

# The Running **MANUAL**

## **CHECKLIST**



# Checklist

Ready to run? This checklist will help ensure that you know everything you need to know to get running and to get the very most from it!

## Why Run?

Running is what the human body evolved to do. As such, it has countless incredible health benefits. These include:

- Running burns huge numbers of calories – more than nearly any other exercise
- Running allows us to spend time outside. This in itself is very good for our health in numerous ways, improving our mood, sleep, circulation and much more!
- Running builds strength in the legs
- Running helps us to lower our resting heartrate. This reduces cortisol throughout the day (the stress hormone) and it improves our sleep.
- Running is excellent for developing discipline and determination
- In the short term, running causes the release of endorphins

The problem is that many people don't know how to start. Specifically, they tend to be too ambitious and end up making it very hard for themselves. It's important to recognize just how difficult running is for the body – if you aren't used to it, then it's going to be hard to take up more than once a week.

## These tips can help:

1. Start with just one run a week
2. Make sure you have comfortable shoes and invest in high quality
3. Take it slow and just try to enjoy it
4. Focus on learning to like running, not trying to lose a large number of calories

Choosing the right shoes is one of the most important factors here. Make sure that you have your gait measured and you can then use this to identify what kind of shoe you need:

- ☐ Structured for heel to toe
- ☐ Minimalist – Also good for trail running
- ☐ Corrective
  - ☐ Pronation
  - ☐ Uneven leg length
- ☐ Padded for shin splints

Also important is to use the right running technique as you get more used to the simple idea of running.

- ☐ Keep your back straight
- ☐ Chin up and parallel with the floor
- ☐ Shoulders and neck loose – not tensed
- ☐ Landing on the ball of the foot ideally
  - ☐ With the feet directly below the knees to create a spring
- ☐ Slight lean forward – gravity will help to propel you

**This technique can be known as ‘pose running’.**

As you get more confident, you can progress to more and more minimalist shoes. The ultimate objective is to run as though you were in bare feet.

You can also now start to increase the difficulty. There are a few ways to do this:

- ☐ Increase your speed
- ☐ Increase the distance run
- ☐ Increase the time spent running
- ☐ Increase the frequency of runs to twice or three times a week

Build up slowly and make sure to track your progress with some kind of running watch/fitness tracker. This will allow you to see your own progress, which is highly rewarding and encouraging.

If your main aim is weight loss, then you may want to calculate your AMR and BMR.

AMR = Active Metabolic Rate

BMR = Basal Metabolic Rate

The best AMR will be one that incorporates your body fat percentage. Using this you can calculate how many calories you burn in a day, track how many calories you take in and then know how many you need to make up with your runs.

You may also want to introduce HIIT a couple of days a week. This is High Intensity Interval Training.

For example:

- ☐ Run for 2 minutes
- ☐ Sprint for 20 seconds
- ☐ And repeat

This will allow you to train at your anaerobic threshold. That in turn will exhaust your blood sugar content, so that you then burn more energy and calories following your workout.

**Another tip: aim for a marathon.**

**Some advice:**

- ☐ Manage your chaffing – use nipple tape and lubrication
- ☐ Wear thick socks or tighter shoes to avoid blisters
- ☐ Carb load
- ☐ Build up your distance
- ☐ Don't do a long run too close to your actual event
- ☐ Taper off toward the end, leaving plenty of time to run
- ☐ Avoid gel shots unless you're used to them
- ☐ Use an isotonic sports drink

And there you have it, everything you need to start your running journey. Once you learn to love running, you will find it is an incredibly beneficial addition to your training!