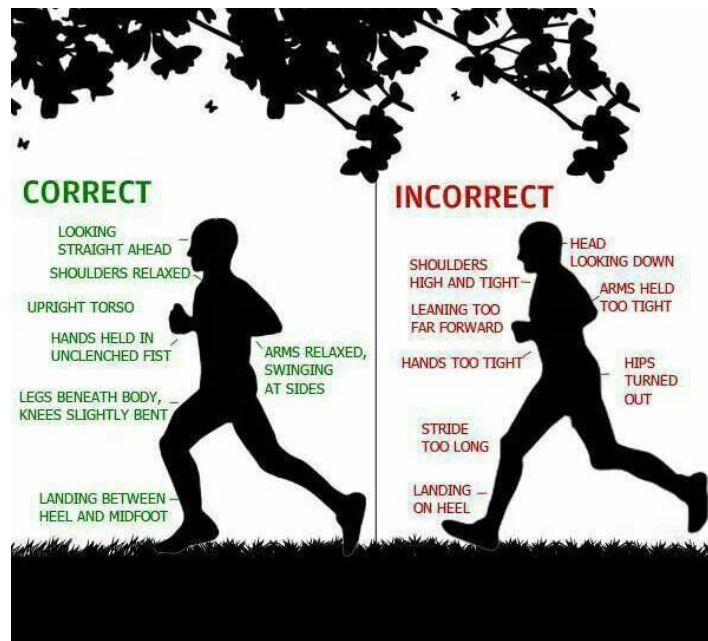# Run की बात

Today's topic 1 – body position while running

✔ Maintain head up attitude, focused on the road 10-20 meters ahead of you, Don't let your chin drop so u are looking down at your feet (Try to run in attitude as if someone is pulling your head from above)...you may get backache if u bend too much while running

✔ Shoulders should be slightly retracted but relaxed

✔ Elbows should be bent 90 degrees or less, make sure your Armswing do not cross midline, don't carry your arms too high or too low.

✔ Hands should be relaxed, should never be tightly clinched, (grip as if you are holding chips in your hand) , if you are running with gazettes in your hand , change hand frequently

✔ Maintain short and quick stride , do not overstide

✔Run in a straight line as far as possible it conserves your energy

✔ Keep your knee in line (make sure your foot lands underneath your knee and not in front)

✔ Ankles/Feet -With each step, your foot should hit the ground lightly--landing between your heel and midfoot--then quickly roll forward. Keep your ankle flexed as your foot rolls forward to create more force for push-off. Your feet should not slap loudly as they hit the ground. Good running is springy and quiet.

Hope this information helps you..

Run की बात

Today's Topic 2 – Runner's Shoes

There is no thumbs rule for shoe selection, a one which is ideal for one runner might not suit other...

Shoe selection depends on
Arches of foot, body wt, surface on which u run, your stride etc

Running shoes can be divided into Neutral shoes - lightest and more cushioned is for Normal or high arches
Stability shoes - is for mild flattening of feet and
motion control shoes (little rigid)- for pronated foot

- Few guidelines for shoes-

1) Heel - should be fit snug , but not tight (laced up but not tight u should be able to slide your foot out)
2) Size - you are not married to shoe size, your shoe size can change with age as well as brands , do not stuff your feet I in shoes (may need to go up a size for running shoes) feet swell and lengthens over a run, so make sure there's thumbs width of space between your longest toe and end of shoe
3) Widtht - your foot should be able to move side to side in the shoe's forefoot without crossing over edge of insole

4) Flex - check flex point of shoe , u can do this by holding the heel and pressing tip of shoe to floor, shoe should bend and cease along the same line your foot flexes

5) Feel - fit is the most important factor, even a good shoe if it fails to fit your foot is useless

- Do's

Do inspect your soles of your shoes u are using frequently- running on worn out soles increases injuries.

➢ Do change your shoes every 600 km (obese may have to change early)
➢ Do remove your toenails before long runs
➢ Do shop the shoes in evening when your foot are biggest

- Dont's-

➢ Do not by shoe based on colour
➢
➢ Do not by shoes online
➢ Do not run a long run or race in a new pair of shoes
➢ Do not use high heels everyday shoes a day before and after long run

Hope this information helps you ….

