, and the race is closer now than ever. You are also better equipped to run it now than you were ever before.


**BELIEVING YOU CAN DO IT:** Believe in yourself. A couple of weeks ago, you didn't even think that you could run, but now you are here. You have improved so much, achieved so much, so don't let a little fear hold you back from more. Trust that you can do this. And you can.

***What's the worst that can happen?*** You are about to run your first 5k and you are fully prepared. What's the worst that can happen? What is worrying you? If you are worried about not winning or not making good time, remember that completing the race is more important than any of those things. If you are worried about not completing the race, believe that you can and even if, under some unforeseeable circumstance, you can't, there will always be another race.

***How does it feel?*** It must feel pretty good. You must be so excited right now, and so pleased with yourself. Don't let anything spoil your good mood, and don't let anything hold you back. This is your day.

**GIVE YOUR LEGS A TREAT:** Think about your poor legs. They have been doing so much work. So indulge yourself with a day at the spa. Get a massage and sit in the sauna. It will make you feel wonderful.





**GIVE US A FASHION SHOW:** This is your day, and you deserve to look fabulous. So buy some new running gear or wear your best, and show it off.

**TAKE A PICTURE:** Don't forget to take a picture to commemorate, because memories are forever. You are going to treasure that picture for a long time to come as you go on to bigger things.

## **RACE DAY**

Finally, the day you have been waiting for. Since this is your first race, you have to be extra careful.

Enjoy the taper: taper off as the race day approaches. The taper is designed to allow your body to recuperate, rebuild, and be fresh for race day.


**FUEL UP:** During the last three days before an endurance run like a marathon, a runner's carbohydrate intake should increase to 70 to 80 percent of his/her total daily caloric intake.

**HYDRATE:** Hydration can make or break your race.

**SLEEP WELL:** Try to get eight hours of sleep, but (unless your race has a really early start) don't go to bed too early. It may cause you wake up too early; then you may have a hard time falling back asleep.

**DRESS FOR SUCCESS:** Don't overdress for the race. A good rule of thumb is to dress as if it's 15 degrees warmer than it really is. Your body will warm up at least by that much while running. To keep warm before the race, wear some old sweats to the start.

**WARM UP:** The warm-up should consist of dynamic movements, not traditional stretch-n-hold stretches. Five minutes of brisk walking followed by two to three minutes of easy jogging makes a great dynamic warm-up.



**HAVE A MANTRA:** When climbing a tough hill or fighting off fatigue, having a mantra can help pull you through a tough stretch. Spend a little time before race day thinking of a few motivating mantras.

**TRUST AND BELIEVE:** There are always factors out of your control that may affect race day (crazy weather, extreme temperatures, illness, injury, etc.), but what you can control is your confidence. Trusting your training and believing in yourself as an athlete will help ensure that all the hard work you've put in over the past several months will shine through.

## **PLANNING YOUR NEXT RACE**

You never thought that you would get here, but you have just run your first 5k. It is important to not get complacent, but rather you should plan your next adventure. So what's next? A 10k maybe?

**DAY 1:** Cross training

**DAY 2:** Speed workout (4 miles). Run or walk  $\frac{1}{2}$  mile. Run 1 mile at your goal race pace. Recover for 4 minutes. Repeat twice. Run-walk  $\frac{1}{2}$  mile.

**DAY 3:** Strength training

**DAY 4:** Cross-training

**DAY 5:** Tempo workout (3 miles). Run 2 miles at an easy pace, do 4 strides (20 seconds each) during the last mile.

**DAY 6:** Rest day

**DAY 7:** RACE DAY

## TIPS FOR BEGINNERS

**GET FITTED:** Pay a visit to your local independent running store. Often these smaller stores have more knowledgeable staff than the big box retailers stores. Many provide gait analysis, which reveals your foot strike pattern. Knowing this will determine whether you over-pronate, under-pronate, or have a neutral gait, which will help in selecting the best shoe for your foot type. Don't skimp on your shoes.




**GET TECHNICAL:** Invest a little in some technical fabric running shorts, tops, and socks. Technical fabric can be made of a variety of fibers, including natural (bamboo, Smart-wool) and synthetic (polyester, nylon, Lyrca) materials. Avoid 100 percent cotton. It tends to retain sweat, causing chafing, irritation, and even blisters. Technical fabrics allow the moisture to rise to the surface, where it can evaporate. They still get damp, but not nearly as much as 100 percent cotton.

**GET A GROUP:** Motivation, inspiration, accountability, and commitment increase dramatically when you're a part of a running group or at least have a running buddy. Everyone experiences times when they don't want to run, but if you know you have buddies counting on you, it can make all the difference in the world when it comes to rolling over and getting out of bed.

**GET A PLAN:** Just getting out the door and running often does not work for many people, especially if you've been sedentary or away from exercise for any period of time. Find a beginning running plan to follow.

**GET ACCLIMATED:** Whenever you begin new exercise, your body's fitness level will actually dip a little while you acclimate to the new demands you're putting on your it. This is when most new runners give up. Understand, before you take up running, that it takes your body about four to six weeks to acclimate to the new demands.



Anticipating that "wiped out feeling" can actually make it less of a shock. Just know that you're going to feel the effects of your new activity.

Hang in there, and before you know it, you'll pull out of that dip and begin to feel stronger than before you started. Also, start slowly. Many new runners experience shin splints, pulled calf muscles, cramping quads, or sore hips from going out too fast or from doing too much too soon. Take it slow and ease into your new activity.

**GET FUELED:** Fueling your new activity is very important. Timing is key. It's a good rule of thumb to eat about 200 to 400 calories of mostly complex carbs and a little protein about 1.5 hours prior to your run. This will give your body time to digest the food, and provide your body with the needed energy for your activity. Not eating or not eating enough before your run can make your run feel labored, or cause your muscles to feel fatigued. Eating too close to the run can sometimes cause stomach issues.

**GET HYDRATED:** Being well hydrated is just as important as being well fueled. Be sure to drink about 20 oz. of water approximately two hours prior to running. This will give it time to pass through your system and be voided before your run. During your run, drinking water is fine.

Once you're running more than 45 to 60 minutes, you'll need to switch to a sports drink to help replace vital electrolytes, minerals (sodium, potassium, magnesium, calcium, and phosphorus) that play a major role in helping to maintain proper water balance in your body. Electrolytes can be lost through your perspiration. Sports drinks such as Gatorade contain these important minerals.

**GET WARMED-UP:** Before you head out on your run, be sure to warm-up your muscles with a dynamic stretch. A five-minute walk is a great way to do this. This will help decrease the chance of your muscles feeling tight during your run. Save the traditional stretch-and-hold stretches for after your run.

**GET IN TUNE WITH YOUR BODY:** Listen to your body. If you're feeling something other than regular workout-related muscle soreness, don't run. Running through the pain is never a good idea. If you're experiencing pain along your shin, hip,



IT Band, or any area of the body, that's beyond normal muscle soreness, ice it, elevate it, use your normal choice of anti-inflammatory medication, and rest. When you no longer feel any pain, ease back into your running. If the pain persists, don't let it linger. Go see your doctor.

**GET REST:** Rest is just as important as your workout. Rest allows your body time to rebuild and recover. When you run or do any type of exercise, you actually create little micro tears in the muscle tissue. Your body then rushes in to rebuild and repair the tears. This is the normal muscle-building process that makes you stronger. However, if you don't take the proper rest, your body may not have time to fully repair before your next run causing you to feel sore, tired, and sluggish. When you first start your beginning running program, it's a good idea to have at least one day of rest in between runs.



## CHAPTER 3: THE THEORY

Now that you are acquainted with the idea of running 5k, it's time to talk about running itself.

