



Running Clinic

Calcot Spa

First things first:

Congratulations! You've decided to start running. Before you tear out of the door in a fit of boundless enthusiasm, take just a minute to find out the beginner's basics. We promise you'll go faster, further and happier.

Starting at the ground, possibly the only thing you really need in order to run is a pair of **decent running shoes**. They vary as much as prescription spectacles do, so go to a specialist running shop and get a free expert assessment or follow the **shoe guide** in this booklet. The best combination of value and comfort is usually at £60-£75, but if you're not heavy and you have no special biomechanical needs, a £40 or £50 shoe might be fine.

Clothing: There's no set running uniform: pick what you feel comfortable in. Women often choose Lycra shorts or tights; and non-cotton clothes help you stay drier. Women should buy a high-support sports bra (the more comfortable you are, the more you'll run!). For men, shorts and t-shirt (just like school).

Now you're almost ready to go. Here you'll find out where the phrase 'don't try to run before you can walk' comes from. Unless you've been doing a cardiovascular sport - something like tennis, football, or regular aerobics classes - you should almost definitely start with a **beginner's programme**.

Also a quick check up with a member of the Spa Fitness Team would be advisable before you undertake the programme or if you are new to exercise.

Choosing the right shoes for you:

To choose the most suitable pair of trainers for yourself we need to analyse how your feet pronate whilst running.

What is pronation?

Pronation is the lower legs natural way of absorbing shock. It is the movement of the foot from heel strike to big toe off. There are 3 levels of pronation:

- a) - **Under pronators / Supinators / Neutral runners** - have a high fixed arch, these people often run on their toes (*require a cushioned shoe*)
- b) - **Mild pronators** - a position between the two extremes (*require a stability shoe*)
- c) - **Overpronators** - usually have a flatter foot (*require a control shoe*)

How do you know if you overpronate?

The simplest and easiest way to find out is called 'the wet test'. Simply examine the print left by your foot after a bath or shower.

- a: You require a **CUSHIONED SHOE** if your print looks like the picture (left). You are an underpronator / supinator and have a high arched foot. This print will leave a very thin band on the lateral side (outside of the foot) or none at all, between the heel and forefoot. This is because most underpronators are forefoot runners, only using the heel down hill. This curved; highly arched foot does not pronate sufficiently and requires a lot of cushioning.



- b: You require a **SUPPORT SHOE** if your print looks like the picture (left). You have a normal foot plant and are a mild overpronator. A normal foot usually leaves

approximately half the footprint - the lateral (outside) part. The foot plant lands on the outside of the heel and rolls inward slightly to absorb shock while moving off the big toe.

c: You require a **CONTROL SHOE** if your print looks like the picture (left). You have a flatter foot and require a motion control shoe. This foot leaves a print of the whole of the foot. This is because the arch collapses through the foot motion. The foot strikes at the heel and rolls inwards excessively - this is more severe overpronation. If you are a serious overpronator and do not wear the correct shoes then you are much more likely to get injuries (especially knee and hip injuries) when running.



Other important factors to consider

Some key factors affecting your choice of running shoe also include:

- o The foot expands when running long distances, so you might need a little extra room in the toe box, by increasing your size by half.
- o How heavy you are - the heavier you are the more important the cushioning and stability attributes of the shoe
- o How wide your foot is - most brands are built on a standard D width fitting, though some are wider (**E.G. BROOKS**) and some narrower (**ADIDAS**) than normal. Some brands offer a wider 2E width fitting. One brand - **NEW BALANCE** has long catered for the differences in foot width. They offer 3 width sizes for men: D, 2E and 4E (with 4E being for the wide boys) and 3 width fittings for the ladies: 2A, B and D (D being widest).
- o The surface you run on - your shoe requires the correct sole unit for your needs. Road shoes have a shallow hard wearing tread. On and off road shoes require a tread with deep enough lugs for grip while being durable enough not to wear out on roads. **OFF ROAD SHOES** - grip is king - you need deep lugs for maximum traction.

Will your old trainers do?

Probably not. They are unlikely to have sufficient support, and (assuming they were bought with fashion and utility in mind rather than running) are unlikely to suit your running style.

How long will running shoes last?

That depends a bit on your running style. Running shoes can last anything from 300 to 800 miles.

You will be able to see when your running shoes are past it when the midsole loses its bounce (you often see signs of stress on the outside of the midsole). A good running shop will tell you whether your shoes have more miles in them or need to be replaced.

