What is cross country?

Cross country is both a team sport and an individual running sport that takes place in the fall on a measured 5000 meter (3.1 miles) High School course or 2 mile course for the Middle School over varied surfaces and terrain in any weather. The only type of weather that will postpone or cancel a cross country race is lightening! The terrain can be flat or hilly, trimmed grass or weeds, dry creeks or full creeks (usually the water is not over waist deep).

How is cross country scored?

A cross country meet is scored by each team adding up the places of its top 5 finishers. As in golf, the low score wins. For example, a team that scores 26 points places ahead of a team that scores 29 points, as follows:

<table>
<thead>
<tr>
<th>Runner</th>
<th>Home</th>
<th>Visitors</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>2</td>
<td>4</td>
<td>3</td>
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<tr>
<td>3</td>
<td>5</td>
<td>7</td>
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<tr>
<td>4</td>
<td>6</td>
<td>8</td>
</tr>
<tr>
<td>5</td>
<td>10</td>
<td>9</td>
</tr>
<tr>
<td>Totals:</td>
<td>26 pts</td>
<td>29 pts</td>
</tr>
</tbody>
</table>

Home wins with 26 points being the low score.

A team's 6th and 7th finishers can also figure in the scoring if they place ahead of other teams' top 5 finishers. When that is the case, they become "pushers" by pushing up their opponents' scores, as follows:

<table>
<thead>
<tr>
<th>Runner</th>
<th>Home</th>
<th>Visitors</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>4</td>
<td>3</td>
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<td>3</td>
<td>6</td>
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<td>5</td>
<td>9</td>
<td>14</td>
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<tr>
<td>6</td>
<td>10</td>
<td>15</td>
</tr>
<tr>
<td>7</td>
<td>11</td>
<td>16</td>
</tr>
<tr>
<td>Totals:</td>
<td>29 points, 1st 5 runners score but are &quot;pushed&quot; by Home's 6 &amp; 7 runners</td>
<td>30 points, 1st 5 runners score but are &quot;pushed&quot; by Home's 6 &amp; 7 runners</td>
</tr>
</tbody>
</table>

Home wins with 29 points in this example.

Only a team's 6th and 7th finishers can be pushers, regardless of how many of its runners may finish ahead of an opposing team's top 5 finishers. This is also known as displacing another team's scoring runner(s). This is why the 6th and 7th runners are just as important as the top 5.

What happens in case of a scoring tie?

If a tie in scoring occurs, then the team who has their 6th man in first wins. If neither team has a 6th or 7th runner, then you break a tie based on placement of the 5th runner for each team. The team who has their 5th man in first wins. The score does not change, but the tie is broken and a team winner determined. This is the only way to determine the winning team in the case of a tie score.
Levels of competition & participation

In most of our meets there are separate High School and Middle School, Varsity and Junior Varsity competitions. All team members can participate in any meets during the season. In invitational meets, teams are sometimes limited to 7 runners at each level depending on the meet. In the event more than 7 runners are in the same race, there may be an "A", "B" and sometimes a "C" teams, or the different "A" or "B" squads could run in different invitational on the same day. Sometimes the boys will even run a mixture of "AB" or "BC" team runners. The position on a squad is determined by previous race team ranking based on time and in some cases the discretion of the coach.

What it takes to be successful

More than anything else, success in Cross Country takes time ... time to learn; time to train; time to sleep, rest and recover; before-school time; after-school time; weekend time; time away from family and friends; and time away from other interests. It is a process that takes time. With the academic responsibilities of being a student, most student-athletes are busy all the time. The willingness to devote the time that success demands is called dedication.

Dedication

Being a member of the Warren Cross Country Program carries other expectations and responsibilities. Doing what is expected of every team member is called COMMITMENT. Attending team practices is one of the commitments we expect. Our goal is to develop team loyalty and individual responsibility and accountability among all our team members. Sports are a wonderful vehicle for personal growth.

Another commitment we expect is COMMUNICATION with the coaches. If a problem or illness is going to force you to miss practice or a meet, we expect you to tell us about it personally and in advance. (This does not mean relaying a message through a teammate or friend.) Many such problems can be solved when athletes communicate directly with the coaches.

How you can prepare before the season starts

We strongly encourage our runners to be on a self-training regimen during the summer. Pre-season summer training is essential to build a fitness base for intensive workouts and races during the season. We offer summer conditioning during the entire year with senior team members leading sessions in the off season. To help the athlete monitor their schedule, they should log each run with times and distances. A training log can be provided by the coaches.

As an aspiring young runner begins the first weeks of training, you may wonder what you should expect and how you can assist yourself in terms of recovery, eating, sleeping, and mental attitude. As a rule, we don't recommend you change any aspect of your normal routine of home responsibilities, family meal planning, bedtime, and social guidelines. A normal consequence of beginning to train is muscle soreness, which will soon go away. If you have not participated in sports before, this may persist up to 2 weeks. Any athlete engaged in intensive training and competition can be subject to injury. We can prevent most injuries when you tell us about the aches and pains before they become disabling, so we can provide some suggestions. A nutritious, well-balanced diet is essential for an athlete. Especially on race days, fatty and fried foods, and carbonated or acidic drinks should be avoided. Small portions of easily digested foods eaten at least 3 hours before competition are best, but water intake should never be limited. Most athletes feel best when they race a little hungry. You should see your runner gradually starting to eat more carbohydrates. We do not recommend adding dietary or vitamin supplements to your daily routine. A well balanced diet should take care of your dietary needs. If you have any questions please contact the coaching staff.

Cross Country Vocabulary

dual/tri/quad meet - a meet between two, three or four teams
invitational meet - a multi-team meet, usually 6 or more teams
top 5 - the scoring members of a team
varsity "A" - the top 7 varsity runners
varsity "B" - the 8th through 14th runners
junior varsity - a runner who races in a non-varsity race
course - the marked and measured route of a race
false start - leaving the starting line before the gun sounds
finish chute - a gated systerm, past the finish line, that runners enter into after a race
pace - running speed over a particular distance, average speed per mile
surge - a tactical increase in pace during the race
pack - a group of runners in close proximity
personal record (PR) - best-ever performance on a given course
warm-up - a running and stretching routine that warms up the body
cool-down - a jogging/walking routine that lowers the body's temperature
workout - a daily training session
Good Running Weather - any time it is not lightening in the area.
Great Race - whenever you get a PR.

THE BASICS OF RUNNING

To succeed in any sport, you've got to follow the basic principles. Golf: keep your head down. Tennis: remember to follow through. Running: train, don't strain.

Wander too far from the basics and your performance suffers. It's as inevitable as a stock-market fall when interest rates rise. And no athlete is immune - not even the most experienced and successful. That's why reviewing the basics can always give you a boost.

Of course, beginners have an even greater need to follow these rules. They haven't learned the ropes yet and need guidance every step of the way, with answers to dozens of everyday questions: What should I eat? What should I wear? How fast should I go?

Well, here are the answers all in one place. Whether you're a beginner or an expert, we think you'll benefit from this review of six key running topics: training; shoes; apparel; running surfaces; nutrition; and injury prevention.

Training: not rocket science, but trickier than you think

Mix running and walking Few people can run a full mile the first time out the door, so don't even try. You'll get discouraged and quit. Instead, mix running and walking. Run for 30 seconds, walk for 90 seconds, and repeat this nine more times for a total of 20 minutes. When you can comfortably run/walk for 20 minutes four times a week with this 30/90-second pattern, change your run/walk ratio to 45/75 and repeat the four-times-a-week pattern. Next comes 60/60, then 75/45, then 90/30. Eventually you'll be running for several minutes at a time between walking breaks, and then - hallelujah! - you'll be able to run for 20 minutes without stopping.