### BENEFITS OF RUNNING

Running is enormously beneficial for you. If you have just taken up running, congratulate yourself on having made the right decision.

**OVERALL MENTAL HEALTH:** Runners are happy people. We've got that runner high thing going for us. Just don't make us unhappy by canceling a race that we've trained months and months for. That's one way to turn a runner's smile upside down.


**STRENGTHENS YOUR LUNGS:** Runners have increased lung capacity from logging mile after mile. Those strong lungs come in handy if you ever find yourself on the other side of the race as a spectator. A runner's "WOOHOO!" is loud and proud.



**HELPS PREVENT HIGH BLOOD PRESSURE:** Your arteries expand and contract while running, helping to keep your arteries fit, which in turn keeps your blood pressure in a normal range. That is, until you find out that your favorite running shoe has been discontinued. Nothing is harder to replace than a beloved running shoe!

**STRENGTHENS IMMUNE SYSTEM:** Regular running builds up your tolerance to germs, which results in fewer minor illnesses. That is, unless you are training for a marathon. Then you will be sick all the time.

**WEIGHT CONTROL:** Running burns mega calories. However, it makes you mega-hungry, especially if you are training for long distances. Running doesn't give you a pass to eat all the food, all the time.



**PHYSICALLY STRONG LEGS:** Runners' legs are a powerhouse. They move you from point A to B. They carry you up and down hills. They know how to put it into high gear at the track. They also will have a hard time fitting into skinny jeans when you are in the thick of marathon training.

**RELIEVES STRESS:** Running boasts the brain's serotonin levels, which makes you calmer and more relaxed. Who says you can't run away from your problems?

**INCREASED BONE DENSITY:** Running stresses your bones. Essential minerals are sent to the bones when under stress, which makes them stronger. However, running does not make you unbreakable. You still can break a bone by thinking you can jump a ten-foot high fence.

**INCREASED JOINT STRENGTH AND STABILITY:** Running increases the strength of your ligaments and tendons. You'll find your joints able to withstand more mileage and more uneven terrain. But that doesn't mean you will never sprain your ankle again while trail running. It just may mean four weeks on crutches versus eight weeks if you didn't run.


**INCREASED CONFIDENCE:** Once you start running, your confidence begins to grow. You'll feel more in control of your life and your body. You will even begin to think you look good in spandex tights.

## **HOW YOUR BODY REACTS TO RUNNING**

Have you ever thought about what goes on in your body while you run? If you are interested, we have the answer.

**IN THE FIRST FEW SECONDS:** Your muscles start using adenosine triphosphate (ATP), energy molecules your body makes from food.

***That burst of power you feel?*** It's ATP converting into another high-powered molecule, adenosine diphosphate (ADP). Muscle cells—expert recyclers—will turn ADP back into ATP after the initial surge.



**IN THE FIRST 90 SECONDS:** In order to unleash more ATP, your cells break down glycogen, a form of glucose fuel stored in your muscles. Cells also pull glucose directly from your blood (one reason exercise is helpful in fending off high blood sugar).

Your body gobbles more glucose, and your muscles release lactic acid—also known as the burn in the age-old workout mantra "feel the burn"—which signals the brain that you're under physical stress.

**IN THE NEXT FEW MINUTES:** Your heart starts beating faster and directing blood toward your muscles and away from functions you don't need at the moment, such as digestion.

To make the best use of glucose, your muscle cells require an influx of oxygen. Cue heavy breathing.

As you hit your stride, your body's biggest muscle, the gluteus maximus (i.e., your butt), your legs, and your core help keep you upright, control your gait, and extend your hip joints so your feet can push off the ground.

You begin to torch calories (in general, runners work through about 100 per mile), including some that might have been stored as fat.

All this burning of glycogen and oxygen raises your body temperature. To cool you down, your circulatory system diverts blood flow to your skin, lending you a healthy flush. Your sweat glands start releasing moisture to keep you from overheating.



**WITHIN 10 MINUTES:** If you're in decent shape, your muscles and their ATP supply are ample, and your body can efficiently shuttle oxygen and burn fat and glucose. You feel strong.

If, however, you've been slacking on exercise, your ATP supply can't keep up with the demand. You can't suck in or process oxygen fast enough, and lactic acid starts to flood your body. Every minute feels more like a slog.



**AFTER 30 MINUTES:** Whew! It's over. As you slow to a walk, your energy demand falls and your breathing rate gradually returns to normal.

Chances are, you feel energized. Your brain has triggered a rush of the mood-elevating hormone dopamine. The effect of exercise can be so great that it can even decrease chocolate cravings. (Don't worry—even if you still indulge in the sweet stuff, you've created some room in your glycogen stockpile, so those extra calories are less likely to be converted into fat.)



## **CHAPTER 4: EYE ON THE PRIZE**

### **EATING TO BOOST YOUR PERFORMANCE**

It is extremely important to eat well as a runner. Below are some tips that will help you in this regard.

#### **RULE #1: EAT SEEDS OR FOODS MADE FROM SEEDS**

What makes seeds so special? Seeds—including whole grains, many beans, and even tree nuts—contain the crucial mix of nutrients necessary to grow a new plant, which means they are packed with health-boosting compounds. In addition to traditional nutrients like protein and essential fats, seeds contain bioactive compounds, such as phenolic compounds and ferulic acid, which act as antioxidants.

Eating a diet with ample plant seeds has been shown to improve health and help maintain a healthier body weight. People who eat whole grains and beans have a lower risk for developing type 2 diabetes and certain cancers, and they tend to have lower cholesterol levels than people who don't eat nuts and seeds.

#### **WALNUT AND BLUEBERRY BRAN PANCAKES**

- 1 1/2 cups whole milk
- 1-cup instant oats
- 3/4 cup sifted all-purpose flour (or a blend of white and whole-wheat flours)
- 3/4-cup blueberries
- 1/2 cup chopped walnuts
- 1/4-cup oat flour or oat bran
- 1-tablespoon baking powder
- 2 tablespoons honey
- 1-teaspoon salt
- 2 eggs, beaten





Pour milk over oats, and sift together flour, baking powder, and salt. Lightly stir eggs into oats mixture. Add dry ingredients and honey, stirring until combined. When the batter is thoroughly mixed, stir in the blueberries and walnuts. Ladle batches of the batter onto a preheated greased or nonstick griddle or frying pan and cook, until tops are bubbly and edges look cooked. Turn over, and finish cooking the other side. Makes about ten pancakes. Serves four.

## **RULE #2: EAT FIVE DIFFERENT COLORED FRUITS AND VEGETABLES DAILY**

You already know that eating fruits and veggies supplies your body with vitamins, minerals, and the carbs it needs to fuel your running. Fruits and vegetables also fill you up with few calories, helping you maintain your weight. But to get the most from your produce, you need to think in terms of color—yellow, orange, red, green, blue, purple, and every shade in between. There are 400-plus pigments that light up the produce aisle, and each offers unique health benefits.

## **RULE #3: EAT PLANT FOODS WITH THEIR SKINS INTACT**

Drop the peeler. From apples and black beans to red potatoes and zucchini, plants' outer skins protect them from UV light, parasites, and other invaders. As a result, those skins are bursting with a wide range of phytochemicals that also protect your health.



## **RULE #4: DRINK MILK AND EAT MILK PRODUCTS THAT COME FROM ANIMALS**

Whether from a cow, a goat, or even a reindeer, mammal milk (as opposed to soy milk) and other dairy products, like cheese, yogurt, and kefir, should be a part of every runner's diet. Sure, milk supplies calcium, and calcium builds strong bones, which is great for your running. But animal milk offers much more.



Dairy supplies a runner's hard working muscles with an ample amount of protein to help speed recovery.

