

Running Success – Do it Right!

**Check with your physician before beginning an exercise program*

Whether it is the start of a new year, your birthday or just time for a change you have decided to run for exercise. What a great activity running is; all you need is a good pair of shoes, reflective gear, and a plan. Maybe you have been running the same 10km route for a few months and are dying from boredom and lack of motivation. Or perhaps you had great success last year when you started running for the first time and now you have reached a plateau or started gaining weight?

This article is for you to think about where you are at, and where you want to go, then plan to realize your goals. To stay engaged with your program, be injury free and enjoy your journey - pause for a moment and set up some structure for success. Every January fitness centre members show up to run on the treadmill “as long as they can” and try to add time on to their running each day. They decline suggestions from the trainer on duty about rest days, new shoes, a gradual program, getting a gait analysis, joining a group, and using a coach. Often quite fit former runners (like 10 years and 10 pounds ago) make the same training errors that brand new runners make.

Dream big – There is nothing wrong with a lofty goal like running a marathon, hiking up a mountain or completing a triathlon. Your vision is the driving force behind your success. Go for it. Write down your goal, post it on social media, put a photo on the screensaver of your phone or laptop so you can be reminded of where you want to be every day BUT.....

Plan – Just like the desire to travel to another country, it is wise to make a plan on how you will get there, and to enjoy all the steps of your journey. Get help – either join a running group or get a personal trainer that can evaluate where you are at today and give you structure, advice, and support to meet your individual needs.

Tools and resources – Unlike the old days of *put on your running shoes and run outside*, there are a lot of tools to help you along the way.

- Structured walk to run training programs
- Advanced training on increasing speed
- Excellent shoes & perhaps orthotics if needed (you can get a gait analysis at Kintec)
- Fitbits and wearable trackers
- Handouts and videos on warmups and stretching
- Injury prevention and rehab with collaboration of physiotherapist and personal trainer
- Information on training to balance your running, such as core and upper body exercises

More training programs and tips for running to be posted, but if you are ready to go and want some direction now; give us a shout at personaltraining@curtishealth.com and we will get you started today!