Take the 'talk test' Always run at a relaxed and comfortable pace. This isn't the Olympics - it's a lifelong fitness quest. To check your effort level, start a conversation with your training partner. You should be able to speak without gasping or feeling out of breath. If you can't, then slow down.

Go farther, not harder Once you reach the magic 20-minute mark, build up to 30 minutes (then 40, 50 and 60). Don't make the mistake of trying to get faster - don't try to run your 20-minute course in 19 minutes. Increasing endurance is your first priority.

Be a tortoise, not a hare We don't have to retell the old children's story here. Running works just like the tortoise-and-hare race. It rewards the patient (with weight loss, steady progress, less stress, more energy and a host of health benefits) and penalizes the overeager (with injuries, burnout and the like). This isn't a sport for sprinters. Be slow, not sorry.

Don't compare yourself with anyone else There's only one runner who really counts - you. So don't feel bad if you see someone who's faster, thinner or smoother-striding. Running is your activity - make it work for you, and don't worry about anyone else.

Shoes The most important purchase you'll make.

Buy the real thing Get a quality pair of running shoes; not tennis, aerobics or cross-training shoes, but shoes made specifically for running. Expect to spend between $50-$70 for a good model from a serious manufacturer such as Asics, Brooks, Nike, Adidas, Saucony, Mizuno, or others.

Go to a specialist running shop On the Run in Parkersburg on Emerson Avenue is the only local specialty running store, and Dorsey will do a good job in matching you to a good shoe for you. You'll find a wide selection of shoe models and sizes, as well as trained salespeople who are themselves runners and who understand the particular needs of beginners.

When you shop for shoes, do these three things: (1) go late in the day, when your feet are their largest (feet swell during the day and during running); (2) bring along the socks you'll wear while running; and (3) have both feet measured by a salesperson, even if you think you know your shoe size (one foot is often larger than the other, and you'll need to be fitted for the larger foot).

Be fastidious about fit The running shoes you buy must fit properly to work properly. A good-fitting running shoe will feel snug but not tight. There should be room at the front of the shoe to allow your feet to spread during running. Press your thumb into the shoe beyond the big toe; it should fit between the end of your toe and the end of the shoe. In the rearfoot, your heel should also fit snugly so the shoe will hold your foot securely.

Take the shoes for a test run Most running shops will allow you to jog around in the shoes you're considering. Do so. As you run, pay attention to how your toes feel: are they sliding forward? Do they feel pinched together? Also, notice your heels: are they sliding out of your shoe slightly? In general, are the shoes comfortable? If not, try another pair.
Apparel: not just a fashion statement

**Use thin layers** Sweat moves more easily through two thin layers than it does through one thick layer. A well-designed layering system keeps you warm and dry during the colder months, yet still allows freedom of movement.

**Make it breathable** Cotton is great at soaking up sweat, but it's also great at holding on to it. A soaked T-shirt will stick to your body, and cotton's coarse, rough fibers may chafe your skin. Breathable, synthetic fabrics, such as CoolMax, wick perspiration away from your skin and out to the next layer of clothing or to the outer surface, where that moisture can evaporate quickly, with the desirable result of keeping you cooler in hot weather and warmer in cold weather.

**Consider the weather conditions you'll be running in** If you rarely run in rain, sleet or snow, you don't need a waterproof jacket. If winter temperatures in your area rarely drop below zero, you may only need one layer, so buy a good one. And unless you live in the Scottish Highlands, you probably won't need more than two or three layers on your upper body and one or two layers on your legs.

**Don't overdo it** Many runners make the mistake of overdressing when it's cold outside. A good rule of thumb is that you should feel slightly cold during the first mile or so of your run. If you feel toasty right after heading out the door, you're probably going to get too hot later on.

When the sun shines, protect your skin with a dark shirt. Dark-colored clothing absorbs UV light, protecting your skin better than light-coloured clothing, which lets light through. You may feel a little warmer in a darker shirt when the temperature soars, but sun protection is more important.

**Running surfaces: they make a huge difference**

**Sidestep the pavement** Concrete pavements are made of crushed rock, and over time they'll crush your legs. A little running on pavements — say five minutes — is okay, but never do the bulk of your daily run on pavements. Aside from the pounding your legs will take, urban pavements are crowded, uneven and cracked, so you can easily trip on them. Avoid them as much as possible.

**Beware the one-track mind** Tracks are definitely easier on your legs than pavements, but they're tougher on your psyche. Many beginner runners go to a track for their initial runs and, not surprisingly, find circling a 400m loop to be mind-numbing. Tracks are for speed sessions or races, not endurance runs.

**Look for the open road** Asphalt is the surface on which most runners log the most miles. Asphalt isn't the softest surface, but it's a lot softer than concrete. Don't run on the side of steeply cambered roads, because it can lead to injuries. If possible, run on the most level part of the road.

**Go for the green** Parks are excellent places to run. Usually there are plenty of grass fields to run around. You can do loops around the entire park. Most parks have amenities such as toilets, and are generally safe for solo running. Grass is the softest surface to run on, but it can be uneven, so be alert for hard-to-see bumps, holes and sprinklers, which can trip you up.

**Run on the dirt** Smooth dirt trails are easy on the legs and great for the mind. And there's less chance of running into hazards on dirt than on grass. Nothing's better than running on a great trail through a forest or along a scenic river or lakefront: the pounding's minimal, the mind wanders and the miles fly by.

**Nutrition: fuelling the fire**

**Never run on an empty stomach** Many novice runners skip breakfast and eat a salad for lunch in an attempt to lose weight. This is a mistake — your body needs fuel to run. If you don't take in steady calories during the day (known as 'grazing'), you'll be sluggish and your legs won't want to move — and you'll hate running. Also, make sure you eat 200-300 calories about an hour before your run, so you'll have fuel in the tank.

**But don't pig out** Some new runners take the opposite approach by eating too much before their work-outs; this is particularly true with sugar. If you feel as if you're running with a brick in your stomach, and you often end up doubled over with a stitch, rethink your fuelling scheme. A banana or a bagel is a great snack before a training session; a doughnut is not.

**Avoid pit stops** Many beginners (and even some experienced runners) worry that drinking fluids before a race or work-out will translate into annoying pit stops. Not necessarily. Drink steadily beforehand and your body will balance itself out. If you tank up on fluids an hour and a half before you train, you'll have time to get rid of the excess before you start running.

**Drink and fuel up on the run** Keeping adequately hydrated is critical to your running (not to mention your health). This means drinking the equivalent of eight large glasses of water every day, and probably twice that in warm weather. It also means taking in about half a pint of fluid every 15-20 minutes of running. For runs of an hour or more, you also need to replenish spent energy stores with carbohydrates. Your optimal intake should be 50-100 calories of carbohydrate per 30 minutes of running.

**Eat a balanced diet** Don't be fooled by all the fad diets out there; the healthiest way to eat is also the best fuelling plan for your running. Most of the food you eat should be whole grains, fruits and vegetables. Strive for 6-11 servings of grains (one serving equals a slice of bread, 25g of
cereal or a cup of pasta), five to nine servings of fruits and vegetables, and two to three servings of meat and dairy products a day. Keep sugary, fatty foods to a minimum.