### **SEASONAL FRUIT SMOOTHIE**

- 1-cup soymilk
  - 6 almonds
  - 1-tablespoon honey (optional)
- 1/2-cup seasonal fruit (peaches, berries, and mango work well)
  - 3/4-cup low-fat yogurt

Peel the fruit, if appropriate, and cut into small pieces. Put all of the ingredients into a blender and puree them together until smooth. Pour into a chilled glass and serve with a straw. You may want to add ice or use frozen fruit if you want to serve it really cold. Serves two.

## **RULE #5: EAT FOODS THAT COME FROM COLD WATER**

Fish and other seafood provide a unique combination of nutrients important to runners. Most seafood is an excellent source of quality protein (you need about 50 percent more proteins than your non-running friends) and also contains zinc, copper, and chromium—minerals that are often low in a runner's diet. But the omega-3 fats found in fish, particularly those from cold waters, are what make seafood such an essential part of anyone's diet.

## **GRILLED SHRIMP SKEWERS**

- 6 (10") wooden skewers
- 1-tablespoon olive oil
- Pinch salt
- 1-teaspoon chili powder
- 1/2-teaspoon ground cumin
- 1 pound jumbo shrimp, peeled and deveined
- Juice from 1 lime
- 2 teaspoons chopped cilantro

Soak skewers in water for 30 minutes. In a small bowl, mix the olive oil, salt, chili powder, and cumin. Thread shrimp onto skewers and brush each shrimp with the olive oil mixture. Add the shrimp skewers to a grill or a well-oiled stovetop grill pan heated over medium-high heat. Cook 2 to 3 minutes per side, or until opaque. Remove from the grill or pan to a platter. Squeeze lime juice over the shrimp skewers and sprinkle cilantro on top. Serves 6.

## **RULE #6: EAT MEAT, POULTRY, OR EGGS FROM FREE-RANGE OR GRASS-FED ANIMALS**

By eating lean meats, poultry, and eggs, along with dairy products, runners can easily meet their increased protein needs and take in crucial minerals that can be hard to get from non-animal sources. In particular, meats are a great source of iron and zinc, which support healthy red blood cells and a strong immune system. And these two minerals are simply better absorbed by the body when they come from meat instead of nonmeat sources.

## CHICKEN STIR-FRY

- 2 tablespoons canola oil, divided
- 1 pound ground chicken breast
- 1 small onion, thinly sliced
- 3 garlic cloves, minced
- 1 tablespoon grated fresh ginger
- 3 cups green beans, cut in half
- 3 cups broccoli, cut into 1/2-inch pieces
- 3 cups thinly sliced cabbage
- 1 1/4 cups thinly sliced shiitake mushrooms
- 3 tablespoons soy sauce
- 2 tablespoons sriracha (a hot chili sauce)
- 1-tablespoon rice wine vinegar or lime juice
- 3 scallions (green and white parts), sliced
- 1 bunch cilantro (about 3 cups chopped)
- 1/8-teaspoon salt, optional
- 1/4 cup chopped peanuts



Heat a sauté pan over medium-high. Add one tablespoon oil, and then add chicken. Cook until no longer pink. Remove from pan and set aside. In the same pan add remaining oil and onion. Cook till translucent (3 minutes). Add garlic and ginger. Cook 1 minute. Add green beans, broccoli, cabbage, and mushrooms. Cook till slightly tender (5 minutes). Add soy sauce, sriracha, and vinegar. Cook to reduce slightly (3 minutes). Return chicken to pan. Add scallions and cilantro. Turn off heat. Season with salt. Top with peanuts. Serves 4.



## THE IMPORTANCE OF FLUIDS

Hydration is important, and not just when you're exercising. Fluids regulate body temperature, move waste from your body, ensure that your joints are adequately lubricated, and help flush out the damaged cells that can lead to inflammation. And proper hydration can help control cravings, which is important because it's often easy to mistake thirst for hunger.

While there's no set recommendation for daily fluid intake, a good rule of thumb is to aim to drink about half of your body weight in ounces each day. (So if you weigh 150 pounds, drink 75 ounces of water.) And you don't have to just guzzle water. Fruits and vegetables can also help you stay hydrated. Plus they're packed with antioxidants, which boost muscle recovery and immunity.

Being well hydrated is just as important as being well fueled if you are planning on going running. Be sure to drink about 20 oz. of water about two hours prior to running. This will give it time to pass through your system and be voided before your run. During your run, drinking water is fine. Once you're running more than 45 to 60 minutes, you'll need to switch to a sports drink to help replace vital electrolytes which are minerals (sodium, potassium, magnesium, calcium, and phosphorus) that play a major role in helping to maintain proper water balance in your body. Electrolytes can be lost through your perspiration. Sports drinks such as Gatorade contain these important minerals.

## **CHAPTER 5: HARDER, BETTER, FASTER, STRONGER**

Now that you are running, you must be wondering how you can run well. There are a number of ways to achieve that, but remember, before anything else, it is important to have the right mindset. So many times we just give up, not because of the physical demands of the activity but because we are not in the right frame of mind.

Motivation is extremely important, so just keep thinking to yourself that you are going to do this no matter what. If you are motivated to go running, you will finish your run.

### **IMPROVING YOUR RUNNING TECHNIQUE**

#### **WORK ON YOUR POSTURE**

Just as having good posture is important in day-to-day life, it's also a key aspect in how effective your running technique is. If you have bad posture, then your body will have to use energy to keep you upright, which wastes energy you should be using to run faster and further. A study conducted at San Francisco State University found that bad posture also restricts circulation and worsens your moods, which are both things you'll want to avoid as a runner. When standing up, you should have a straight spine and squared shoulders, so take a good hard look in the mirror and check that you pass this test. If not, flexibility exercises like yoga are a great way of improving your posture.





## **KEEP YOUR HEAD STRAIGHT**

Did you know the average person's head weighs between 3 to 4.5kg (7 to 10lbs)? That's a lot of weight to support as you run, so you need to carefully consider how you position your head. Try to keep your head in a straight and neutral position by stopping it from falling forwards or pulling back. Some runners have a tendency to allow their head to jut forward as if they were sitting at a computer, so be extra mindful of your head position if you find yourself doing this. The easiest way to avoid an inefficient head position when you're running is to focus your eyes on the horizon, which will keep it straight and level.

## **RELAX YOUR FACE**

You might think that look of grim determination you have plastered across your face is making you run faster, but it's actually doing anything but. When your face is tense, particularly your jaw, neural signals are sent along your spine that cause the rest of your body to tense up as well. Think of the videos you've no doubt seen of the world record sprinters in slow motion. Despite the immense burst of power throughout their body, you'll notice that their faces are completely relaxed. Mirror this technique by keeping your face as relaxed as possible when you run, especially your eyes and jaw.

## **AVOID HEEL STRIKING**

Landing on your forefoot, as you run, is the most efficient way of running, reduces the risk of injury, and helps you to achieve faster times. However, the majority of runners are heel strikers, with a recent study published in the *Journal of Sports Physiology and Performance* finding that 94 percent of marathon runners use this technique. Give yourself an edge over the competition by avoiding heel striking. Sadly, if you currently strike the floor with your heel as you run, it's not as simple as starting to strike with your forefoot, as the sudden change could cause an injury. Try to gradually introduce forefoot striking as you run, until it begins to feel natural.

## **PERFECT YOUR STRIDE**

Achieving the optimum running cadence gets down to your running stride. Keep your strides short, with slight knee lifts, to ensure you're running efficiently over long distances. If you get this right, then your feet will be landing just underneath your body when you run, with a slight bend to your knee to absorb the impact. This allows you to effectively push off and drive yourself forward with each stride. Whatever you do, you need to avoid over-striding. Over-striding is when your feet land in front of your body, and can cause injuries in both the knees and hamstrings.

