

More Training/Running Tips

Courtesy of The Running Institute



Training

- Warm up and stretch 10-15 minutes prior to running
- Cool down and stretch 5-10 minutes after running
- Allow yourself 2-3 rest/cross training days per week
- Run with a buddy or running club for extra motivation
- Progressively increase race distance incrementally, i.e., 5k to 10k to half marathon, etc., through a program like CARA or CES, or increase by 20% every 2 weeks
- Consult a sports-medicine podiatrist before converting to barefoot running or altering your gait
- Treadmill compared to outside running is not a 1:1 ratio. Subtract 20% from your treadmill time and distance to equate to your outside run. Conversely, add 20% to your outside time and distance to equate with your treadmill run.