**Injury prevention: five dos and five don'ts**

**Do your warm-up by walking**
Even if you're fit and not overweight, start each run with two to three minutes of brisk walking. It's the ideal warm-up for any runner, regardless of ability.

**Do take it easy**
Either do a run/walk program (see tip 1) or run at a pace at which you can chat with a friend without being out of breath. Running harder increases your risk of injury, not to mention early burnout.

**Do run by time, not distance**
Measure your run by time spent running, not by miles covered. That is, try to run for 30 minutes rather than for three miles. Doing this will help to prevent you from trying to go faster and faster over the same route.

**Do progress slowly**
You should only increase the actual time spent running by five minutes a day or less. Another good rule is to never increase your mileage by more than 10 per cent a week. Instead of running longer, you may want to add an additional shorter run during the week. The leading cause of injuries to beginners is running too far before they're ready.

**Do stretch and strengthen**
Learn how to stretch properly – and devote 10 minutes to it after each run. Pay particular attention to the hamstrings, calves and quadriceps. Also, consider light strength-training exercises for the same muscle groups.

**Don't try to keep up with the Joneses**
Running with a spouse, significant other or anyone else who is faster and fitter than you can be very frustrating for a beginner – and it can cause tension between you. Instead, seek out someone who is at your level.

**Don't run with pain if something hurts, stop**
Don't try 'run through it' (infamous runners' term), even if you've heard that's what good runners do. It isn't. It's what stupid runners do – runners who get hurt again and again.

**Don't leave the flatlands**
Once you gain experience, hills are a great way to boost fitness and strength. But not yet. Running up and down steep hills can increase the risk of pain and injury from jarring.

**Don't race**
And don't even think about running a marathon. Not yet. You're learning how to train, and you're conditioning your body. Racing is for runners who already know how to train and are ready to test their bodies. If you must run a race, look for a low-key 5K (3.1 miles) and consider walking part of it.

**Don't apply ice or take painkillers before you run**
If you're sore, take a day off, which isn't a bad thing to do now and again anyway, whether you're feeling pain or not. Building planned rest days into your program can both motivate you and help to keep you injury-free.
A Fresh Start

OUR ULTIMATE GUIDE TO BECOMING A RUNNER—WHETHER YOU'RE NEW TO THE SPORT OR RETURNING AFTER A LAYOFF

BY SARAH LORGE BUTLER

Anybody can be a runner.

That basic truth dawned on Rasoul Motavalli after repeatedly driving past runners late at night. "At first I thought, 'What is wrong with these people?"' Motavalli says. "Ten yards later, I'd say, 'Can I be like that?"

He could, of course—and so can you. The sport's inclusiveness is part of its appeal. But how do you become a runner? Tie your shoes and go? In essence, running is that simple. (That's also part of its appeal.) But as you get going, questions arise: Should I run 20 minutes or 30? Is walking okay? If I've run before, do I need to start at the beginning? On the following pages, you'll find the answers, a training plan, and everything else you need to get started, or restarted, on a running program.
Before Your First Step

When Motavalli, who’s a 40-year-old IT consultant in Baltimore, mentioned to his niece that he wanted to give the sport a try, she sent him to Fleet Feet Sports, a specialty running store. The co-owner, Karen Levin, watched him run, measured his feet, and pulled out a size 9½. “I said, ‘You don’t understand. All my life I’ve been a 9.’” She insisted. He tried the 9½s on and admitted they felt better. Levin had a new customer. And Motavalli had the right running foundation.

Many new runners are reluctant to spend money or time on the sport before they get started. “They’re hesitant because they don’t know if they’ll stick with it,” says Kara Kelly, M.S., R.N, who coaches runners in the Cleveland area through the running store Second Sole Rocky River. But getting started will be easier if you commit some time and do some planning first.

OPEN YOUR DAY PLANNER Kelly asks new runners to bring their calendars to their first session. “I have them set a fairly regular running schedule,” says Kelly. Having a run on the books makes it more likely that you’ll do it. But use pencil; running has to adjust to life’s inevitable complications, like your cousin Fred’s bachelor party or an unexpected 12-hour shift.

GET A CHECKUP You may feel fine, but if you’re a man over 45 or a woman over 55, and especially if you have risk factors for heart disease (obesity, family history, hypertension, high cholesterol), get your doctor’s clearance to start exercising, says Kathleen Rokavec, M.D., a family physician in Damariscotta, Maine, and five-time marathoner. Starting to exercise if you have cardiovascular disease, which you may not know about, can put you at a greater risk for a heart attack. You should get an annual physical anyway; a plan to start running is a good excuse to get it scheduled.

BUY RUNNING SHOES Cross-trainers, aerobics shoes, and other athletic footwear don’t have enough cushioning to handle running’s impact—nor does the pair of running shoes you wore two years ago. Buy new running shoes, or you risk getting injured. To find the right pair, check out our simple guide (right).

“I wish I’d known....

‘...that two days off now is better than two months off later due to injury.’
—Dathan Ritzenhein, second-place finisher in the 2008 U.S. Men’s Olympic Marathon Trials and 2004 Olympian in the 10,000 meters

‘...that you shouldn’t eat four plates of spaghetti the night before a race.’
—Dick Beardsley, second-place finisher of the 1982 Boston Marathon and co-winner of the 1981 London Marathon
Stay on the Road

HOW TO AVOID, AND GET RID OF, COMMON NEW-RUNNER INJURIES

Runner’s Knee
WHAT IS IT? Soreness in the front of the joint due to a mistracking kneecap.
PREVENT IT Strengthen your quadriceps. Do wall squats, which don’t require equipment. Slide down a wall until your knees are roughly at a 60-degree angle (below). Hold for 30 seconds. Work up to two sets of 10 repetitions.
TREAT IT Ice your knees after exercise, reduce your running, and avoid running downhill. If running is painful, swim, cycle or do some other activity. “Recovery is an active process,” says Vonda Wright, M.D., an orthopedic surgeon at the UPMC Center for Sports Medicine in Pittsburgh.

Shinsplints
WHAT IS IT? Pain along the front of the lower leg, caused by an overload on the bone or muscle.
PREVENT IT Build miles slowly, replace your shoes regularly, and stretch your calves. Tight calves make the front of the leg work harder to flex the foot with each step. This is especially true when the shin muscles are weak, so strengthen them: Sit on a chair, fill a sock with coins, put it on top of one foot and flex and lower that foot 20 times (below). Change feet. TREAT IT Cross-train for three days (no running) and ice daily. If your shins don’t improve with rest, see a physical therapist.

Iliotibial (IT) Band Syndrome
WHAT IS IT? Sharp pain on the outside of the knee caused by inflammation of the IT band, a piece of fascia that connects the hip to the front of the tibia.
PREVENT IT Keep the muscles that surround the IT band—the quads, hamstrings, and glutes—flexible. Better yet, get a foam roller—a foam cylinder that’s great for massaging the muscles. Lie on your side with the roller under your knee; support yourself with your arms and roll up and down from the knee to the hip (below). A little pain means you’re doing it right. TREAT IT Ice the area and cross-train a few days.

Shoes Made Simple

Running shoes come in three main categories: motion-control, stability, and neutral-cushioned. Follow these three steps to find the pair that’s right for you.

1) What’s your arch type? LOW NORMAL HIGH

The height of your arch generally determines how much your foot rolls inward or pronates when you land. Pronation is one way the body absorbs shock, but too much or too little can lead to aches and pains.

The Wet Test can help determine your arch type. Dip the bottom of your foot in water and step on a brown paper bag.

