

Hello All!!

I hope the past week and a half of training has been going great! Below are some pointers to make your training go even better! Remember the following website www.mapmyrun.com to help map out some safe routes.

Have fun and keep up the good work! Please let me know if anyone has any questions! I would be happy to help!

TIPS FOR WALKING FASTER

1. Use good posture. Walk tall, look forward, (not at the ground) gazing about 20 feet ahead. Your chin should be level and your head up.
2. Keep your chest raised, and shoulders relaxed (shoulders down, back and relaxed).
3. Bend your arms in slightly less than a 90 degree angle. Cup your hands gently. Swing arms front to back (not side to side - arms should not cross your body.) Do not swing elbows higher than your sternum (breast bone). Swing your arms faster and your feet will follow.
4. Tighten your abs and buttocks.. Flatten your back and tilt your pelvis slightly forward.
5. Pretend you are walking along a straight line. Resist the urge to elongate your steps. To go faster -- take smaller, faster steps.
6. Push off with your toes. Concentrate on landing on your heel, rolling through the step and pushing off with your toes. Use the natural spring of your calf muscles to propel you forward.
7. Breathe naturally. As you walk, take deep, rhythmic breaths, to get the maximum amount of oxygen through your system. Walk fast enough that your breathing is increased yet you are not out of breath.

TIPS FOR RUNNERS

Take Your Time

When you start running, consider the total amount of time you are exercising rather than the amount of actual running that you do. For instance, if you can only run for five minutes at a time, that's fine. Run for five minutes, walk until you catch your breath, and then run for five more minutes. Over time, your walk breaks will naturally shorten.

Before and After the Run

Warm up by walking, and then gradually ease into a slow jog. Only after you are feeling loose and relaxed should you pick up the pace. After your run, walk for a few minutes until you feel your breathing and heartrate slow. Now devote five or ten minutes to stretches for your hamstrings, quadriceps, calves and lower back. All of these are areas that become naturally tight while running.

Fuel Your Body

Running is serious exercise. Many people that train for marathons are surprised when they don't lose any weight, despite intensive running programs. Running requires serious fuel. If you haven't eaten in the two hours before your run, have a light snack that contains both a carbohydrate and a protein. After your run, a glass of chocolate milk provides the perfect combination of nutrients to refuel.

BE WELL.

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