



Starting a Running/Walking Program

Get a *medical checkup*.

Include *cross-training* (biking, swimming, aerobics, etc.) in your program.

Increase your *mileage* and workout *intensity* gradually – about 10-15% per week in miles (the leading cause of injuries to beginning runners & walkers is doing too much too soon). Do not increase mileage and intensity in the same workout.

Allow for *flexibility* in your *workouts* – it's okay to change them from day-to-day or week-to-week (exception: when your training schedule calls for rest, rest).

Use your *shoes only* for *running/walking*.

Listen to your *body*; seek medical attention if you feel pain or develop an injury; remember – it's not “no pain, no gain”.

Start your run/walk with a *warm-up*, then lightly *stretch*, do your workout, cool down, and finish with a more aggressive stretch.

Find a *friendly surface* to run/walk on (e.g., the road is easier on your joints than the sidewalk is).

Pay attention to your *form*:

- Tall, upright, no forward-lean
- Look ahead, not at your feet
- To go faster, increase stride turnover, not stride length
- Uphill – shorten your stride
- Downhill – lean slightly forward

Replenish carbs during longer workouts:
• 50-100 calories per ½ hour

Safe foods to eat *before* a workout:

- Low-fiber fruits & veggies
- Bagels
- Peanut Butter
- Oatmeal
- Bananas
- Fig bars
- Raisins

Foods to *avoid* before a workout:

- High-fat foods
- High-fiber foods
- Caffeine
- Dairy products
- Cookies, candy, soft drinks

Don't run/walk on an *empty stomach*:

- Eat about 1 to 1 ½ hours before your workout

Keep your body *hydrated* (but not over hydrated) before, during, and after your workout:

- About 6-8 ounces every 20 minutes of running or walking

Considering *monitoring* your *heart rate* – approximate maximums:

- Under age 40 = $208 - 0.7 \times \text{age}$
- Over age 40 = $205 - 0.5 \times \text{age}$

Practice these *safe habits*:

- Tell someone where you're running/walking
- Avoid remote areas
- Stay in the lane facing traffic
- Wear reflective gear out at night
- Don't use headphones
- Carry a cell phone
- Run/walk with a partner