Do I need a sports bra?

Even women with a very modest bust should have a sports bra. Running without one is often uncomfortable. The ligaments which support the breast can be stretched and damaged by running, resulting in permanently drooping breasts. You may have to try several different brands until you find one that is comfortable and does not rub your skin too much.

What about "technical" running gear?

Apart from shoes and a bra, all you need to run is a t-shirt, shorts and socks. You don't need to spend a lot of money on special running gear. That said, as you run more and more, you may want to buy one or two technical t-shirts. These are clothes (marketed under names such as "DriFit" from Nike) which take water away from the skin, and which stay relatively dry. Cotton t-shirts can become waterlogged quickly, whereas technical clothes remain comfortable for longer. Technical gear is, however, expensive, and you most certainly do not need it at first. You might promise yourself a DriFit top when you run your first race!

Are there any other accessories?

Oh sure, if you want to spend some money you can buy everything from heart rate monitors to elastic laces, from water bottles to reflective vests. However you don't really need any of this stuff. You can always buy it later if you get more and more into running.

Get friends to join you - running is a sociable sport, and it's easier to stay motivated if you have someone to compare notes with. It is also a great idea to run with someone of the same fitness level as your self to start with so you can follow the same programme.

Running Programmes

We have selected the half marathon distance as our goal to work towards as the event is purely an aerobic event and the time scale of the event, means it targets the fat burning training zone to target those 'stubborn' pounds.

Beginner's Training Schedule for Half Marathon and/or General Fitness. This progressive programme is designed for those new to running and those runners attempting the 'half' for the first time. It is based on the premise of building up endurance using easy to fit in 20 to 30 minutes sessions during the week and one long session a week.

Week	Day 1	Day 2	Day 3	Day 4
1	20 Walk/Jog	25 Cycle	20 Walk/ Jog	25 Cycle
2	25 Walk/Jog	20 Jog/Run	25 Walk/Jog	35 Cycle
3	30 Jog	25 Jog/Run	30 Jog	45 Cycle
4	40 Cycle	40 Cycle	40 Cycle	30 Run
5	30 Jog/Run	30 Jog/Run	30 Jog/Run	60 Jog
6	30 Jog/Run	35 Jog/Run	40 Cycle	75 Cycle
7	30 Run	40 Jog/Run	30 Run	60 Jog/Run
8	35 Run	40 Cycle	40 Cycle	70 Jog/Run
9	40 Cycle	40 Run	35 Run	90 Jog/Run
10	30 Walk/Jog	20 Walk/Jog	20 Cycle	Race day

Note: All figures are in minutes.

Intermediate Training Schedule for Half Marathon

The Intermediate programme is designed for those who are regular runners and want to attempt a longer distance. The idea behind it is quality not quantity, this enable the participant to train at a level race pace over an increasing period of time. Participants are aiming to run the half marathon in under 1hr 50mins.

Week	Day 1	Day 2	Day 3	Day 4	Day 5
1	40 Jog	35 Jog/Run	10 Jog & 20 Interval	40 Run	50 Run/ Jog
2	30 Jog	50 Run/ Jog	10 Jog, 20 Fartlek & 10 Jog	40 Run	60 Run/ Jog
3	30 Jog	50 Run/ Jog	70 Cycle	60 Cycle	70 Run/ Jog
4	30 Jog	50 Run/ Jog	20 Run, 20 Fartlek & 10 Jog	40 Run	90 Cycle
5	40 Jog	50 Run/ Jog	60 Cycle	60 Cycle	80 Run
6	40 Jog	3x 10 Run + 5 rest in between	20 Run, 20 Fartlek & 10 Jog	50 Run	80 Run
7	40 Jog	60 Run/ Jog	20 Run, 20 Fartlek & 10 Jog	40 Run	80 Run
8	40 Jog	50 Run/ Jog	30 Intervals	40 Run	90 Run
9	40 Jog	6x 10 Run + 5 rest in between	30 Fartlek	50Run	80 Run
10	30 Jog	30 Fartlek	30 Fartlek	Rest	Race day

Note: All figures are in minutes.

Key:

- ≈ Intervals are defined for this programme as 2 minutes fast with 2 minute jogging to recover for the desired period (e.g. 20 min = 10x 2 min fast runs and 10x 2 min jog recoveries)
- ≈ Fartlek is defined for this programme as bursts of speed during a run. For example, using the distance between lampposts as your guide for speed bursts or to the corner of a road.