Run की बात

Topic. 3 - Warm up

Goal - of warmup is to prepare runner both mentally and physically

- Objective of warm up -

  ➢ To increase heart rate and blood flow
  ➢ To increase respiration and internal temperature of muscles

- What exactly happens with warm up -
  ➢ Elevates body temperature which warms up and stretches muscles, tendons, ligaments which prevents ligament sprains, and tendon and muscle strain
  ➢ warm increases heart rate and so blood supply to muscles (so muscles are getting there Oxygen,carbs, water,and so are conditioned for your activities)

Which type of warm up -

1) Generalized warm up (walking/jogging/cycling/push-ups/Skipping etc)
2) sports specific warm up -is warming up of muscles and joints which are going to be used in your activity (running)

- so sports specific warm up need to incorporate movements specific to the exercises that will be performed during running
- 8-12 minutes of dynamic exercises that focus on movements that works through range of movement required for running (hip, knee ,ankle)
- Gradual progression without causing fatigue or reducing energy stores
- more intense is your activity more important your warm up becomes

If u walk or jog a little distance before starting your run it will warm up your body

There are numerous warmups activities u can incorporate, sending u snapshots of some...

Hope this information helps you to improve..

Run की बात

Topic 4 - Run की बात -Today's topic- Stretching

- Why to stretch after running-

➤ In a running your muscles get contracted thousands of times, and so after running your muscles get contracted (shortens in length)...shortening of muscles reduces movement at joint (decreases flexibility)... Stretching after run will regain length of muscle and improves flexibility

➤ Stretching reduces effect of lactic acids on muscle it helps to remove lactic acid

- Advantages of stretching-

1. Helps to prevent muscular aches cramps and pain
2. Increases flexibility and decreases chances of injury
3. Lengthens stride
4. Great for relaxation of muscle

➤ Strech muscle to point of greatest range of movement but do not overstrech (you should feel tightness but not pain)

➤ Hold and control stretch for 20-60 seconds and at least twice

➤ Stetch uniformly (after stretching one leg stretch other leg also)

- Timing of stretching-

Stretch gently and slowly while your muscles are still warm, so for best results immediately after run.

- Caution of stretching-

➤ Do not overstrech specially injured muscle
➤ No jerks, it should be slow and gentle

Which muscles to stretch and how

While doing stretching s target group of muscles like, back muscles, hip flexor(psos),

hip extensors(Glutei),

Hip adductors

Knee flexors(Hamstrings)

Knee extensors(Quadriceps)
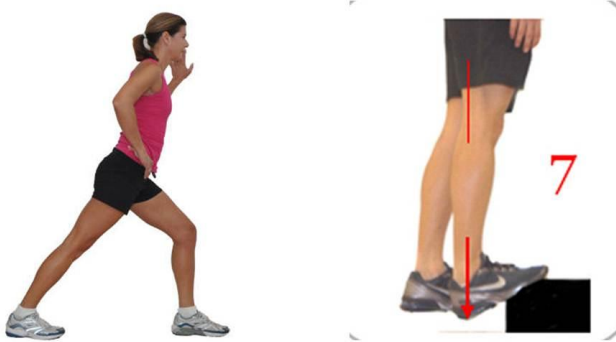
Ankle planter and dorsiflexors (specially calf)

Sending some snapshots of these stretching exercises...

Hope this information helps you...

Run की बात

Topic 5 - Core Strengthening Excercises

Calf stretching

I T band stretch

7

© Healthwise, Incorporated

Quadriceps stretch

s Stretch Exercise for

omalacia Patella

Hamstring stretching exercises

Hip flexor stretching

You can become better runner by including many factors in training Consistency, patience, cross training,warm ups, stretching, rest days, interval/tempo runs, hydration,diet, strength training and core strengthening - everything is as important as just running

Where is your core, consists of abdominals, pelvic muscles, mid and lower back muscles, and even your hip muscles. All of these muscles work together to support your torso