- A LOW or FLAT arch results in excessive foot motion; a shoe can correct it.
- People with NORMAL or MEDIUM arches have the right amount of pronation needed for shock absorption.
- A HIGH arch doesn’t collapse enough to absorb shock; a cushioned shoe will help compensate for that.

Take this information to a specialty running store; the sales staff can help you find the right brand and model. Or go to runnersworld.com/shoefinder.

2) How much do you weigh?

Heavier runners (woman over 160 pounds, man over 185) usually need a neutral-cushioned or a motion-control shoe.

3) Pick your pair

<table>
<thead>
<tr>
<th>Arch</th>
<th>100-130 lbs</th>
<th>140-185 lbs</th>
<th>190-220+ lbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>LOW ARCH</td>
<td>Motion-Control</td>
<td>Motion-Control</td>
<td></td>
</tr>
<tr>
<td>Stability</td>
<td>Stability</td>
<td>Stability</td>
<td></td>
</tr>
<tr>
<td>Neutral-cush./Stability</td>
<td>Stability</td>
<td>Stability</td>
<td></td>
</tr>
<tr>
<td>HIGH ARCH</td>
<td></td>
<td></td>
<td>Neutral-cush./Stability</td>
</tr>
</tbody>
</table>

MOTION-CONTROL shoes offer firm support and maximum rearfoot control that heavy runners and those with flat arches need. STABILITY shoes provide moderate support and good midsole cushioning for runners with low to normal arches. NEUTRAL-CUSHIONED shoes have maximum midsole cushioning and minimal support for runners with high or normal arches.
Making it STICK

Motavalli was having trouble getting out of bed for his weekday runs, so he created a system for motivating himself. He printed out a schedule with a box next to each day he was supposed to run and posted it on his refrigerator. Every time he ran, he put a check in the appropriate box. An empty space drove him crazy. “You feel incredibly guilty when you miss one,” he says. Here are other ways to help get you out the door.

Seek Peer Pressure Having a running date, with one person or a group, is a strong motivator. Motavalli says he never misses his Saturday runs simply because he knows his group is waiting for him. Ask about groups at your local running store, or check with the Road Runners Club of America (rrca.org). An online community can also be effective. “A friend and I e-mail several times a week about training, and we’ll text each other before our various 5-Ks and 10-Ks,” says Sedley.

Race Deadlines Work, says Adam Krajchir, founder and head coach of Race with Purpose in New York City. A race is a runner’s deadline; it focuses your training and pushes you to do your workout.

Reward Yourself When you hit a milestone—that ninth run, running three days a week for a month—give yourself a treat: a new pair of running socks, say, or a 30-minute massage. “I have seen people plan it out,” says Kelly. “At 5–K, they’re getting a new watch, at 10–K, a new jacket.”

Enlist Family Maybe your spouse can help roll you out of bed or watch the kids so you can run. If a faraway friend is training for a triathlon, arrange to take turns calling each other in the morning or after work to make sure you’re headed out for your workouts. “Talk to your support system,” says Krajchir. “A goal is great, but it’s even better when it’s shared.”

Add Variety A new route can enliven your routine. Find a trail, a different neighborhood, or just try running your usual route in reverse.

Accept Bad Runs If you acknowledge that every run is not going to feel great, you will reduce your frustration. On tough days, slow your pace, take walk breaks, or shorten your run. “Runners think that once they’ve built up, they can’t go back,” says Galloway. “Well, yes, you can.”

Accentuate the Positive McMillan wishes all new and returning runners would stop comparing themselves to others and cut themselves a break. “Don’t put added pressure on yourself,” says McMillan. “Instead, focus on the accomplishment of every workout.”

Q+A

Q I’m a runner now, so I can do a marathon, right?
A Completing a marathon is a great goal, but it’s better to wait until you’ve been running at least a year. Waiting—and building up to a 10-K and half-marathon first—lets your body and mind develop the strength they’ll need to handle 26.2. It also reduces injury risk and sets you up for a positive training and racing experience. —KARA KELLY, M.S., R.N., founder and coach of Second Sole Training Group in Rocky River, Ohio

...the importance of sun protection. After 24 years of running, I’ve battled with various forms of skin cancer the past six years, and I wish I’d taken skin care more seriously. This includes wearing quality sunscreen and long sleeves, regularly visiting the dermatologist, and avoiding midday runs.*
—DEENA KASTOR, 2004 Olympic Marathon Bronze medalist and American record holder in the marathon, half-marathon, and 10,000 meters

Flex Plan

Stretches Every Runner Should Do

New runner Scot Sedley woke after his first run with sore, stiff muscles. A little soreness is inevitable, but you can minimize the “morning after’’ effect by walking for a few minutes and stretching after your run. In addition to improving flexibility, stretching flushes the muscles with blood and oxygen, which promotes recovery. At the very least, focus on these areas.

Hamstrings
Why They’re running’s primary propulsion muscles.
How Place your heel on a step or any elevated surface and bend slowly at the waist until you feel a stretch in the back of your thigh (you may also feel a stretch in your calves). Avoid rounding your back. Hold for 30 to 60 seconds. Release and repeat four or five times. Change sides.

Quads
Why They are the shock absorbers of the legs, controlling your movement every time you land.
How Stand up straight, bend one leg behind you, and grab your foot; pull it toward your butt until you feel the stretch in the front of your leg. Hold for 30 to 60 seconds. Release and repeat four or five times. Change sides.

Calves
Why They help propel you forward and absorb impact.
How Place both hands on a wall and take a step back with one leg. Keep your heel on the ground and lean into the wall until you feel a stretch in your calf. Hold and repeat as noted above. Change sides. Stretch again, this time bending the knee of the extended leg slightly, so you feel the stretch in the lower half of the calf.

*...
How to
START

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ey, 31, had had enough of the postwork bar scene. So one day, the museum administrator from Norwalk, Connecticut, set out on a two-mile run. "I did it," he says, "but I was out of breath and felt terrible."

First-run horror stories are common but avoidable. "Starting or returning to a sport is going to be a little uncomfortable because you're not conditioned to it," says Greg McMillan, M.S., a running coach in Flagstaff, Arizona. Having been a runner before or being fit doesn't exempt you from this reality. Cleveland native Francesca Brunello, 28, who recently returned to running after a six-month absence, says that although she'd stayed in shape, "there were days when my lungs burned."

The key to minimizing the discomfort is to take walk breaks and keep your pace slow. Use the following guidelines to make your first (and second and third) run a positive experience.

**WALK FIRST** If you haven't been doing any cardiovascular exercise, do three 30-minute walks a week for two to three weeks.

**THEN RUN/WALK** Interspersing walk breaks into your runs lets you catch your breath and lessen the impact on your joints and muscles. "Even if you've run before, and especially if you're returning from an injury, walk breaks are smart," says Jeff Galloway, an Olympian and coach to thousands of beginning runners across the country.

**GO FOR TIME** Runners love miles—but don't worry about them. Running by time is easier; it de-emphasizes pace, and allows you to adjust to how you feel that day.

**TAP THE POWER OF THREE** "People who do not run regularly are more likely to quit," says Galloway. So plan on running a minimum of three days a week. The reason is simple: You can only get into running shape if you do it consistently.

**BUILD SLOWLY** Denise Gross, 49, took up running by walking 300 meters and running 100 on a track in her hometown of Amherst, Ohio. A year later, she was running three continuous miles. Brunello, a fit returning runner, started with 30 minutes three days a week and took 10 months to reach 35 miles a week. That's how everyone should build up—slowly, consistently, in their own time. Rush the process and you could end up sore, frustrated, or injured. So increase your running time by about 10 to 20 percent a week.