Include the Gym

The whole of this programme can be completed outside, but the weather has been known to be cold, wet and miserable. So why not break it up with some sessions in the gym? Both your runs and cycles can be gym based, and why not relax in the hot tub after to soak those aching muscles. The **Fitness team** would also be on hand for those days when you're a bit bored of pounding the treadmills or squats (We all have them!) to give you some fresh ideas, alternatives and a bit of moral support. Gym sessions also give the opportunity to incorporate some **resistance exercises** which will **improve your running economy** (how mechanically efficient your running technique is) and **help prevent injury**. Try and incorporate the following exercises at a high resistance level into your gym session:

- ≈ Barbell Squats (3 sets of 5 repetitions)
- ≈ Leg Extension (3 sets of 5 repetitions)
- ≈ Leg Curl (3 sets of 5 repetitions)
- ≈ Calf Raises (3 sets of 5 repetitions)

Why not incorporate a VO2 max test during one of your easier days in the gym? It gives an accurate measure of how efficient your body is at utilising oxygen when exercising at your maximum capacity. It is a progressive test that uses a heart rate monitor to work the body within a certain heart rate training zone. This test will enable you to see how much your fitness has increased.

Make sure you stretch!!

Please take the time to stretch the following areas before (10 Secs) and after (30 Secs) you exercise:

- ✓ Quads
- ✓ Hamstrings
- ✓ Glutes
- ✓ Calves
- ✓ Achilles Tendon

The incorporation of stretches is essential in a programme. As it will help the body cope with the demands of all the exercises and help prevent injury.

Within weeks you'll be feeling fitter and more energised. But if part of you hurts during or after you run, take a couple of days off or more if you need, **don't let a niggle become an injury**. Also consult a member of the gym team to advise you for other exercises to do whilst resting. Injuries are most commonly caused by going too far or too fast too soon; not easing into a run; and running on hard surfaces or with the wrong shoes.

Soon you'll be comfortable to do three or four sessions a week, and you'll find that running is becoming part of your routine. Some runners get into a groove and are happy to stick with it, but most people run better if they **have a goal to focus on**. It could be to complete your local 10K in an hour, or to enter a race and raise money for your favourite charity. What are you waiting for?

Hills are friends not foes!

It may seem obscene to you at the start of your programme to incorporate hills into your run, but running up hills is actually good for you! The increase in resistance actually stresses the heart and muscles more than on the flat, which means consistently incorporating hills into your route will lead to you getting fitter quicker! Also the use of hills in your route will improve your running technique.

Running Technique

Coaches disagree on whether it is worth attempting to modify the style of runners who appear to be running inefficiently. The research evidence shows that runners tend to pick a stride-length that is most efficient for their body, and that artificially changing it reduces economy. However, your style does become less efficient as you get more tired or tense. And some style 'defects' do seem to precipitate injury. So it is worth experimenting with your own, to see whether changes can reduce your perceived effort level at any given speed. Or have yourself videoed at a variety of running speeds, or near the finish of a race when your form is likely to deteriorate. Check the following points:

- Run tall, looking about 50m ahead; don't hunch or lean. It helps if you consciously try to relax your face and shoulder muscles and lengthen your neck;
- Run lightly, rather than trying to dig holes in the road with your feet;
- Run with your elbows bent at 90 degrees (short levers move faster, and your legs will move faster as a result);
- The closer to a sprint you are aiming for, or the steeper the angle of ascent when running uphill, the more vigorously you should pump your arms;
- Don't clench your fists or - conversely - allow your wrists to flap. One coach informed me to pretend I was holding a crisp to get the correct hand position to run long distance. Another told me to tuck my thumbs underneath my index fingers to allow the shoulders to relax over long distance
- Focus on your technique when the going gets tough in races or training. Adjusting your technique may make you feel better than slowing down.

Good old-fashioned drills are exercises designed to encourage good running technique, so ask your coach about "High Knees", "Fast Feet", "Bum-Kicks" and other such delights if you feel yours needs attention.

Ten principles of weight loss and running

1. To lose fat, you need to eat fewer calories or burn more energy

Your body stores the excess calories that you consume as body fat. So if you want to reduce your body fat, you need either to consume fewer calories, or burn more energy. Any weight-loss programme is only going to succeed if it delivers one or both of these.

