



RUNTEX UNIVERSITY

TAKING IT EASY

It is very important for long term success in running that you don't train too hard. Even though running hard is the best way to improve, it isn't realistic for most people who have a life, job and family. Training hard leaves you without the energy to maintain your normal schedule.

How do you know if you are training too hard?

- 1 You dread your next run
- 2 You can't carry on a conversation while you run
- 3 You are always sore
- 4 The run seems to last forever
- 5 You are out of breath
- 6 You use your arms too much
- 7 You don't settle into a rhythm
- 8 The person you run with is talking and you can't listen
- 9 You constantly want a drink
- 10 You'd give \$100 if you could walk

The great thing about running is there's no penalty for walking, it actually can make your overall time better. You need to throw your ego out the window and listen to your body. Kids are great examples of how to run. They run until they feel like walking, then walk until they feel like running, and so on. Pretty soon, they are able to sustain a moderate pace.

When you decide it is time to run hard, make it for a short distance or time. Make sure you know the difference between the interval days when your whole intent is to improve your pace and your easy days that are working on your aerobic base.

It is very important now that you are used to the impact of running that you spend your time running easy for longer periods of time to help develop your aerobic base. With a good aerobic base, you will be able to deliver oxygen better, making distance running more comfortable. Also, a side benefit, as you run longer and easier you will be able to burn fat, and who doesn't want to do that.

The first thing that happens when you run too hard is you feel uncomfortable and time stops. Because distance running is aerobic and rhythmic, you need to stay in a comfortable pace while training. As your body gets better at running, you will speed up naturally. This isn't a NO PAIN, NO GAIN program.

A good running program is one you stick with.