**GET TO THE NINTH RUN** The end of the third week is the turning point for many new and returning runners. "You're not as out of breath, and things start clicking," says Kelly. Make it to that ninth run, and you'll likely begin to feel running's rewards—more energy, a stronger body, and a sense of accomplishment.

**ENDURANCE FIRST, SPEED SECOND** You need to be able to cover a distance before you can cover it fast. Plus, fast running puts a greater demand on your muscles, connective tissues, and cardiovascular system than jogging. So build to 30 minutes of continuous running before you work on speed.

---

**Perfect Form**

IT'S TRUE—YOU CAN LEARN TO RUN RIGHT

Tim Hilden, a physical therapist at the Boulder Center for Sports Medicine, has analyzed the form of more than 1,700 runners. The bad news: Many of us have flaws that can slow us down or lead to injury. The good news: Some flaws are fixable. Get into the good habits Hilden details below.

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**Swing Arms Forward and Back**

Moving your arms across your body can produce a similar torque in your legs, setting you up for injury. So think about elbowing someone behind you, says Hilden. And avoid moving your hands more than eight inches from your body.

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**Relax Your Shoulders**

Hunching your shoulders up by your ears uses valuable energy and limits arm movement. Keep them down and relaxed.

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**Run Tall**

Leaning too far forward puts pressure on the lower back and the front of the knees (potentially leading to runner's knee). Run upright, and if there's a slight lean in your stride, it should start from the ankle, not the waist.

---

**Land Lightly**

If you can hear the slapping of your footfalls, you're landing with too much force—force that the body must absorb. The added impact increases injury risk because it exacerbates whatever weaknesses you have in your legs. So run tall (see above) and close to the ground (i.e., reduce the amount of bounce in your stride), and think light.

---

WA1th 7A I wasn1t known...

"That coming back after a break wouldn't be easy. That you may not have any rhythm at first and that you'll be out of breath at paces that seem slow."

—Jennifer Toomey, two-time U.S. Indoor 1500-meter champion

"That you should spend the extra money for a running bra that doesn't ride up or chafe."

—Gordon Bakoulis, running coach, five-time U.S. Women's Olympic Marathon Trials qualifier and two-time top-10 finisher in the New York City Marathon

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Your First Big Goals

Anybody can run, but where you should start depends on your fitness level. In the training program below, there are two plans: New Runner (NR) and Fit Beginner (FB). Both will take you to the finish line of a 5-K and help you reach 60 minutes of running. If you're not exercising, consider yourself a new runner. "Your challenge," says Greg McMillan, M.S., a coach in Flagstaff, Arizona, "is to make it through the first six weeks, which are the hardest." If you've been exercising regularly for three months or more, you're a fit beginner. "Keep in mind that your body isn't used to running," says McMillan. "So build gradually to avoid injury." Returning runners, pick the program that best fits your current fitness level.

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Thursday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>NR</td>
<td>Cross-training or rest</td>
<td>5-min walk, 15-min run/walk, 5-min walk (25 min total)</td>
<td>5-min walk, 15-min run/walk, 5-min walk (25 min total)</td>
<td>5-min walk, 20-min run/walk, 5-min walk (30 min total)</td>
</tr>
<tr>
<td>FB</td>
<td>Cross-training</td>
<td>30-min run (with walk breaks as needed)</td>
<td>30-min run (with walk breaks as needed)</td>
<td>30-min run (with walk breaks as needed)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEEK 2</th>
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<th>Tuesday</th>
<th>Thursday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Cross-training or rest</td>
<td>5-min walk, 15-min run/walk, 5-min walk (25 min total)</td>
<td>5-min walk, 15-min run/walk, 5-min walk (25 min total)</td>
<td>5-min walk, 20-min run/walk, 5-min walk (30 min total)</td>
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<tr>
<td>FB</td>
<td>Cross-training</td>
<td>30-min run (with walk breaks as needed)</td>
<td>30-min run (with walk breaks as needed)</td>
<td>35-min run (with walk breaks as needed)</td>
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<table>
<thead>
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<th>WEEK 3</th>
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<th>Tuesday</th>
<th>Thursday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Cross-training or rest</td>
<td>5-min walk, 15-min run/walk (increase running segments by 15 to 60 seconds every week from here), 5-min walk (25 min total)</td>
<td>5-min walk, 15-min run/walk (increase running segments by 15 to 60 seconds every week from here), 5-min walk (25 min total)</td>
<td>5-min walk, 25-min run/walk (increase running segments by 15 to 60 seconds every week from here), 5-min walk (35 min total)</td>
</tr>
<tr>
<td>FB</td>
<td>Cross-training</td>
<td>30-min run (if using walk breaks, reduce time or frequency)</td>
<td>30-min run (if using walk breaks, reduce time or frequency)</td>
<td>40-min run (if using walk breaks, reduce time or frequency)</td>
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<table>
<thead>
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<th>Tuesday</th>
<th>Thursday</th>
<th>Saturday</th>
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</thead>
<tbody>
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<td>Cross-training or rest</td>
<td>5-min walk, 20-min run/walk, 5-min walk (30 min total)</td>
<td>5-min walk, 20-min run/walk, 5-min walk (30 min total)</td>
<td>5-min walk, 30-min run/walk, 5-min walk (40 min total)</td>
</tr>
<tr>
<td>FB</td>
<td>Cross-training</td>
<td>30-min run</td>
<td>30-min run</td>
<td>45-min run</td>
</tr>
</tbody>
</table>

<table>
<thead>
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<th>Monday</th>
<th>Tuesday</th>
<th>Thursday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>NR</td>
<td>Cross-training or rest</td>
<td>5-min walk, 20-min run/walk, 5-min walk (30 min total)</td>
<td>5-min walk, 20-min run/walk, 5-min walk (30 min total)</td>
<td>5-min walk, 35-min run/walk, 5-min walk (45 min total)</td>
</tr>
<tr>
<td>FB</td>
<td>Cross-training</td>
<td>30- to 35-min run</td>
<td>30- to 35-min run, with 5 20-second strides (if using walk breaks, walk for 15 to 30 seconds after strides)</td>
<td>50-min run or a 5-K race at an easy pace</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEEK 6</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Thursday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>NR</td>
<td>Cross-training or rest</td>
<td>5-min walk, 25-min run/walk, 5-min walk (35 min total)</td>
<td>5-min walk, 25-min run/walk, 5-min walk (35 min total)</td>
<td>5-min walk, 40-min run/walk, 5-min walk (60 min total) or a 5-K race at an easy pace</td>
</tr>
<tr>
<td>FB</td>
<td>Cross-training</td>
<td>30-min run</td>
<td>30- to 40-min run, with 4 30-second strides</td>
<td>55-min run</td>
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</tbody>
</table>

<table>
<thead>
<tr>
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<th>Monday</th>
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<th>Thursday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Cross-training, 15-min run, or rest</td>
<td>5-min walk, 25-min run/walk, 5-min walk (35 min total)</td>
<td>5-min walk, 25-min run/walk, 5-min walk (35 min total)</td>
<td>5-min walk, 45-min run/walk, 5-min walk (55 min total)</td>
</tr>
<tr>
<td>FB</td>
<td>Cross-training or 30-min run</td>
<td>30-min run</td>
<td>30- to 40-min run, with 5 30-second strides</td>
<td>60-min run</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WEEK 8</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Thursday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>NR</td>
<td>Cross-training, 15-min run, or rest</td>
<td>5-min walk, 30-min run/walk, 5-min walk (40 min total)</td>
<td>5-min walk, 30-min run/walk, 5-min walk (40 min total)</td>
<td>5-min walk, 50-min run/walk, 5-min walk (60 min total)</td>
</tr>
<tr>
<td>FB</td>
<td>Cross-training or 30-min run</td>
<td>30-min run</td>
<td>30- to 45-min run, with 6 30-second strides</td>
<td>65-min run</td>
</tr>
</tbody>
</table>

Training Notes

**PACE** Run slowly enough to allow for conversation.

**RUN/WALK** You might begin by running eight minutes and walking one, or running 30 seconds and walking two minutes. Do what feels right, or try this: After a warmup, run until you want to stop, then walk until you've caught your breath. Time both segments and make them your starting point.

