

# HEALTHY RUNNING



10%

## GETTING STARTED

Start or return to running gradually, increasing your distance by no more than 10% per week. Be sure to warm up and cool down slowly each run.



## SHOES

Invest in good quality shoes that you use solely for running, then replace them after 300- 500 miles.



## CROSS-TRAINING

To minimize your chance of overuse injury, consider cross-training with cycling, swimming, elliptical machines, etc. Include rest days to avoid overtraining.



## HYDRATION

Drink regularly throughout the day to stay hydrated. Unless you are running for more than 90 minutes, skip the sugary sports drinks and stick to water.



## STRETCH & STRENGTHEN

Stretch daily - especially your hamstrings, quads, and calves. Include hip and core strengthening to ensure a steady and durable foundation for your legs and arms.



## TRACKING

Use technology to track your workout (distance, pace, heart rate, etc.) and keep notes about how you felt that day. Seeing the miles add up is motivating and can allow you to identify your "best" routine.



## CADENCE

Maintain a high cadence of quick light steps to avoid "pounding" the ground with excessively long and inefficient strides. Think about "running on the hot sun."



## ARM MOVEMENT

Since your arm and leg movements are synched, changing your pace can be a matter of swinging your arms more quickly. Make sure you allow your elbows to extend beyond your trunk with each stride.



## CLOTHING

Remember "cotton is rotten" - especially for undergarments and socks. Invest in moisture-wicking clothes to maintain comfortable body temperature. Dress in layers for colder weather.



## HANDS

Don't allow your hands to cross the midline. Imagine holding a small kickball and rolling it back and forth with your hands with each stride. And don't squeeze your hands too tightly. Imagine that you are holding a baby bird in each hand while you run.



## INTENSITY

Train at the right intensity. Use "target heart rate," not "pace," as your intensity guide. A doctor or coach can help you determine your target, but for most people it would be the "talk test," i.e., running up to a pace that would still allow you to converse. If your heart rate climbs above your target, don't be afraid to walk a few steps.



## INJURIES

Practice makes permanent, but not necessarily "perfect." You can usually run through annoyance, but not pain or injury. Training through pain leads to long-term compensations that can be hard to break.



## GAIT

Don't "run on a line." Excessively narrow gaits can cause problems - big problems. Increase your step width so that your feet land at least a couple of inches from midline. If this proves difficult, you probably need strengthening exercises for your hips.



## TRAINING PLAN

Consult a professional who can help you structure a healthy training plan. This could be a running coach, trainer, or chiropractor.