## **USE YOUR ARMS**

While your legs carry you when you're running, your arms are the pistons that drive you forward. Start off by focusing on your elbows. They should be bent at a 90-degree angle, and need to stay like this when you're running rather than flopping around, as you get tired. This is the optimum shape to allow your arms to swing forward and backward easily and means your body can direct energy usage elsewhere. When swinging your arms, keep them to your side rather than crossing them over your body, and make sure they stay between waist and chest level.



## **KEEP YOUR HANDS RELAXED**

Tightly balling up your hands into fists is a waste of energy and won't help you run any faster. In fact, tensing up your hands can create tension throughout your body, so avoid it wherever possible. However, you don't want your hands to become too relaxed to the point where they are hanging loosely at the end of your arms. To perfect the shape of your hands, the easiest method is to use the 'egg trick'. Imagine that, as you are running, you have to hold an egg in each hand without breaking it. You need to keep your hands loose enough that the egg doesn't break, but tight enough so as not to drop it.

## **BREATHE EFFICIENTLY**

Running technique isn't just about how you position your body; it's also about how you breathe. Learning to breathe properly while you run will make a world of difference to both your speed and endurance. Breathing from the abdomen is the optimum technique for runners, and it can be learned with a very simple exercise. Lie flat on your back and place one hand on your chest and one hand on your stomach. Breathe in and out, and make sure the hand on your stomach is rising and falling instead of the hand on your chest. This means you are breathing from the abdomen rather than the chest, which is much more efficient.

## **PERFORM BODY SCANS WHEN YOU RUN**

Learning all of this great running technique is a waste of time if you forget to stick to it mid-way through your training sessions. That's why you need to perform regular body scans. A body scan is a mid-run mental check to ensure that all forms of your technique are correct. If they aren't, you need to fix them. Start from the top of your body by making sure your head is in the correct position, and then mentally work down through your arms, hands, chest, and legs, before finally making sure you are breathing properly. Regular scans throughout your run will keep your technique correct, and help you to perform to your peak ability.



## **CHAPTER 6: PLAYING SAFE**

### **PREVENTING INJURIES**

Remember that nothing can set you back as much as an injury. While injuries are a part of life and are likely to happen when you suddenly increase your activity level, there are a number of ways to prevent them.

### **IMPROVE AND MAINTAIN YOUR FLEXIBILITY**

Daily stretching is essential to improving and maintaining flexibility, which in turn will help improve performance and prevent injuries.

Stretching should be done after you warm up your muscles – usually about ten minutes of warm-up should be enough.

Stretching should never be done in a hurry and should include all joints and extremities. Each stretch should be held in place for 30 seconds without bouncing.

It is helpful to include sports-specific dynamic exercises like high knee drills, skipping, bounding, arm circles, and cross body arm swings.

### **INCLUDE STRENGTH TRAINING IN YOUR RUNNING PROGRAM**

Strength training improves a runner's body strength and overall athleticism. This in turn reduces muscular fatigue that leads to poor performance and injuries. Runners will benefit from a program of 2-3 strength-training sessions per week.

Strength training exercises should focus on all muscle groups, including the trunk as well as the upper and lower body.

Weight lifting, plyometrics, and hill running are all effective methods of increasing strength.

Focus on improving strength in the offseason and pre-season, and on maintaining while in the season.

## **STAY HYDRATED AND EAT A WELL-BALANCED DIET**

Avoid heat exhaustion and dehydration by pre-hydrating two hours prior to practice or competition with 16-20 ounces of fluids and another 8-10 ounces after warm-up.

Take in 6-8 ounces of fluids every 15-20 minutes of exercise.

Within two hours after exercise, re-hydrate with a pint (20-24 ounces) of fluid for every pound of weight lost during exercise.

The best fluids to take before, during, and after exercise are a cooled 4-8% carbohydrate solution.

## **WARM UP AND COOL DOWN BEFORE AND AFTER ALL RUNS AND RACES**

Before practices and competitions, it is important to warm up. The faster the workout or race, the longer the warm-up needed. A warm up of 5-10 minutes helps to flush out the lactic acid build-up in muscles and prevents delayed muscle soreness.

## **GRADUALLY INCREASE YOUR MILEAGE**

Good aerobic activity is the foundation of your running performance. The principle of progression and periodization means gradually preparing the body to handle workout stress. You slowly build up the amount of training you do along with bumping up the intensity.

Periodization is the structure in a training program to progressively increase the training stress from cycle to cycle.

The progression should not be a steady increase in volume and intensity, but instead should be a staircase progression with periods of reduced volume and intensity at certain times during a training period, season, or year.

Increases in training volume, duration and intensity should be a gradual increase of 5-10% per week.

## **CROSS-TRAIN AND INCLUDE REST DAYS IN YOUR TRAINING SCHEDULE**

Cross training helps to maintain your aerobic fitness while avoiding excessive impact forces from too much running.

Including rest days in your training schedule allows your body to recover and adapt to a running workout.

Talk with a running expert or coach to analyze your training program.

Overtraining, running injuries and poor performances are often the results of an ineffective training program.

A good running coach can help you develop an appropriate training schedule to meet your running goals and prevent injury.

Wear the correct type of running shoes based on your foot type and running style.

Not all running shoes are made alike. The type of shoe you need varies depending upon your foot type and style of running. A sports store that specializes in athletic footwear can help you figure out what style might be best for you.



Foot type is based upon the structure of your foot and the degree of pronation. Pronation is the normal inward rolling of your foot in running as your foot strikes the ground and transitions into pushing off. Abnormal pronation can lead to injuries.

Have a formal gait analysis performed and use orthotics if recommended.

Poor foot biomechanics such as heel strike, excessive pronation, or a very rigid or very flexible foot arch can lead to inefficiency and injuries.



Most runners can control these problems by carefully selecting the right shoe type or by seeing an expert that can analyze your running gait and make orthotic inserts specific to your foot structure.

Have your running form evaluated by a running expert.

Better running economy and body awareness are achieved through developing an efficient and smooth running form. A smooth running form requires less energy and delays muscle fatigue.

A person trained in running biomechanics can help detect flaws in your running form and show you how to correct them.



## CONCLUSION

How are you feeling now? Hopefully this book has succeeded in its purpose, and you are now ready to believe that running a 5k is not impossible, but rather you can do it in 5 weeks. The important thing is to just take it step by step and to only focus on the task at hand.

Our excellent running plans and tips will have you in perfect shape to run a 5k in only five weeks. Your first step was buying this book. Your next one should be tying up your laces and stepping out for a run. It might seem impossible at the start, but you will see your target becoming more and more reasonable as time goes on. Just don't give up.



Start by buying the right shoes and start your first run. Concentrate on making it as far as possible. The purpose is to get you ready to run a 5k. Once you are acclimatized, work on improving your speed and running technique. You will improve so much that it would seem unbelievable. Just concentrate on putting one foot in front of the others. Watch out for those injuries because we don't want you wasting all of this hard work. Hence start slowly. You will improve as you go on and you can push a little bit more every day. But respect the limitations of your body and give it ample amount of rest. And don't forget to eat well and hydrate enough.

Congratulations on becoming a runner. Now cross that finish line.





# REVITALISING RUNNING DRINKS RECIPES



Coach Juber

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## **Book Description**

So you have started running but are still wondering how you can make the entire experience better, both more rewarding and easier on your body. Everyone will tell you that fueling up and properly hydrating is very important for a runner. After all, it's all about having a healthy and active lifestyle.