After week three, add 15 to 60 seconds to the running segments. You can use walk breaks indefinitely or phase them out.

**CROSS-TRAINING** Other forms of exercise, such as cycling and strength training.

**STROIES** Ten- to 30-second pickups (faster running at about an 80 percent effort) done after a warmup or at the end of a run. Return to your easy running pace for about two minutes between strides.
SUMMER RUNNING PROGRAM – NEW TO RUNNING OR DISTANCE RUNNING

If you are new to running or new to distance running, here our 3 programs to choose from. Any of these programs will get you started at a comfortable level, and help you gradually increase your running and improve your fitness. Choose the one that is easiest for you to follow and understand.

BEGINNER PROGRAM 1

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td><strong>Week 2</strong></td>
<td><strong>Week 3</strong></td>
<td><strong>Week 4</strong></td>
<td><strong>Week 5</strong></td>
</tr>
<tr>
<td>10 x 1 min. jog w/2 min. Walk between each</td>
<td>10 x 1 min. jog w/2 min. Walk between each</td>
<td>10 x 1 min. jog w/2 min. Walk between each</td>
<td>10 x 1 min. jog w/2 min. Walk between each</td>
<td>10 x 1 min. jog w/2 min. Walk between each</td>
</tr>
<tr>
<td><strong>Week 6</strong></td>
<td><strong>Week 7</strong></td>
<td><strong>Week 8</strong></td>
<td><strong>Week 9</strong></td>
<td><strong>Week 10</strong></td>
</tr>
<tr>
<td>12J 8 Recovery + RJ + 5Rec SJ w/2W</td>
<td>13 x 1 Strides w/2W</td>
<td>13 x 1 Strides w/2W</td>
<td>5 x 5 Strides w/2W</td>
<td>10 x 2M w/2W</td>
</tr>
<tr>
<td><strong>Week 11</strong></td>
<td><strong>Week 12</strong></td>
<td><strong>Week 13</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14J + 10W + 11J + 10W</td>
<td>15 x 1ST w/2W</td>
<td>10 x 1ST w/3W</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16J + 10 REC + 14J + 5W</td>
<td>15 x 1ST w/2W</td>
<td>10 x 1ST w/3W</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18 + 10W + 12 + 10 W</td>
<td>5J + 5W + 10 x 1ST w/3W</td>
<td>5J + 5W + 10 x 1ST w/3W</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20J + 10 REC + 15J + 5W</td>
<td>5J + 5W + 10 x 1ST w/3W</td>
<td>5J + 5W + 10 x 1ST w/3W</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22J + 10W + 13J + 10W</td>
<td>5J + 5W + 10 x 1ST w/3W</td>
<td>5J + 5W + 10 x 1ST w/3W</td>
<td></td>
<td></td>
</tr>
<tr>
<td>24J + 10 REC + 16J + 5W</td>
<td>5J + 20 x 1ST w/12W</td>
<td>5J + 20 x 1ST w/12W</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26J + 10W + 14J + 10W</td>
<td>20 x 2M w/12W</td>
<td>20 x 2M w/12W</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**LEGEND**
- 2 = 2 minutes
- 5x = 5 times repeated
- J = jog
- w/ = with
- W = walk
- M = moderate

**EXAMPLE**
- 10REC = ten minute recovery
- 6J = six minutes of steady jogging
## Beginner Program 2

<table>
<thead>
<tr>
<th>Week</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
<th>Total Minutes Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>5 Minutes</td>
<td>Off</td>
<td>5 minutes</td>
<td>4 Minutes</td>
<td>Off</td>
<td>6 Minutes</td>
<td>Off</td>
<td>20 Minutes</td>
</tr>
<tr>
<td>Week 2</td>
<td>6 Minutes</td>
<td>Off</td>
<td>Off</td>
<td>7 Minutes</td>
<td>7 Minutes</td>
<td>Off</td>
<td>7 Minutes</td>
<td>27 Minutes</td>
</tr>
<tr>
<td>Week 3</td>
<td>Off</td>
<td>6 Minutes</td>
<td>Off</td>
<td>8 Minutes</td>
<td>9 Minutes</td>
<td>Off</td>
<td>8 Minutes</td>
<td>31 Minutes</td>
</tr>
<tr>
<td>Week 4</td>
<td>7 Minutes</td>
<td>6 Minutes</td>
<td>Off</td>
<td>5 Minutes</td>
<td>Off</td>
<td>Off</td>
<td>10 Minutes</td>
<td>28 Minutes</td>
</tr>
<tr>
<td>Week 5</td>
<td>10 Minutes</td>
<td>Off</td>
<td>9 Minutes</td>
<td>Off</td>
<td>9 Minutes</td>
<td>11 Minutes</td>
<td>Off</td>
<td>39 Minutes</td>
</tr>
<tr>
<td>Week 6</td>
<td>Off</td>
<td>12 Minutes</td>
<td>9 Minutes</td>
<td>Off</td>
<td>14 Minutes</td>
<td>Off</td>
<td>12 Minutes</td>
<td>47 Minutes</td>
</tr>
<tr>
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<td>Off</td>
<td>15 Minutes</td>
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<td>14 Minutes</td>
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<tr>
<td>Week 8</td>
<td>15 Minutes</td>
<td>Off</td>
<td>17 Minutes</td>
<td>14 Minutes</td>
<td>Off</td>
<td>14 Minutes</td>
<td>Off</td>
<td>60 Minutes</td>
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</table>

Each week you may take off 3 days. You can start the program at any time. I would suggest starting it on a Monday for simplicity. Please use a training log or put your total minutes run on a calendar so you can keep track of your mileage throughout the 8-week program.

*Average junior high girl runs 10 minutes per mile*

*Average junior high boy runs 9 minutes per mile*
<table>
<thead>
<tr>
<th>Week</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
<th>Total Minutes Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>15 Minutes</td>
<td>Off</td>
<td>16 Minutes</td>
<td>12 Minutes</td>
<td>12 Minutes</td>
<td>Off</td>
<td>15 Minutes</td>
<td>70 Minutes</td>
</tr>
<tr>
<td>Week 2</td>
<td>Off</td>
<td>18 Minutes</td>
<td>20 Minutes</td>
<td>Off</td>
<td>14 Minutes</td>
<td>19 Minutes</td>
<td>15 Minutes</td>
<td>85 Minutes</td>
</tr>
<tr>
<td>Week 3</td>
<td>18 Minutes</td>
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<td>23 Minutes</td>
<td>Off</td>
<td>25 Minutes</td>
<td>20 Minutes</td>
<td>106 Minutes</td>
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<td>20 Minutes</td>
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<td>28 Minutes</td>
<td>30 Minutes</td>
<td>Off</td>
<td>28 Minutes</td>
<td>32 Minutes</td>
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<td>Off</td>
<td>28 Minutes</td>
<td>35 Minutes</td>
<td>Off</td>
<td>37 Minutes</td>
<td>158 Minutes</td>
</tr>
<tr>
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<td>35 Minutes</td>
<td>Off</td>
<td>37 Minutes</td>
<td>35 Minutes</td>
<td>33 Minutes</td>
<td>Off</td>
<td>25 Minutes</td>
<td>165 Minutes</td>
</tr>
<tr>
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<td>30 Minutes</td>
<td>35 Minutes</td>
<td>37 Minutes</td>
<td>Off</td>
<td>33 Minutes</td>
<td>Off</td>
<td>40 Minutes</td>
<td>175 Minutes</td>
</tr>
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</table>

Each week you are scheduled to take off 2 days. You can start the program at any time. I would suggest starting it on a Monday for simplicity. Below is a guideline for miles run that you can use depending on your fitness level. Please use a training log or put your total minutes run on a calendar so you can keep track of your mileage throughout the 8-week program.