Advantages of core strengthening

➢ Increased stabilisation of torso while running
➢ When running, core strength allows the pelvis, hips, and lower back to work together
➢ Core strength also significantly improves balance, meaning that you recover quickly from missteps small & large.
➢ Stronger core decreases chances of back pain and injury
➢ Better atheletic performance specially in later part of your long run when your limbs are tired strong core helps to maintain form

How much time to do
Include core strengthening exercises at least 3 times a wk in your training schedule,even after your run

After two to three months of consistent core strengthening, you'll notice significant improvements to how you feel when you go running. And who knows, you might even be a little faster, too!
Sending some of core strengthening exercise
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Sending some of core strengthening exercises

- 3. Modified Bicycle-

Lie on your back and extend your right leg up in the air. Your thigh should be perpendicular to your torso and your shin parallel to the ground. (a) Next, lift your right leg two to three inches off the ground, hold for a few seconds, then switch legs. (b) Make sure your lower back is in a neutral position during the entire exercise. You can put one hand in the small of your back to gauge this, making sure your back neither presses down or lifts up from your hand.

- 4 .Balance Plank -

Start by lying on your stomach and prop your weight on your forearms and toes. (a) Keep a straight line from your head to your feet and hold this position for the entire exercise, making sure your abs, glutes, and lower back are engaged. (b) Simply hold it here, or if you're up to the challenge, simultaneously lift the right leg and the left arm, hold for two to three seconds, and switch.

- 6. Single-Leg Glute Bridge-

Lie on your back with your legs bent and feet flat on the ground. Next, lift your hips so there is a straight line from your shoulders to your knees. (a) Extend one leg straight out, hold for a few seconds, then place it back down on the ground and repeat on the other side. (b) Make sure your hips don't dip and your butt doesn't sag to the ground during the movement.

- 5. Side Plank Leg Lift-

Lying on your right side, lift your body so your weight is propped up on your forearm and the side of your right foot (or, stagger both feet to modify). There should be a straight diagonal line from your head to your feet. (a) Hold steady, engaging the core muscles. Or, for an even greater challenge, complete 10 lateral leg raises, by slowly lifting your left leg to a 45-degree angle and lowering it back down to the start position. (b) Switch to the left side and repeat.

- 7. Modified Bird Dog-

In a tabletop position on your hands and knees, (a) At the same time, lift your right leg back behind you so your thigh is parallel to the ground and your shin is perpendicular. Your knee should be bent at 90 degrees and your glute muscle activated. (b) Hold for several seconds and switch sides.

[8. Supine Bridge Leg Lift

Lie on your back with your weight on your elbows and heels, lift your hips, and keep a straight line from your toes to your shoulders. (a) Next, maintaining a solid core and not breaking at the waist, lift your right leg eight inches off the ground, hold for two to three seconds. (b) Repeat with the opposite leg.

- 9. The Superman Pose-

Lie face down. Raise one arm off the ground and hold for 20 to 30 seconds. Release and raise the other arm. Then move to your legs; hold one leg at a time off the ground. Then, try holding an alternate leg and arm off the ground at the same time. Then, try both arms up at one time and then both legs at one time. The most advanced version is holding both arms and legs off the ground at one

time; hence the name Superman Pose. Hold each of these poses for 20 to 30 seconds, relax, and repeat.

10 Abdominal Crunches

Lie on your back, knees bent and bring your chest towards your knees. Keep your shoulders back and chin up. Repeat.

- 11 Abdominal Crunches with a Twist and/or Bicycle Legs-

Do the abdominal crunches as stated above, but include a twist to work the oblique muscles. Keep knees bent, feet on the ground. Bring shoulder to opposite knee for a twisting motion. Another version is the bicycle, which is knees bent, feet off the ground, alternating knees to elbows.

From

Team SRA

Run की बात

Topic 6 – Interval Training

Bored of running same distance or same speed, want to increase your timing, want to strengthen your heart, you have less time for workout the try this

Interval training

(HIIT) high intensity interval training

is a type of training that involves a series of low- to high-intensity workouts interspersed with rest or relief periods.

The high-intensity periods are typically at or close to anaerobic exercise, while the recovery periods involve activity of lower intensity.

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1. Cardio Blaster-

This is one of the best interval training workouts you can do to improve fitness. It burns lots of calories in a short amount of time.

How to do it:

•Warm up for 15 minutes.