Hydration is very important, not just merely for runners but for anyone looking to maintain a healthy lifestyle. It becomes even more important for runners. When you run, you lose a lot of water and electrolytes. Your body is going to heat up and hence you are going to perspire more to regulate your body temperature. It becomes even worse in summers. While you are losing water and electrolytes even while running, the additional summer heat worsens the situation. Sometimes, it might even result in dehydration. Hence, it is paramount that you drink adequate amounts of liquid.

Some of you might find the whole thing quite hard. Plain water can be quite boring, after all. This little book can be very helpful in that regard as it will tell you about the amount of hydration you need, in terms of what you can do before and after running as well as during running. It will also try to make things easier and simpler for you by proposing various ways to get the necessary amount of fluids. So proceed to read to come across wonderfully simple recipes.

Why should something as fun as running not have its own set of fun drinks? This book is aimed at all of those people who like to add a little more flavor to their life. We have just the recipes for you. Hopefully, you will enjoy them too.



## INTRODUCTION

Hydration is important, and not just when you're exercising. Fluids regulate body temperature, move waste from your body, ensure that your joints are adequately lubricated, and help flush out the damaged cells that can lead to inflammation. And proper hydration can help control cravings, which is important because it's often easy to mistake thirst for hunger. You don't just have to guzzle water to stay hydrated. Fruits and vegetables can also help you stay hydrated. Plus they're packed with antioxidants, which boost muscle recovery and immunity.

Being well hydrated is just as important as being well fueled if you are planning on going running.



Whether you are a novice runner or whether you have been running since many years, you must realize the importance of hydration. After all, you are very well aware of what happens during every run. Initially when you start running you feel particularly fine. Soon your body has to work more. It goes into an overdrive. Think of your body as a machine. Whenever a machine is overworked, it heats up. The same thing happens to your body. And like any other efficient machine, your body has a system to get rid of all the heat too. It starts perspiring. As your sweat evaporates, your body cools down a bit. This mechanism helps the body maintain its temperature. However as a result of this you lose water and electrolytes from your body. This is exactly why you start feeling thirsty.

This is also the reason why workouts like running which utilize a lot of energy also require you to have proper hydration so that your body can maintain its water electrolyte balance and you don't get dehydration.

Everyone will tell you that you must have adequate fluids before and after a workout session. You also need to keep hydrating yourself in the middle of long running sessions. We understand your needs hence this book is aimed at providing you with simple and elegant solutions. You will find it to be very helpful in building a greater understanding of your body's needs and actually fulfilling those needs.



## CHAPTER 1: IMPORTANCE OF HYDRATION

When you start running, you start noticing your body's needs more. Since your body is working more, its requirements increase. It needs a lot of nutrients to keep it up and running. Those nutrients are derived from the food you consume, etc. water is also sort of one of those nutrients that your body requires. For a runner, it might as well be the most important one yet it is often ignored.

You should always drink a lot of water. One reason is that most of us just happen to not consume enough fluids. The other reason is that as a runner you lose a lot of water through sweat. I have already talked about how your body uses sweating as a mechanism to cool down. Water is important for precisely that reason. It helps regulate your body temperature. It makes up more than 80 % of your blood and is also needed for energy storage. High water intake will also help your body to regulate toxins, and keep your skin healthy.

Dehydration can actually lead to poor performance along with its numerous side effects on your health.

### DRINKING WATER

As a very approximate rule of thumb, you need about 1 liter of water for every 1000 kcal you consume during the day (this is your base water intake; you need extra when you are exercising). You also need more in hot or humid weather. This means that if you have a daily calorie intake of 3000 kcal, you need to drink about 3 liters of water each day. That is a lot, and may well be more than you are drinking at the moment. Try to get into the habit of drinking water from the moment you wake up. Also try to keep a water bottle next to you at all times.



## DEHYDRATION AND OVER HYDRATION

You need to consume about 1 liter of water for every 1,000 kcal you consume during the day. But in addition, you lose water through sweating when you exercise. A good rule of thumb is that you lose around half a liter for each hour that you exercise – and it can be substantially more than this if it is a hot day.

Some evidence shows that modest levels of dehydration lead to significant falls in athletic performance. Your blood is about 82% water. As you sweat more, your volume of blood is reduced, and your cardiovascular system works less efficiently at getting oxygen to your muscles. A loss of water equal to 2% of your body weight (a liter and a half for a 75kg person) could reduce your aerobic capacity by up to 20%. Bigger sweat losses than this can lead to dangerous dehydration.

In deciding how much to drink while exercising, however, you should take account of the fact that water is a by-product of burning fuel to produce energy. This means that your body is producing extra water internally when you are exercising, and you therefore don't need to drink to replace *all* the water you are losing through sweat.

It is less well known that it is quite common, and quite dangerous, to drink too much water, especially during endurance events. The risks of drinking too much water are at least as significant as the risks of drinking too little. You will have to judge for yourself what works best for you, recognizing that there are dangers from over-hydration, which are at least as great as the dangers of dehydration.

For running events of up to 10km, it is unlikely that you will need to drink during the run unless the weather is exceptionally hot. For longer events, including the marathon, your performance may suffer as a result of dehydration if you don't replace the water you are losing during the race. But people running for more than four hours should also be careful not to drink too much.

## **DRINKING BEFORE RUNNING**

One way to minimize dehydration is to ensure that you begin a long run fully hydrated. In the days before a big race, it is a good idea to sip as much water as you can to keep your body topped up.



On the day of the run, you should drink up to two hours before the start. Most experienced runners stop then, to avoid the need to urinate while they are running.

You can begin drinking again immediately before the start.

## **DRINKING WHILE RUNNING**

Drinking while running is a skill, and you need to practice it during your training to work out what works best for you. Some tips are:

- Drink little and often to avoid a bloated feeling while you are running.
- Drink as you feel inclined, which should be about 500ml every hour or a little more; if you are running a marathon and aim to complete it in four hours, this means about half of a paper cup of water every mile; but don't force yourself to drink too much.

On a hot day, you should regulate your temperature by splashing water over yourself as well as by drinking. You may want to pour a cup of water over your head (and especially down the back of your neck), and if you are wearing a cap, make it wet to keep you cool. During the closing stages of a race – for example, during the last half an hour – cooling yourself this way may be more effective than drinking. It is also less likely to make you feel nauseous.



## **DRINKING AFTER RUNNING**

When you have finished running, you should aim to replenish the fluid you have lost. Because you don't absorb all the fluid you drink, it is recommended that you drink about half as much again as the volume of fluid you have lost. After a long run, you should try to drink at least 500ml immediately, and then the rest in slower time.





## **CHAPTER 2: RUNNING DRINKS**

In the previous chapter, you have seen that it is very important to pay attention to your hydration, especially if you are a runner. In this chapter you will see that you don't have to depend on just water to meet your requirements. Running drinks, juices and smoothies serve as excellent alternatives. They provide you with water as well as other nutrients. Too often, it is too hard and too boring to drink the appropriate amounts of water. This is where all these great alternatives come in.

### **PRE-RUN**

Juicing prior to hitting the streets is a great option for most runners. A pre-run liquid snack aids in hydration, and provides a number of nutrients without the fiber that upsets many runners' stomachs.

### **FRESHLY SQUEEZED JUICE**

Freshly squeezed juice is a nutritious way to fuel up before, during and after your run.

#### **CANTALOUPE GINGER**

- 1 cantaloupe
- 1-2 Tbsp. of raw ginger

Wash cantaloupe well. Slice. Slice off outer rind. You can juice the cantaloupe with or without the seeds. I juiced it with the seeds and loved it. It is a tad sweeter without the seeds. Juice in the ginger as well.

#### **CUCUMBER MINT LEMON**

- 1 large cucumber
- A handful of fresh mint leaves 1/2 lemon

Juice the cucumber with the skin. Juice the mint as well. Squeeze in 1/2 lemon juice. Stir. Serve as is, or over coconut water ice cubes or chill for later. Garnish with fresh mint leaves and a stick of cucumber. Optional: a pinch of sea salt stirred in.

