

Monthly Wellness Update

*Courtesy of
Advanced Rehabilitation Clinics, Inc
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May 2004

Beginning Running 101

I congratulate you on wanting to start a running program. You will be joining a small but healthy group. One thing to remember is to take it slowly. If you have ever run before or are coming off an extended layoff, you are more likely to injure yourself than someone who has been running regularly. If you follow these guidelines, you will minimize your chance for injury and maximize your improvements.

1. The first thing you need to do is get the right equipment. The only equipment needed for running is a good pair of shoes. (See April Wellness Newsletter for more information.)
2. Find 30 minutes in your schedule. Skip the re-run of your favorite sitcom and do something positive for your health. Dr. Kenneth Cooper, M.D., a leading figure in aerobic exercise science advises running 2 to 3 miles, 3 to 5 days per week at a comfortable pace. Most people can walk 2 miles in 30 minutes.
3. Determine your pace. To avoid too much, too soon and increasing your risk of injury, you must follow Dr. Cooper's advice and run at a comfortable pace. You can use a heart rate monitor and run at 65 to 75 percent of your maximum heart rate. Your maximum heart rate is 220 minus your age. Or you can just listen to your breathing. If you are not gasping for air and you can talk while running, you are at a comfortable pace.
4. Remember to warm up and cool down. Proper warm up will elevate your body's temperature and prepare the muscles for the run. Brisk walking or very slow jogging for 5 minutes will be sufficient. When you finish your run, don't stop suddenly. Instead, cool down by walking 5 minutes.
5. Stretch after you run. After running, your muscles are warm and warm muscles stretch the best. Be careful to only stretch until you feel a gentle pull but NO PAIN. Hold each stretch for at least 20 seconds. Include stretches for your calf, hamstrings and quadriceps.
6. Listen to your body. If you can't run steadily without pain mix walking and running. If walking and running is too much, just walk.

The following is a simple routine to get your started. It was developed by two authorities on running, Hal Higdon and Chuck Cornett.

1. Walk out your door and go 15 minutes in one direction, turn around and return the 15 minutes.
2. During the first 10 minutes, walk only, no running.
3. During the last 5 minutes, walk only, no running.
4. During the middle 15 minutes you are free to run at a comfortable pace.
5. Initially you might try this routine: jog 30 seconds then walk until you recover then jog 30 seconds followed by walking to recover. Continue this for the 15 minutes. As you improve, you can run longer periods and walk shorter periods.

NOTE: It is recommended that you consult your physician before starting a running program or any exercise program.

For more information please feel free to stop by Advanced Rehabilitation Clinics, Inc. Or if you are experiencing any type of pain please stop by to receive a Free Pain Assessment, where they will evaluate your condition and advise you of your options.

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