Average jr high school girl runs 10 minutes per mile. Average jr high school boy runs 9 minutes per mile

It's also important to have a variety of different workouts to break up the boredom of a long slow run each day. Below is a key that I have developed to help you. The daily total time is still important but I would suggest breaking it up as a warmup - workout - cooldown.

For example: Week 7 has you running 25 minutes on day 6. I have indicated that I would like you to do some 1 minute pickups that day. I would warm up for about 10 minutes, run the pickups of 1 minute hard followed by 1 minute easy for 10 minutes, then cooldown for the remaining 5 minutes.

Abbreviations for workouts
* = Negative run (Out and back route) - Run the second half faster than the first half.
~ = 1 minutes hard with a 1 minute easy jog
() = Easy distance run (easy to talk)
} = Long gradual hill
ADVANCED PROGRAM

Who should use this program?

This program is designed for a young runner, who has passed a recent physical and who has run track or cross country already and may participate in other sports as well. This program will require a modest level of fitness to begin.

The goals are to gain an introduction to the sport, build an aerobic base, and develop leg turnover and pace judgment.

Running should keep the heart rate in the range of 65-75% of maximum. If you cannot talk comfortably with your training partner, you are going too fast!

It is fine during the course of this buildup phase to take one, even two, days off a week (incorporating instead an alternative activity if you can).

All workouts other than pace workouts are expressed in Time rather than in Miles.

Final Note: The program that follows is conservative. It stresses the development of a long-term aerobic base at the expense of short-term results. We want you to run for life, and peak when you are 30!

All terms in the table below are defined and discussed in the grey section beneath the table.

<table>
<thead>
<tr>
<th>Week</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>20*</td>
<td>25*</td>
<td>20</td>
<td>25*</td>
<td>20</td>
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Warm-up: All workouts should be preceded by a warm-up and followed by a cooldown of light running

* Strides: 6-8 x 100-150 meters following aerobic run. These are faster than normal running, but not sprints! Walk or jog for 1-2 minutes in between each one.

AnT: Anaerobic Threshold: This is a steady and fast run. It is done at a pace that is uncomfortable to talk, but not all out. For instance, on a day scheduled for an AnT, you should do an easy run for 10 minutes, then do the AnT run for the time listed (again – fast and hard to talk, but not all-out), then cooldown with 5-10 minutes of easy running.

Pickups: After a 5-10 minute warmup run, run 1 minute fast followed by 1 minute easy for the time listed, then cooldown with 5-10 minutes of easy running.
GENERAL RUNNING SAFETY TIPS

1. **DON'T WEAR HEADPHONES.** Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may miss during evening or early morning runs.

2. **Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe.** Include any medical information.

3. **Always stay alert and aware of what's going on around you.** The more aware you are, the less vulnerable you are.

4. **Carry a cell phone or change for a phone call.** Know the locations of call boxes and telephones along your regular route.

5. **Trust your intuition about a person or an area.** React on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not "right", it isn't.

6. **Alter or vary your running route pattern;** run in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local RRCA club or running store. Know where open businesses or stores are located in case of emergency.

7. **Run with a partner.** Run with a dog.

8. **Write down or leave word of the direction of your run.** Tell friends and family of your favorite running routes.

9. **Avoid unpopulated areas, deserted streets, and overgrown trails.** Especially avoid unlit areas, especially at night. Run clear of parked cars or bushes.

10. **Ignore verbal harassment.** Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.

11. **Run against traffic so you can observe approaching automobiles.**

12. **Wear reflective material if you must run before dawn or after dark (not recommended!)**

13. **Practice memorizing license tags or identifying characteristics of strangers.**

14. **Look both ways before crossing.** Be sure the driver of a car acknowledges your right of way before crossing in front of a vehicle. Obey traffic signals.

15. **When using multi-use trails, follow the rules of the road.** If you alter your direction, look over your shoulder before crossing the trail to avoid a potential collision with an oncoming cyclist or passing runner.

16. **CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary. It is important to report incidents immediately.

17. **If running in a group** while on the road, always run single file.
Safety Tips for Female Runners

Assaults on female runners can happen anywhere: small towns, big cities, beautiful country trails, downtown parks. Here are some tips to minimize the risk of such an assault occurring and to help you avoid other common running risks.

- Run with a partner or a dog.
- Carry identification or write your name, phone number and contact person inside your shoes. Medical information can be essential in the event of a car accident or serious assault. This might include blood type, medical conditions and allergies to medications.
- Carry a quarter for an emergency phone call. Place it inside the sole of your shoe, or duct-tape it to your windsuit.
- Always be aware of your surroundings. Running in a trance makes you less able to react to dangerous situations.
- Running with headphones reduces your ability to detect danger. Muggers have been known to target people wearing headphones.
- Run in familiar areas. This will increase your ability to escape if pursued. Make yourself aware of phone booths and open businesses that can be used as a refuge.
- Vary your running routes. An established routine might encourage an attacker to plan an assault.
- Leave a note or let people know where you plan to run. It could mean the difference between life or death if you find yourself lying in a ditch after an assault or a hit-and-run.
- Run facing traffic so you can react to approaching cars and so abductors cannot approach you from behind.
- Avoid dangerous areas: deserted streets, overgrown trails, unlit areas. Run wide of parked cars and bushes.
- Wear reflective material if running in the dark. Reflective tape is inexpensive and can be applied to any type of clothing.
- Don’t wear jewelry—it might attract muggers. Necklaces or earrings can be used to subdue/hold a victim.
- Trust your intuition. If people or situations don’t feel quite right, avoid them…even if you feel a bit silly at the time.
- Don’t react to verbal abuse or attempts by vehicles to run you off the road—it may provoke an attack. In the case of an aggressive driver, get the vehicle’s licence plate and report the incident to the police.
- Look directly at people. Muggers often target victims by their avoidance of eye contact. Maintain a confident bearing, but run wide when approaching others.
- A whistle can scare off an attacker. However, to be most effective, it should be carried in your hand. Many women carrying a whistle in their pocket have been assaulted.
- If an incident occurs to you, to another person, or even if you see something that appears strange, call the police immediately.

(Adapted from the Road Runners Club of America and The Physician & Sportsmedicine magazine).
How to Choose A Running Shoe

Your choice of running shoes can make the difference between having a good or bad experience, running in comfort or pain, and, most importantly, whether you stay healthy or get injured.