## **SUNRISE JUICE**

- 1 small-medium pink grapefruit, peeled
- 1 small apple
- 3-4 small organic carrots (length of a pencil, thickness of a dime)
- 1 tsp. fresh ginger, peeled
- 1/2 small lemon peeled, de-seeded
- Juice all ingredients in your juicer. Drink.

## **PINEAPPLE JUICE**

- 1/2 pineapple
- Chop Pineapple .
- Juice 1/2 of it and slice another half into chunks for eating.
- Juice slowly. If too much foam forms in your food chute spoon it out and place directly in glasses - the foam will bubble away in a good few minutes.
- Drink Up!



## **PAPAYA JUICE**

- 1 whole papaya
- Slice papaya into chunks. Remove skin and seeds. Juice and enjoy!

## **SMOOTHIES**

Smoothies are also a great idea as a pre-run energy drink. Following are some recipes that you will hopefully love.

### **BANANA WALNUT BLISS**

- 2 cups (500 mL) skim milk
- 1 large banana
- 1 Tbsp. (15 mL) honey

- 1/4 tsp. (1 mL) vanilla extract
- Handful walnut pieces (or 7 halves)
- Blend all ingredients together.

### **KIWI 'N KALE SMOOTHIE**

- 1 1/2 cups (375 mL) skim milk
- 2 cups (500 mL) kale stems and leaves
- 1 kiwi fruit, peeled
- 1 Tbsp. (15 mL) smooth unsalted peanut butter
- 1 tsp. (5 mL) agave nectar, honey or maple syrup
- Blend all ingredients together.

### **OAT COCOA SMOOTHIE**

- 3/4-cup (175 mL) skim milk
- 1 tsp. (5 mL) vanilla extract
- 1/2-cup (125 mL) plain low-fat yogurt
- 1/4-cup (60 mL) quick-cook oats
- 1 Tbsp. (15 mL) ground flaxseed
- 1 tsp. (5 mL) unsweetened cocoa powder
- Dash ground cinnamon or cardamom
- 1 small banana, preferably frozen
- Add all ingredients to a blender. Blend on low for 20 seconds, then on high about one minute.

## **C-BLAST SMOOTHIE**

- 1 large pink grapefruit, peeled, seeded and cut into chunks
- 1/2 cup (125 mL) crushed pineapple, canned or fresh
- 1/2-cup (125 mL) fresh or frozen strawberries (if using fresh, add 1/4 cup [60 mL] ice for extra froth)
- 1/2-cup (125 mL) non-fat Greek yogurt
- Blend all ingredients together.



## **BANANA PEAR SMOOTHIE**


- 2 ripe pears, pitted and coarsely chopped
- 1 tsp. (5 mL) peeled and coarsely chopped ginger root
- 1 banana
- 1-cup (250 mL) skim milk
- Handful of ice
- Sprinkle of cinnamon on top
- Blend all ingredients together.

## **BEET AND STRAWBERRY SMOOTHIE**

- 4 beets, cooked and peeled
- 2 cups (500 mL) unsweetened coconut water
- 2 cups (500 mL) frozen strawberries
- 1 lime, juiced
- Blend all ingredients together until mixture is smooth.

## **SPINACH AND STRAWBERRY SMOOTHIE**

- 1/2-cup (125 mL) low-fat vanilla yogurt
- 2 cups (500 mL) water

- 
- 1 medium banana
  - 1 cup (250 mL) sliced strawberries
  - 2 cups (500 mL) chopped fresh spinach, lightly packed
  - Honey or maple syrup to taste (optional)
  - In a blender, combine yogurt, water, banana, strawberries, spinach, and honey or syrup (optional). Blend on high until smooth. Pour into glasses and serve.



## **CHOCOLATE ALMOND SMOOTHIE**

- 1 banana
- 2 fresh or soaked dried dates
- 2 cups cold water (or 1 1/2 cups cold water plus 1 cup ice)
- 1/4-cup almonds (or 2 tbsp. raw almond butter)
- 1 tbsp. ground flaxseed
- 1 tbsp. hemp protein
- 1 tbsp. roasted carob powder (or cacao nibs to make smoothie 100% raw)
- Blend all smoothie ingredients in a blender until smooth.

## **MID RUN**

Go natural and swap out processed sports drinks for fresh juice on the run. The key to enjoying juice mid-workout is dilution. Fresh juice has a high percentage of carbohydrates per ounce—more than you need or want during a run. When your muscles are working hard, high-carb drinks are difficult for your body to process. You can deal with this by adding water to your juices. It is also a useful idea to add pinch a (1/4 tsp.) of salt for each cup of liquid in order to supply sodium, an important electrolyte that helps replace the salt lost during exercise.

Some recipes for fresh juices have already been detailed above. Some more are given down below.

## **THE BCB BLAST**

- 6-8 medium carrots
- 1 small beet
- 1 banana
- Juice carrots and beets in an electric juicer and set aside. Place banana in a blender and mix in reserved juice.



## THE REFRESHER

- 2 large apples
- 8 large fresh, clean carrots
- 1 lime
- Using an electric juicer, press carrots, apples, and lime. Whisk to combine.

## GREEN GOODNESS

- 1 medium green apple
- 4 stalks kale
- 3 ribs celery
- 1 cucumber
- 1 lemon
- Juice apple, kale, celery and cucumber in an electric juicer. Squeeze in lemon and stir to combine.

## POST RUN

After a long run (any workout lasting longer than one hour), your tired body needs carbohydrates, fluid and protein to bounce back into shape. Juice is a great option for post-run recovery, especially for runners who balk at the idea of a solid meal when they're still sweaty. But fruits and vegetables alone won't provide the protein your muscles need to rebuild. To fuel properly after a run, stir 1/2 cup of yogurt or a scoop of protein powder into your juice. Feeling brave? Pasteurized egg whites can also serve, as a solid protein-packed mix in—just make sure they're fully incorporated before you lift the glass to your lips. Below are some additional recipes.



## **CHOCOLATE AND BANANA SMOOTHIE**

- 1 frozen banana
- 1-cup yogurt
- 1/4-cup milk
- Unsweetened chocolate powder or cocoa nibs to taste
- Honey or rice syrup to taste
- Blend all ingredients, tasting as the chocolate and honey are added.

## **ANTIOXIDANT BERRY BOOST**

- 1-cup yogurt
- 1/4 cup frozen blueberries
- 1/4 cup frozen blackberries
- 1/4 cup frozen strawberries
- 1/4-cup milk, green tea or apple juice
- Contents of one vitamin E capsule
- 1-tablespoon honey
- 1-tablespoon ground flaxseed (optional)
- Blend until smooth, adding additional liquid if needed.
- If using apple juice, blend and taste before adding honey to prevent over-sweetening.



## **PUMPKIN PIE SMOOTHIE**

- 3 oz. silken tofu
- 1 to 1/2 cup cooked pumpkin
- 1/2-cup milk
- 1/2-teaspoon pumpkin pie spice
- Sprinkle of nutmeg
- Sprinkle of cinnamon
- 1 to 1/2 tablespoon honey
- Blend well.
- Add extra milk and honey if necessary.
- Serve with an additional small sprinkle of cinnamon on top.



## **MORNING SMOOTHIE**

- 1/2 cup frozen pineapple chunks
- 1/2 frozen banana
- 3/4-cup yogurt
- 2-tablespoon ground flaxseed
- 1/2 cup orange juice
- 1-tablespoon honey
- Blend until smooth.
- Optional: Add one or two mint leaves



## CONCLUSION

I hope that reading this small book has convinced you of how important hydration is for you as a runner. Fluids regulate body temperature, move waste from your body, ensure that your joints are adequately lubricated, and help flush out the damaged cells that can lead to inflammation. When you run you lose a lot of water through perspiration as your body sweats more during exercise to regulate your body temperature. Hence you need to consume more fluids if you are exercising. Dehydration usually leads to poor performance. It can also be injurious for your health.