•Then run for 3 minutes at 90 to 95 percent of your maximum heart rate (should feel like 8.5 or 9 on a scale of 1 to 10). Take 3 minutes active recovery (you're still moving, but at an easy pace) and repeat the 3 on/3 off pattern 3 to 4 more times.

•Finish with a 10-minute cooldown.

Bonus benefit: This workout is like weight training for your heart—it strengthens your cardiovascular system, which improves your overall health.

Advantages

➢ increases fitness and burns more calories

➢ takes less time for workout

➢ This method of training may be more effective at inducing fat loss than

simply training at a
moderate intensity for the
same duration.

- Start with these interval training plans-

2. Speedplay

Sprinting is great for tightening and toning your legs, glutes, and core. It increases your muscle power, which helps you push harder and makes your non-interval training workouts feel easier so you can challenge yourself and burn even more calories.

How to do it:

•Warm up for 15 minutes, adding a few 20-second bursts at the end to prepare for the workout.

•Run for 30 seconds at a nearly all-out effort. Take 3 minutes active recovery and repeat the 30 on/3 off pattern 5 or 6 more times.

•Finish with a 10-minute cooldown.

Bonus benefit: Because of its very high intensity, this workout is very short.

3. Cardio-Sprint Pyramid

This adds sprint interval training for a fast and fun workout. Here, after each burst of hard work, you'll recover for the same amount of time.

How to do it:

•Warm up for 15 minutes, adding a few 20-second bursts at the end to prepare for the workout.

•Run During the work periods, you should have a rate of perceived exertion (RPE of 8 to 10, followed by 30 seconds of active recovery.

Build and taper the workout like this:

30 seconds sprint/30 seconds recover

1 minute sprint/1 minute recover

2 minutes sprint/2 minutes recover

4 minutes sprint/4 minutes recover

2 minutes sprint/2 minutes recover

1 minute sprint/1 minute recover

30 seconds sprint/30 seconds recover

✓ Finish with a 10-minute cooldown.-

Bonus benefit: This major calorie-burning interval training plan gives you the best of both worlds—high-octane cardio and muscle-sculpting sprints.

5 Gear Shifter

How to Do It:

In this workout, alternate between your easy, medium, and fast paces. Warm up with three to five minutes of walking. Then ramp up to your easy pace (see below) and hold it for two to three minutes. Then shift into your medium pace and sustain it for one minute. Then shift into the fast pace for 30 seconds.

Repeat the cycle two or three times. Walk for five minutes to cool down. Use this guide to find each gear:

Easy: Conversational pace; a pace where you could chat with a friend running alongside you. This is a rhythm that feels like you could maintain it all day long if you had to.

Medium: This should be faster than your easy pace, but you shouldn't feel like you're speeding. You would prefer not to hold a full conversation, but if someone asked you a question, you could answer in two- or three-word sentences.

Fast: Quicker than your medium pace. In this gear you should be able to say one or two words but, if someone asked you a question, it would make you mad because you wouldn't want to expend the energy to answer them. Don't sprint all-out or push to the point of pain, or where you feel you're going to pull something. You should feel like "I'm okay, I just don't want to do this for very long."

4"Walk-back sprinting"

is one example of interval training for runners, in which one sprints a short distance (anywhere from 100 to 800 metres), then walks back to the starting point (the recovery period), to repeat the sprint a certain number of times. To add challenge to the workout, each of these sprints may start at predetermined time intervals - e.g. 200 metre sprint, walk back, and sprint again, every 3

minutes. The time interval is intended to provide just enough recovery time. A runner will use this method of training mainly to add speed to their race and give them a finishing kick.

How much frequently to do interval training

Try one of the workouts below each week. When you're ready, increase the time or distance of each of these workouts by 10 to 20 %/wk. Stay alert for aches and pains (beyond typical muscle soreness) that persist during your run and after you're done.

