

BeFitLifestyle

Presents...

EIGHT ENLIGHTENING TIPS

(that make or break your running experience)

ONE: Attitude

BE POSITIVE! One quote says it all: "Whether you think you can or you think you can't, you're right." No one but yourself can lace up your running shoes and get you out on the pavement, trail or track. Learn to appreciate running for what it has to offer YOU. You don't need to win races or even beat your neighbor to be considered a "runner". But, instead, you need to look within for what makes you feel good about running and being fit and only then will you truly consider yourself a "runner."

TWO: Shoes

SEEK EXPERT ADVICE! Obviously, your feet, and therefore shoes are critical to your running success. However, each runner has very individual needs for their feet. For example, some runners are flat footed, while others have high arches. My recommendation is to ask a trained professional to help you find the shoes that are best for your feet and make sure you buy them at least 1/2 size bigger than you normally wear (to avoid blistered toes and ingrown toenails).

THREE: Clothing

BE COMFORTABLE! Most runners prefer non-cotton clothing for long-distant runs because it doesn't cling and it allows for sweat transfer and quick evaporation. NIKE has a wonderful clothing line for runners called DRI-FIT. Champion also has some ideal running attire (especially for women). If you are in the market, Sports Authority and Road Runner Sports have these brands and several others to choose from.

FOUR: Running Schedule

BUILD A BASE! Most beginning runners don't give themselves enough time to build a solid running base. In other words, they wake up one morning and decide, "Today is the day I am going to start getting into shape!" They head out for a 3 mile run and can't seem to get their legs to move them from the couch for the next week. In order to benefit from running, you should start out excessively slow and not exhaust yourself the first day (or month for that matter) out. I would recommend taking some time to talk to a personal trainer to develop an individualized running schedule that will enable you to build your base and improve your current level of cardiovascular fitness.

FIVE: Walk Breaks

TAKE A BREAK! No, you're not a quitter or a wimp. In fact, walk breaks are highly recommended by top marathon runners; Jeff Galloway (author of MARATHON) suggests walking for 1 min every 20 min or 2 miles (whichever comes first) in order to increase the range of motion in your joints and eliminate traces of lactic acid build-up.

SIX: Recovery Time

LISTEN TO YOUR BODY! Beginning runners may need up to 72 hours of recovery time between runs. For most people who have a proper base established, 24-36 hours of recovery time is required for optimal fitness and training benefits. Sometimes, however, you just need to be in-tune with your body ... when you feel more sore and tired than you are used to, give yourself another 12 to 24 hours of rest (non-running time) before hitting the highway again.

SEVEN: Food and Water

FUEL YOUR FEET! Beginning a running schedule should go hand in hand with a permanent IV. What I mean by this is one of the biggest downfalls of runners at all levels is vitamin/mineral deficiency and dehydration. This can be combated with a balanced diet (spread out over 6 small meals a day), a daily vitamin and plenty of water (at least 12, 8oz. glasses EVERY day!)

EIGHT: Weight Loss

Burn 3500 Calories, lose 1 pound. Running is one of the best calorie burning exercises you can do. In general, you will burn approx. 100 calories for every mile you run (or walk for that matter). In fact, if you are running up a hill, or into a head wind you may far exceed that number. Therefore, if weight loss is your goal, running 2 to 3 times a week for at least 2 miles will take off extra pounds at a rate of 1 pound per week. If you modify your eating habits you may even increase weight loss to 2 pounds per week!