While you do need to consume a lot of water, I hope that this book has persuaded you that the entire process of consuming a lot of liquids doesn't have to be boring. You can actually make it quite fun for yourself by replacing water with a lot of fun drinks including juices and smoothies. By now, you would have come across a lot of recipes. You can choose the ones that appeal to you and you can actually even come up with your own combinations. The point is to do whatever suits you.

Just remember to consume liquids both before and after your run. If you are going for a long run, it's also a good idea to consume liquids during it.

So drink up.



Coach Juber



# STRENGTH & CONDITIONING

## PROGRAMS FOR RUNNING

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## **Book Description**

Runners often seem to forget about strength training and conditioning. It's really hard to envision running having anything to do with lifting weights or doing squats, etc. they seem totally unconnected. However, it's time that the connection was made.

As a runner, you would know that you are very likely to get injured. When you run, a lot of stress is placed on a particular set of muscles and body parts, so they are likely to get overused or hurt. This is more likely to happen if either you don't have proper form or if you don't respect the boundaries of your body.

Strength and conditioning exercises help you strengthen your muscles, both the ones used in running and the ones unused. The purpose is to prevent injury and to make you a better runner, a faster and stronger one.

You will find strength and training to be very beneficial, whether you are looking to increase your endurance or your time. This book covers the basic concepts of strength and conditioning. It helps you understand why you actually need them in life and how can you increasingly incorporate them in your workouts.

This book is a helpful guide on becoming a stronger and more responsible runner by taking care of yourself. It provides you with a running specific training program and is hoping that you would have fewer injuries and more medals in the times to come. Ultimately it is all about becoming a better runner.

As you go through this book, it will be helpful if you would make note of all the tips that could apply to and that you could use. Then you should slowly and surely make them a part of your regimen.

Let the journey start now.

## INTRODUCTION

Do you want to become a stronger, faster runner? Do you want to avoid injuries as much as possible? Well, it's time that you started concentrating on some other exercises besides running because to become the best runner, just concentrating on running isn't enough.

Strength training is one of the single most important non-running aspects of training that can help you become a better runner. Strength training is a type of exercise that utilizes the concept of resistance to induce muscular contraction, and hence build up strength and size of the muscles. Runners often tend to overlook this part of their training, but any good athlete will recognize the value of strength training. As a runner,



injury is a constant threat. An injury cannot just throw you off your training schedule and compromise your fitness level; it can also compromise your ability to run the race itself. Everyone will be looking to avoid the injury. Yet they happen so commonly.

There are a million reasons for injuries starting from wearing the wrong sort of running shoes to not paying enough attention to your body's needs. If you have just started running, you are more susceptible to injuries as your muscles aren't strong enough yet to take on the stress of the huge increase in physical activity. Which is why, strength training helps as it can get you to that point where you can minimize your risk of injury.

The end purpose of all this is to get you in a really good shape so that you can take on the increased stress of improving your running and actually becoming better at it. If you take up these exercises, not only would your running become better, your body will also thank you for it. You will find strength training and conditioning to be one of the most helpful things you have ever taken on, as you will watch your body evolve and become a more efficient machine.

Don't let anything hold you back from becoming better.



## CHAPTER 1: THE THEORY

Runners are extremely focused people who love running with a passion. If you are a runner, the chances are that you have little tolerance for anything else and would rather spend all of your training time running rather than doing those other workouts. Today in this book you will see how avoiding those training sessions can compromise your training form.

### UNDERSTANDING THE BASIC CONCEPT


Runners tend to overwork themselves a lot of times. That is perfectly understandable as running is quite strenuous and places so much stress on your body. That could lead to aches and pains that could harbingers something more serious than mere exhaustion. Runners are very prone to injuries, including but not limited to lower limbs and back areas. They can include shin splints, runners' knees, Achilles tendon problems, hamstring strains and heel pains. All of them can be quite painful and then can mess up your fitness. If you don't catch them in time, they can lay you low for quite a time. It would make sense to avoid those injuries in the first place.

The best way to do that is to make sure that your body can take all the stress that is placed on it. Strength training is one of the single most important non-running aspects of training that can help you become a better runner.

Strength training is a type of exercise that utilizes the concept of resistance to induce muscular contraction, and

hence build up strength and size of the muscles. When properly performed, strength training can provide significant functional benefits and improvement in overall health and well-being. Training commonly uses the technique of progressively increasing the force output of the muscle through incremental weight increases and uses a variety of exercises and types of equipment to target specific muscle groups.





The basic principles of strength training involve a manipulation of the number of repetitions (reps), sets, tempo, exercises and force to cause desired changes in strength, endurance or size by overloading of a group of muscles.

The ultimate end result is stronger muscles, which are extremely beneficial to you as a runner. Strength training focuses not only on the muscles used in running but also on the ones not used. Running requires the coordination of all the muscles in your body. Conditioning exercises improve the ability of your leg muscles to push against the ground, increase the frequency of your strides and enhance the endurance of your core and upper body muscles. Such exercises also augment the capacity of your cardiovascular, respiratory and muscular system to transport and utilize energy and oxygen. Include running-specific conditioning exercises to improve your running economy. It can lead to an ultimately stronger, hence faster and better runner.

## CHAPTER 2: BASIC EXERCISES

Following are some basic exercises that you can employ as part of your training regimen.

### PLANKS

Prop yourself up on your elbows with your feet slightly apart. Make sure your body is aligned, your abdominal muscles are tight, and shoulders are directly above the elbows and down and back, not hunched up. Hold this position for 45 seconds to one minute. Gradually add time as your core gets stronger.

**Modifications:** Plank variations include side planks to target obliques, single leg planks, spider planks, mountain climber planks, and supine planks.

**Repetitions:** 3 to 5

**Muscles worked:** core, lower back, shoulders



### LOWER BODY RUSSIAN TWISTS

Lie on your back with your upper legs perpendicular to the floor and your knees bent 90-degrees. Without changing the bend in your hips or knees, lower your legs to the left side of your body while keeping your shoulders in contact with the floor. Lift them back to the starting position, and repeat to the right side of your body. That's one repetition.

**Modification:** To make it harder, keep your legs straight.

**Repetitions:** 10 to 12

**Muscles worked:** core

## SCORPION

Get into pushup position but with your feet on a bench. Raise your right knee toward your left shoulder as you rotate your hips up and to the left as far as you can. Then reverse directions, rotating your hips up and to the right, and try to touch your right foot to the back of your left shoulder (you won't be able to do it). That's one repetition. Continue for 30 seconds with your right leg, then switch legs.

**Modifications:** To make it easier, do step one of the exercises, twisting in just one direction. To make it harder, instead of putting your feet on a bench, do the exercise with your shins on a stability ball.

**Repetitions:** As many as you can in 30 seconds

**Muscles worked:** shoulders, core

## BASIC EXTENSIONS

Lie face down on a stability ball with your feet spread wide for balance. Your elbows should be bent with your hands lightly touching the ground for initial support.

Squeeze your glutes and lift your torso up until your body forms a straight line. As you lift your torso, allow your hands to come off the ground, keeping your elbows bent. Extend your arms overhead. Hold for one or two seconds. Release your arms and then your torso back down to the start position.

That's one rep. Aim for 10-12. No, stability ball? You can do the movement on an exercise mat: Raise your thighs and arms off the ground while your torso stays in contact with the ground.