Caution in interval training

➢ if u have preexiisting heart problem consult cardiologist before interval training

➢ It is generally advisable to have a good level of overall aerobic fitness before starting interval training (not for beginners)

➢ don't concentrate on distance,

➢ chances of injuries are more with speedwork than increasing distance

➢ have enough warm up before intervals

Run की बात

topic 7 – Apps to track your Run

There are numerous mobile apps available to track our run

It helps in

✔ Distance and time of run

✔ split timing (per km)

✔ speed min/km

✔ total distance ran/wk/month

✔ your fastest run

✔ calories spent etc

     Some app also allows

✔ training schedule for runs

✔ guide to select route

Here giving some of apps I can use...

1)Sports Tracker-

The app uses GPS to track your progress when running, cycling, or skiing, providing you with a map track of your exercise route, as well as average speed, estimated calories burned, heart rate (with a heart rate monitor) and other exercise metrics. You can record a workout diary and track your progress, set

weekly fitness goals, and participate in optional social features. Those include sharing your exercise progress and route, following and commenting on other users and participating in weekly leaderboards.

2RunKeeper-

Best for: Runners with rhythm

What's a run without good tunes keeping you pumped up, right? And that's the coolest feature of Runkeeper: its ability to seamlessly sync your pace up to your music. Specifically, the app's "DJ" analyzes the music on your phone, detecting each song's mood and tempo, then plays a track that matches up with your speed. If you tend to over-obsess about your pace, set RunKeeper to "stopwatch mode" and it'll solely display time elapsed — but don't worry, distance is still recorded, too. (Free; iOS, Android)

3)MapMyRun-

Long the leader in online running routes, this app is a smart pick for navigating a new destination. You can easily load any of your previously created routes, or those nearby generated by other runners, and follow a breadcrumb trail on the screen. We especially like this feature when running in new cities , where you might otherwise just resort to running out-and-back along some heavily trafficked roadway.

Free; iOS, Android

4)Runtastic-

5)Pumatrac (Android, iOS: Free)

throws in some cute extras along with the standard bevy of run tracking tools. First, the basics: Pumatrac records the distance you've run, maps your run track, records calories burned, etc. But Pumatrac also records a whole slew of other things, such as weather, time of day, month and more. Then it boils it all down into a run score to describe the quality of your run, which you can view over time and compare with other runners. Additionally, Pumatrac generates other personalized insights based on your running behavior,

6)Endomondo

Best for: Helping you go the extra mile

If you're looking for a push to help you meet your goals, download Endomondo, stat. Its commitment feature will serve as a virtual accountability partner, gently reminding you via push notification to get those runs in for the week. And for six extra bucks a month, the app's premium version provides a specific training plan designed around how you've been pacing on recent runs. Oh, and it can also show you the amount of hamburgers you burn off from every run — certainly a metric we can get behind. (Free; iOS, Android)

7)Nike+

In addition to the basic tracking—distance and time—Nike has engineered its app to cheer every time you receive a Facebook "like" or comment,

encouraging you to keep running strong until the end. Nike+ also has teamed up with Spotify to more easily access music while using the Nike+ app.

Free; iOS, Android

8)Garmin Mobile Connect-

Garmin Connect Mobile app is a must-have if you own a bluetooth compatible device like the Forerunner 220/620 or Fenix 2. Through the app, you can enable a "LiveTrack" session to share your activity (and location) in real time— limited to friends you send an invitation to .

Free; iOS, Android

9)iSmoothRun-
Best for: Interval lovers
Have a need for speed? Then you'll love iSmoothRun, which allows you to set custom intervals prior to lacing up. Preset your 400-meter repeats; it'll also account for those much-needed rest breaks. Can't remember why that one run last week didn't go so well? iSmoothRun's weather-logging feature adds in notes on temperature and humidity to jog your memory (sorry, we had to) so you'll know that high humidity could be to blame. ($4.99; iOS)

10)Strava-
Best for: Weekend warriors

If teamwork is your thing (thrown in with a little healthy competition, of course), Strava is the app for you. Use one of over 50 compatible GPS devices — like your Garmin or your Timex — to upload your data, then compare it with your friends' routes and paces. (You know, so you can identify which pals you're going to pick off at your next half-marathon.) This app will even help you find local races, city running guides and running clubs. You'll never have to run alone again! (Free; iOS, Android)

11)PaceDJ-

If your musical taste is all over the place, building a playlist that keeps you moving at a steady pace can be a challenge. PaceDJ scans your music archive, breaks down all the songs by beats per minute, and then creates a playlist to match the preferred tempo of your run. If you're not sure about your tempo, the app can measure your running or walking speed to determine your target bpm range. An interval training mode lets you switch things up to customize your own workout.