The biggest and most common mistake I see novice runners make, (and yes, I made the same mistake), is to bargain shop for an inexpensive first pair of running shoes right off the shoe store clearance table, or worse, off the rack at a department store. After all, who wants to pay a lot for shoes when you may not actually use them much? How do you justify a higher priced running shoe to your spouse? Aren't you just paying a lot for a logo on the side?

All these observations make sense. But this kind of thinking will likely lead you to the equally logical decision to quit after a couple of miserable runs. The very tenacious among us may wait until they suffer a blown-out knee or serious shin, hip or foot problem. Forget bargains. What you need to start running is the right shoe, not the cheapest.

Choosing a running shoe can be an overwhelming task given all the high-tech shoes available today and all the special features each running shoe claims to have.

That's why I've written this "Simple Steps for Choosing a Running Shoe" guide. Just follow the steps below, and you'll discover which running shoes are best for you.

1. Understand Pronation
2. Determine Your Foot Type
3. Select Your Gait Type
4. Choose the Right Running Shoe for You
5. Go to a Local Speciality Running Store
6. Ensure Your New Running Shoes Fit Properly
7. Top Recommended Online Running Shoe Merchant

Understand Pronation

Pronation is the rolling of the foot from heel to toe through the foot strike. A proper or neutral pronation is hitting the outside of the heel and up to ball of your foot evenly across the front. This is how your foot reduces the stress of impact.

Underpronation is not enough evening out so the outside of your foot takes most of the shock instead of finishing in the neutral position.

Overpronation is too much roll across from the outside to the inside of your foot.

To determine your level of pronation, look at your shoes you walk or run in. Most everyone will begin on the outside of the heel, the real indicator would be the wear on the forefoot.

If most of the shoe wear is:

- On the medial (inside) side then you Overpronate and probably need to choose Motion-Control Running Shoes
- On the lateral (outside) side then you Underpronate and most likely need to choose Cushioned Running Shoes
- Uniform across the forefoot then you have a **Neutral Stride** and are best suited for choosing **Stability Running Shoes**

### Determine Your Foot Type

Another method of determining pronation and, ultimately, foot type is by checking your arch height. The easiest way to figure out your arch height is by using the **Wet Test**. To take the test, wet the bottom of each foot and stand normally on a paper bag. After a minute or so, step off and observe the imprint left by your foot. (Trace the outline with a pencil if you want to look at it later.)

**You have a normal arch (neutral pronation) if:**

There's a distinct curve along the inside of your foot with a band a little less than half the width of your foot connecting the heel and toe. (**Choose Motion-Control Running Shoes**)

**You have a low arch (flat feet/overpronator) if:**

There's not much of a curve along the inside of your foot and your imprint shows almost the entire foot. People with low arches are more likely to overpronate (roll too far inward), which can lead to overuse injuries. (**Choose Stability Running Shoes**)

**You have a high arch (underpronator) if:**

There's a very sharp curve along the inside of your foot and your imprint shows a very thin band between your heel and toe. People with high arches typically don't pronate enough. (**Choose Cushioned Running Shoes**)

### Select Your Gait Type

**Severe Overpronation:** The outside of the heel strikes the ground first and the foot rolls inward excessively which means the foot and ankle cannot properly stabilize the body.

The best running shoes for moderate to severe Overpronators are **Stability shoes** or **Motion Control shoes** depending on the severity of overpronation.

**Mild Overpronation:** The outside of the heel strikes the ground first and the foot rolls inward slightly absorbing the shock more effectively which allows the foot and ankle to properly support the body. This is the most common foot type.

The best running shoes for Mild Overpronators are **Stability shoes**.
Neutral: The outside of the heel strikes the ground first and the foot rolls inward slightly absorbing the shock more effectively which allows the foot and ankle to properly support the body.

The best running shoes for Neutral runners are **Neutral Cushioning shoes** for feet that are more rigid.

Supination: The outside of the heel strikes the ground first but the foot does not roll inward during the gait cycle. Instead it stays on the outside causing the impact to be concentrated on a smaller portion on the lateral side of the foot.

The best running shoes for Supinators are more flexible **Neutral Cushioning shoes**

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**Choose the Right Running Shoe for You**

Now that you've determined your foot type and degree of pronation, one other important characteristic you'll need to look for is shoe shape. You can see the shape most clearly by looking at the bottom of the shoe.

Typically, running shoes come in three shapes (straight, semi-curved and curved) which correspond to the three types of prints revealed by the wet test. Most experts believe that:

- **Overpronators** should choose a running shoe with a **Straight** shape.
- **Underpronators** should choose a running shoe with a **Curved** shape.
- **Normal/Neutral** pronators should choose a running shoe with a **Semi-Curved** shape.

If you have **flat feet and overpronate**, choose a **Motion-Control** running shoe. Motion control shoes prevent your foot from rolling in too far, have a straight shape that gives maximum support to your foot and are the most rigid, control-oriented running shoes.

If you have **high-arched feet and underpronate**, you should choose a **Cushioned** running shoe. Cushioned shoes allow your feet to roll inward (absorbing shock), have a curved shape to encourage foot motion and have the softest midsole with the least medial support.

If you have **normal arches and pronate normally**, choose a **Stability** running shoe. Stability shoes offer a good blend of cushioning, medial support and durability. They often have a semi-curved shape and don't control foot motion as strictly as motion-control shoes.
Go to a Local Specialty Running Store

If you've followed all the steps listed above, you probably have a pretty good idea of what type of running shoe you should be looking for and how to choose running shoes. However, it still pays to go to a specialty running store (at least for your first running shoe purchase). The people who work in these stores are knowledgeable and will guide you to the appropriate shoe models.

Here are some tips for a successful running shoe shopping trip.

- Shop in the late afternoon when your feet are at their largest. Your feet will expand while running.
- Bring your old shoes with you when you go shopping. Shoe wear will assist the salesperson in determining your degree of pronation.
- Wear or buy the socks you'll wear when you run.
- If you wear orthotics, bring them also. You need to see how the shoe fits with the orthotic inside.
- Do NOT make the most common mistake new runners make by buying the latest fad shoe. It is highly likely this will not be the ideal shoe for you.
- Make sure the salesperson measures both of your feet. Often, one foot is slightly larger than the other. You should be fitted for the larger foot.

Before you try on any shoes, the salesperson should (at least) ask you the following questions to help you select the right running shoe model.

- How long have you been running?
- How much mileage are you doing per week?
- Are you training for a particular event?
- Where do you do most of your running?
- How much do you weigh?
- Are you aware of any foot problems (i.e. flat feet, over- or underpronation)?

Based on your answers, the salesperson will direct you to various models that will fit your needs and help you select some for you to try.

**Ensure Your New Running Shoes Fit Properly**

A proper fit is **THE** most important step in finding the right running shoe. A shoe that fits will be snug but not tight. A common mistake that's a killer is to buy shoes that are too small.

Use the following guidelines to ensure a proper running shoe fit.

- Check for adequate room at the toebox by pressing your thumb into the shoe just above your longest toe. Your thumb should fit between the end of your toe and the top of the shoe.
- Check for adequate room at the widest part of your foot. The shoe shouldn't be tight, but your foot shouldn't slide around, either.
- The heel of your foot should fit snugly against the back of the shoe without sliding up or down as you walk or run.
- The upper (part of shoe that wraps around and over the top of the foot) should fit snugly and securely without irritating or pressing too tightly on any area of the foot.
- Once you've found running shoes that feel right, walk/jog/run in them as much as you can. Some stores have a treadmill, others allow a run around the parking lot and some don't let you do anything other than bounce up and down. You need to feel the shoes in action.