**Modifications:** To make it harder, hold light dumbbells.

**Repetitions:** 10 to 12



**Muscles worked:** lower back, glutes, middle back, shoulders

## KETTLEBELL SQUATS WITH OVERHEAD PRESS

Hold the kettlebell with both hands in front of your chest. Stand with your feet hip-width apart. Push your hips back, and lower your body into a squat until your thighs are parallel to the floor. Press the kettlebell above your head, and as you stand back up, return the kettlebell to the original position.

**Modifications:** Do the squat without the overhead raise by just keeping the kettlebell in the center chest position for the duration of the exercise.

**Repetitions:** 10 to 12

**Muscles worked:** glutes, quads, hamstrings, lower back, upper back, shoulders



## OVERHEAD LUNGE

Hold a pair of dumbbells straight above your shoulders, with your arms straight and elbows locked. Step forward with your left leg, and lower your body until your front knee is bent 90 degrees. Return to the starting position, and repeat with your right leg. That's one repetition.

**Modification:** To make it easier, hold dumbbells at shoulder level.

**Repetitions:** 6 to 8 (each leg)

**Muscles worked:** quadriceps, hamstrings, glutes, shoulders, and core.

## STABILITY BALL HIP EXTENSION

Lie on your back on the floor, and place your calves on a stability ball. Extend your arms to your sides to help support and balance your body. Push your hips up so that your body forms a straight line from your shoulders to your knees. Without allowing

your hips to sag, (keep your body at all times), roll the ball as close as you can to your hips by bending your knees and pulling your heels toward you.

**Modifications:** To make it easier, only do step one and two, and skip the leg curl. To make it harder, do the exercise with just one leg, holding the other leg in the air above your hips.

**Repetitions:** 6 to 8

**Muscles worked:** hamstrings, glutes, core

## ROTATIONAL SHOULDER PRESS

Stand holding a pair of dumbbells just outside your shoulders, your palms facing each other. Press the dumbbells overhead as you rotate to your left. Lower the dumbbells as you rotate back to the center, then rotate to the right as you press the weights upward again. That's one repetition.

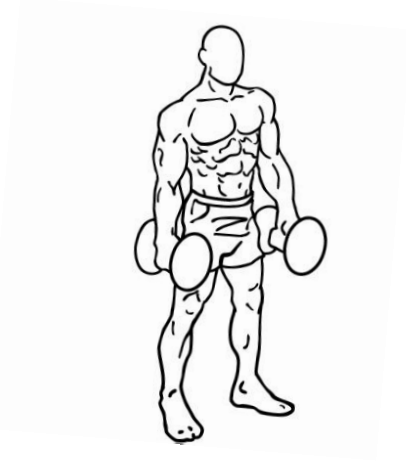
**Modification:** To make it easier, do half of the repetitions without the rotations.

**Repetitions:** 6 to 8


**Muscles worked:** shoulders, triceps, and core

## ALTERNATING DUMBBELL ROLL

Hold a pair of dumbbells at arm's length in front of you, palms facing your thighs. Keeping your back naturally arched, bend at the hips and lower your torso until it's nearly parallel to the floor. Keep your arms straight as you bend your hips so that the dumbbells hang straight down. Pull the dumbbell in your left hand by bending your elbow and raising your upper arm toward the middle of your back. Lower and repeat with your right arm. That's one repetition.







**Modification:** To make it easier, perform the move with both hands at once (using both hands requires less core stability).

**Repetitions:** 10 to 12

**Muscles worked:** middle back, biceps, and core

## CHAPTER 3: A BETTER RUNNER

Running requires the coordination of all the muscles in your body. Conditioning exercises improve the ability of your leg muscles to push against the ground, increase the frequency of your strides and enhance the endurance of your core and upper body muscles. Such exercises also augment the capacity of your cardiovascular, respiratory and muscular system to transport and utilize energy and oxygen. Include running-specific conditioning exercises to improve your running economy.

### UPPER BODY


You might be confused about this one and thinking that since, as a runner, your primary emphasis is on lower limbs, you don't need to worry about this. Think about your form during running. The muscles of your neck, back, shoulders and arms work to hold your body in an optimal running position--head up, chest open, elbows bent, shoulders relaxed and arms swinging. If your upper limb muscles don't have enough strength, you will find it harder to maintain your posture and your running form. Ultimately, your performance will suffer. So don't discount the importance of your upper limbs in running.

Do one upper body workout per week including flat bench presses, standing cable rows, shoulder presses, biceps dumbbell curls, triceps dips and dumbbell shrugs. Complete two to three sets of 12 to 15 repetitions per exercise.



### LOWER BODY

This one doesn't require much thinking, does it? When you are running, it is primarily your lower body that is bearing the stress. Hence, it is important to work on your lower body if you are to become a better runner. Standing lower body conditioning exercises are more effective in improving your performance than leg exercises done sitting down. Dumbbell and barbell exercises also activate your core to maintain your



balance, similar to running. Perform a lower body workout once a week including barbell back squats, walking dumbbell lunges, one leg dumbbell dead lifts and step-ups on a bench. Do two to three sets of up to 12 reps per exercise. Strength training improves your running speed because it increases your muscular power.

## **ABDOMINAL AND LOWER BACK**

The abdominal and lower back muscles are constantly working during a run. These muscles stabilize your trunk so you can efficiently move your legs and arms. Do hyperextensions, crunches and ball bridges on an exercise ball. Complete three sets of 20 reps per exercise.

## **HIGH-INTENSITY RUNS**

Running workouts such as high-intensity interval and tempo training increase your capacity to run hard and fast over a longer period of time. Include interval training such as sprinting for 30 seconds then walking for 90 seconds for 20 minutes one day a week. Tempo training means that during a 20 to 30-minute run, you alternate between a specific running pace and a slightly slower and shorter recovery pace, according to the National Strength and Conditioning Association. Do one tempo run per week. Hill intervals enhance the strength and power of your leg muscles during your runs. Sprint up a hill then walk or jog back down for 10 to 15 repetitions.

## CONCLUSION


As you reach the end of this short training manual you would have recognized the importance of a good strength and conditioning workout. Runners often tend to overlook this part of their training, but any good athlete will recognize the value of strength training. As a runner, injury is a constant threat. Strength training is one of the single most important non-running aspects of training that can help you become a better runner. Strength training is a type of exercise that utilizes the concept of resistance to induce muscular contraction, and hence build up strength and size of the muscles. Conditioning is all about preparing for your runs. When you are "conditioned" for running, you are prepared for the demand those entire miles place on your body.



By now you must have seen that the best way to improve your strength and endurance is to do particular exercises, which have been detailed above. When doing those exercises, try to maintain proper form and ideally do them in the presence of someone who can guide you further. Don't neglect any of the muscle groups. Always be conscious of what your body is telling you and respect its boundaries. Like all exercises start slow with these ones too and slowly add to your workout routine as you go along building strength.

If you continue on this path, you will notice a huge difference in your strength and overall performance, which ties in very neatly with your ultimate goal to be a better, stronger and faster runner.

At the end, remember to pay attention to all those things that make great runners. Work on your running but before that avoid injury as much as possible. Learn a proper running technique and even have someone analyze you. Focus on running as efficiently as possible. And never forget about fueling up and keeping hydrated.



As you progress as a runner, you will see that running while ultimately being about the race, is also so much about all the effort and training that goes on before it. All of these things are essential components of it. As you become a better runner and develop your passion fully, learn to not ignore any of these components. Focus on your fitness levels and doing your workouts right and you will see a marked improvement in a very short period of time.

Remember that now that you have started running, you are more in control. And you are responsible for your body so treat it right before injuries develop and cut your training short. Your health comes before everything else.

Good luck on your path as a runner. Happy running!!