

## Nutrition Tips for Runners

For every extra mile you are running, you are burning approximately 100 extra calories. Therefore, it is important to keep your body appropriately fueled to the amount of energy you are expending. Here are some helpful hints on what your diet should contain to keep your body and muscles operating effectively:

- **Complex Carbs-** These will provide steady fuel. Examples include whole grains, whole breads, and unrefined pastas.
- **The 15 Minute Rule-** Consume a glucose drink or food fuels 15 minutes after finishing your run; this is the best time your muscles can utilize it.
- **Protein-** Crucial for muscle and tendon repair and regulating hormones. If you are running long distances, you should consume 1.5 g of protein for every kg of your weight.
- **Well-Balanced Meals-** Your diets should contain 20% of fats, 60% of complex carbs, 20% of proteins with plenty of fruits and vegetables.
- **Water-** At least 8 cups of water a day! Reduce the amount of caffeine and alcohol for it dehydrates you.
- **Plan Ahead-** Not enough fuel will leave you feeling tired and too much can be a problem. Eat two to three hours prior to your run; particularly a meal enriched in carbohydrates.



For more Information  
visit:

[http://www.runningplanet.com/  
training/improve-your-long-run.html](http://www.runningplanet.com/training/improve-your-long-run.html)

[http://www.active.com/running/  
Arti-  
cles/5\\_Ways\\_to\\_Improve\\_Your\\_5K\\_Sp  
eed.htm](http://www.active.com/running/Articles/5_Ways_to_Improve_Your_5K_Speed.htm)

<http://run-down.com/tips/tips2.php>

[http://speed-factory.com/site/  
trainingnews/  
increasing5k10running.shtml](http://speed-factory.com/site/trainingnews/increasing5k10running.shtml)

[http://www.runwashington.com/  
news/1003/325/How-Strength-  
Training-Will-Improve-Your-  
Running.htm](http://www.runwashington.com/news/1003/325/How-Strength-Training-Will-Improve-Your-Running.htm)

<http://www.mapmyrun.com/>

[http://www.life123.com/health/  
fitness/strength-training/strength-  
training-for-runners.shtml](http://www.life123.com/health/fitness/strength-training/strength-training-for-runners.shtml)



## Ever thought about running a 5K?

General information for  
the recreational runner

- Warm-Up and Cool Down Emphasis
- Workout Tips
- Strength Training Benefits
- Nutritional Advice



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## Warm-Up and Cool Down

The warm-up and cool down are just as crucial as speed and distance when running. When proper warm up and cool down are neglected:

- Risk of injury may increase
- May experience muscle stiffness/soreness
- Or become Dizzy, nauseas or light-headed

To prevent such occurrences we suggest:

Walking three to five minutes at the end of your run (example: one or two laps around a 200 meter track).

If you feel "tight" after consecutive runs then we suggest performing some more pre-running drills to loosen the lower body. Examples include:

- Butt Kickers
- High knees/knees to the chest
- Skips for height or distance

Cool-down suggestions:

### **STRETCH!!!**

Runners tend to feel tightness primarily in the hip flexors, as well as the gluts, and hamstrings.

Beginners should hold each stretch for 15-20 seconds and progress to 30 seconds.



## Strength training can improve running performance

Do you strength train on a regular basis?

Some recreational runners neglect strength training based on the assumption that it will inhibit their running performance by causing them to "bulk up".



Strength training, in fact, has been proven to be helpful. Strength training keeps muscles strong, aids in maintenance of balance and injury prevention. Runners who lift weights on a regular basis will likely see improvements in overall running performance by being stronger and more efficient.

If you are not currently on a regular strength training schedule, start out slow: lift 1-2 times a week. 8-10 exercises that target large muscle groups:

- Quadriceps/Hamstrings
- Back/Abdominals
- Biceps/Triceps

- Ask your local Fitness Specialist or weight room attendant for further suggestions.

## Tips to Improve Your Running Performance



1. Increase the length of your run every two weeks.

- This will improve your endurance and cardiovascular system by delivering blood more efficiently to the working muscles.
- Increase your longest run of the week by 1-2 miles, eventually your body will adjust to this change and you will surprise yourself at how far you can go.

2. Create a weekly speed session. It is easiest to do it on a track where you know the length in meters:

- Start with 4 -6 x 400m
- After each 400 rest 2 minutes and repeat
- Each week two more 400s should be added until 14 x 400 or 10 days before the race
- Your pace should be 8 seconds faster than your usual ¼ mi pace

3. Warm Up: It's important as the workout.

- Walk 2-5 minutes
- Run a slow ½ mile
- Then start your run at the regular pace.

4. Cool-Down: Always cool down.

- it reduces the risk of injury.
- Jog 8-10 minutes after your run and
- walk for 5 minutes.