Free; iOS, Android

12)PaceJam-

Do you struggle keeping the pace you want, or are you tired of constantly looking at your watch? This app can help. Set your desired pace and this app will manipulate the speed of the song depending on if you are running too slow or too fast. To listen to the song at it's intended speed, run the pace you set.

Free; iOS, Android

13)Kitestring-

Kitestring is a simple new service you can activate when you enter a potentially unsafe situation, like a nighttime solo run. Kitestring checks up on you after a period of time, and if you don't respond or postpone the check-in, it sends a customized emergency message to your pre-selected contacts . One of the coolest things about the app is that it's web-based, so you don't even need a smartphone to use its safety features through SMS.

Free; sign-up

14)Road ID-

Road ID is better known for its bracelets, passive devices that identify you to first responders after an accident (if it unfortunately happens). But the company's new app lets your friends and family actively follow your digital trail, and it sends them an SOS message with your location if you stop moving for five minutes (and don't respond to the app's alert within 60 seconds).

Free; iOS

15)McRun-

The popular McMillan Running Calculator gets converted into an easy-to-use mobile app. Enter the time and distance from your most recent race, and the app will display equivalent times you can reasonably expect to run at other popular

distances —from 400 meters to the marathon. It also generates recommended paces for your training runs, such as how fast you should do track intervals or long runs.

$4.99; iOS, Android

16)Localeikki-
The problem with crowd-sourced routes: Most start and end at runners' homes. Localeikki, by contrast, makes recommendations for nearby running routes, complete with details about the surface, traffic volume, and restroom facilities. Your favorite place isn't listed? The app allows you to add a location quickly by checking off features from a list.

Free; iOS

17)Footpath-
Create your own route in seconds. This app allows you to draw your own route and it will create it, either snaping to the nearest road, or building it purely off your drawing.

$0.99; iOS

18)Charity Miles-

As if you needed another reason to feel good about your run, Charity Miles tracks your distance and donates 25 cents to a preselected participating charity for every mile.

Free; iOS, Android

19)MyFitnessPal

This app tracks more than just your calories. Using this app allows you to see the breakdown of your diet in terms of how much fat, protein, carbohydrates, sugar, and more you consume when you log your food. Set a weight loss goal or try and maintain your current weight as this app helps you keep track of you nutrition and workouts in one place, informing you of how many calories you have left in the day.

Free; iOS, Android

20)Movescount-

Like the Garmin Fit app, we recommend the Movescount app for runners who already use the associated web portal of their GPS watch—in this case, a Suunto Ambit. The app is dead-simple to use and tracks time, distance, and pace while allowing you to navigate a previously planned route so you don't get lost . Workouts are synced with Movescount.com only.

Free; iOS

21)Couch-to-5K-

The popular Couch-to-5K app helps new runners avoid injury from doing too much, too soon. Three 30-minute workouts per week get you ready for a 3.1-mile race in only nine weeks. Along the way, your time and distance is tracked using GPS, and a virtual coach gives you verbal cues about your workout. After each run, your data can be logged to active.com. New updates allow you to train and interact with friends via comments and a newsfeed.

$2.99; iOS, Android

22)Runner's World Go-

Whether your goal is getting out on the road more, running your first race, or crossing the marathon finish line with a new PR, Runner's World Go provides the expert knowledge and motivation you need to absolutely crush it.

Free; iOS

23)GymBoss 2 Interval Timer-

Perfect for new runners, this app makes it easier to switch between running and walking. You can preprogram your run/walk intervals and it'll beep to let you know when it's time to switch.

Free; iOS, Android

24)Spotify (Android, iOS: Free-

music app's Running features can give your morning run an extra bang. The app uses your phone sensors to pick up on your running tempo, finding music to match and help you keep pace , ranging from your favorite tracks to brand new music written with runners in mind. All of this comes with Spotify's excellent core streaming music features. If you're looking for music for your next run, you might not need to look that far.

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