

RUN YOUR OWN RUN

It's your body, take care of it.

Make sure your shoes are up to the job. Your footwear can make all the difference between a running routine that gets off on the right foot and one that could easily falter right out of the gate.

Dress for success. Choose running clothes made of a material that will wick perspiration away from your skin to prevent chafing. Cotton will just get wet—and stay wet—with sweat.

Pick a comfortable pace—and stick with it. Don't try to walk or run so fast that you can't maintain a steady pace. You may get burned out before you're able to finish the day's run/walk.

Drink up. Water is the best beverage for keeping your body hydrated during exercise. An electrolyte-replacement sports drink is only needed for very long distances. When drinking an electrolyte-replacement sports drink watch out for those that have a lot of added sugar.

Master the basics. Learn things like *proper running form, the best stretches to do before and after a run, and how to breathe. *Proper running form...

- **Look Ahead:** Your eyes should be focused on the ground about 10 to 20 feet ahead of you.
- **Land Mid-foot:** Don't be a toe runner or a heel-striker. Try to land on the middle of your foot, and then roll through to the front of your toes.
- **Keep Your Feet Pointed Straight Ahead**
- **Keep Hands at Your Waist:** Try to keep your hands at waist level, right about where they might lightly brush your hip. Your arms should be bent at a 90-degree angle.
- **Relax Your Hands:** As you run, keep your arms and hands as relaxed as possible.
- **Check Your Posture:** Keep your posture straight and erect. Your head should be up, your back straight, and shoulders level.
- **Relax Your Shoulders:** You'll breathe a lot easier if your shoulders are relaxed.
- **Rotate Your Arms From the Shoulder:** Your arms should swing back and forth from your shoulder joint, not your elbow joint.
- **Don't Bounce:** Try to keep your stride low to the ground and focus on quick stride turnover. Too much up-and-down movement is wasted energy and can be hard on your lower body. Take short, light steps, as if you're stepping on hot coals.
- **Keep Your Arms at Your Side:** Avoid side-to-side arm swinging. If your arms cross over your chest, you're more likely to slouch, which means you're not breathing efficiently. Inefficient or shallow breathing can also lead to side stitches, or cramps in your abdominal area.



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Want to run in your healthy zone mile?

- Your “RPE: Rate of Perceived Exertion” should be between a 6 & 7.
- Practice 3-5 times a week.
- Add some interval training. RPE should alternate between a 5 and an 8.

Want a more fitness zone mile?

- Your “RPE: Rate of Perceived Exertion” should be between a 7 & 8.
- Practice 3-5 times a week.
- Add some interval training. RPE should alternate between a 6 and an 8.

Want to run at an athletic pace mile?

- Your “RPE: Rate of Perceived Exertion” should be between at an 8.
- Practice 3-5 times a week.
- Add some interval training. RPE should alternate between a 6 and a 9.

Want to run faster?

- Add interval training to your routine.
- Add a hill workout.

What is the healthy zone?

Level of fitness needed for good health. Can help reduce the risk of some diseases.

What is the fitness zone?

Level of fitness that allows you to work out longer and/or faster. This level provides even greater benefits such as: reduce risk of disease, better quality sleep, feel happier, improved mental health....

What is the athletic zone?

Level of fitness that allows you to train harder and faster. You will improve strength and endurance. This improved strength will benefit your game.

RPE: RATE OF PERCEIVED EXERTION

10	WOW	Feels almost impossible to keep going.
9		Out of breath.
8		I am sweating and it is hard to breath.
7		This is hard but I can keep going.
6		This is a comfortable level.
5		This is a nice warm up pace.
4		Easy moving. Some effort needed.
3		Easy moving. I could walk a long distance at this pace.
2		Hardly any exertion.
1		No effort needed.