2. Don't diet: run instead

Dieting will reduce your muscle and water content as well as your body fat. It is difficult to keep up a diet, because you continually have to fight temptation. Limiting what you eat can also be unhealthy. Exercise, by contrast, will burn calories, increase your lean muscle and body tone, and raise your metabolic rate. If you increase your exercise, you can continue to eat enough to make you feel satisfied, and get a wide range of vitamins and minerals, without putting on weight. It will improve your appearance, reduce stress, and improve your health.

3. Don't begin a diet and start to run at the same time

It is a bad idea to begin a diet and start to run at the same time. When you are a runner your body needs plenty of fuel and a wide range of vitamins and nutrients. If you begin a diet at the same time as you start to run, you may find you do not have enough energy or other nutrients to run, and you will risk illness or

injury. You may want to rebalance the composition of your diet (see No.5) but do not try to restrict your food intake when you start running.

4. To lose more body fat, exercise more

To estimate the amount of calories you need, first multiply your weight in kilograms by 33. This gives you your calorie requirement for a moderately active person who does not exercise. On top of that, to walk, jog or run a mile uses approximately 100 calories. (It doesn't matter how fast you do it: the energy used is about the same.) From this, you can calculate the amount of calories you should consume each day to reduce your body fat. Never cut your calorie intake to below 80% of your calorie requirement. Running regularly also increases your resting metabolic rate, and increases your percentage of lean muscle, thus increasing your energy consumption throughout the day. Over time, for every extra 6 miles a week you run, your equilibrium body weight will settle at about 1kg lighter.

5. Rebalance what you eat

Eat about 55% of your daily calorie intake as carbohydrates, 15% as fat, and 30% as protein. Within this broad framework, eat a varied diet, with plenty of fresh and unprocessed food to ensure that you get the right vitamins and minerals. Carbohydrate and protein are about 4 calories per gram; fat is about 9 calories per gram. Carbohydrates, particularly dietary fibre, tend to be bulky and so make you feel full without providing too many calories. Eat proteins with carbohydrates (e.g. a handful of nuts when you eat a banana) to prevent your body from overreacting to the sugars.

6. Drink plenty of water

Drinking more water will help your running, your health and your complexion. It will also make your stomach feel fuller, and so reduce any tendency you might have to snack. Don't try to lose weight by losing water (e.g. running in a track suit to make you sweat more.) The weight loss from dehydration will be purely temporary, and the dehydration will make it more difficult for you to exercise as hard or as long, so you will end up burning fewer calories. Dehydration can make you very ill, and in extreme cases may be fatal.

7. Focus on your body fat, not your weight

Exercising will increase your lean muscle, which is more dense than fat. So you may find that when you begin an exercise programme, your weight goes up, or does not fall, because the extra muscle more than makes up for the reduced fat. But you will nonetheless have less fat, and a better toned body.

8. Running slower will not burn more fat

You may have heard about the "fat burning zone", or seen machines in the gym which suggest lower exertion levels to burn fat. But running further will always burn more calories - so the best way to burn fat is to run as far as you can.

9. Exercising part of the body does not reduce the fat in that part of the body

You sometimes see people in gyms exercising their legs in the hope of reducing the fat on their thighs. It won't work. When your body supplies energy to muscles, it does not burn nearby fat. Sadly, the fat often comes off just where you don't want it to! Working particular muscles may improve the appearance of that part of your body by increasing muscle bulk and tone, but it won't reduce the fat there.

10. Don't overdo it

You should not try to reduce your body weight by more than 1% of your bodyweight in a week if you want to do it safely and sustainably. If you continue to run regularly, your body fat will fall away over time. Sit back and enjoy the running. You may find that you do not lose as much weight as you expected, because

of the replacement of fat by lean tissue, which is heavier than fat. But your body shape and appearance will improve.

Make it fun!

The most important principle of training! When training include the things you like or enjoy, as you are more likely to persist with the programme if you enjoy it. That does not mean that you should ignore the exercises you don't enjoy, as these are the exercises that will give you greater gains in fitness or strength.

Prices

30 mins for £25

The session includes:

An assessment of you running technique, foot strike, and VO2 max.

Advice on shoes, training programmes, and Gym based exercises

For more information, please see a member of the Spa Fitness Team.