

Tips for Runners

Running is an inexpensive, easy, accessible (you can run almost anywhere), and effective way to improve cardiovascular fitness and to reduce stress and weight. Thirty minutes of running four times each week will yield dramatic results in only a few months. Before you embark on a running program, however, review the “Dos” and “Don’ts” below.

Do:

- Get a medical check-up before starting a running program if you have any concerns about your health.
- Dress appropriately. If it’s hot, wear light colored clothing and a hat. Better yet, wait to run in the early morning or late afternoon when it’s cooler.
- In cold weather, wear a synthetic layer next to your skin to wick moisture away from your body. Use a wind-proof or wind-resistant outer layer to preserve body heat. Hypothermia can still occur even though you produce a lot of heat when you run.
- Warm-up and cool-down with a brisk walk for 5-10 minutes.
- Some light stretching after you run.
- Get shoes that are appropriate for your foot-type. See the handout titled “**Choosing the Right Running Shoe**” for help with this.
- Use well-fitting moisture-wicking synthetic socks to prevent fungal infections.
- Use petroleum jelly (on the sock and/or skin) to reduce friction on “hot-spots” (pre-blister areas) on your feet.
- To prevent your shoes from untying as you run, loop twice instead of once around the first “bow” you make in your laces.
- Cross-train. Consider biking, swimming, or weight training to compliment your running.
- Get enough rest between runs. Running is stressful on your body. Take a day or two off if you have considerable soreness in your legs or feet from running.
- Vary your running routine every month or two. Reduce mileage for a couple of runs or run an easier route to give your body a break.
- Follow a training program. Visit JeffGalloway.com for some sensible running routines.

Don’t:

- Run in old shoes. Replace your shoes every 300-600 miles regardless of terrain.
- Continue to run if you experience significant pain (or pain that steadily increases) during or after you run (see above re: rest).
- Run alone in unsafe, remote, or poorly lit areas.
- Increase total training frequency, intensity, duration, or any combination of these by more than 10% at a time.
- Run on surfaces that cause pain or injury. The curvature of indoor tracks can be problematic for some runners. When possible, run on the outside lanes to soften the impact of curving.

Think twice before you:

- Wear headphones while running outdoors. You will not hear traffic or approaching dogs.
- Try running barefoot without acclimating to it. Barefoot running (or running in minimalist shoes) can cause problems for runners who don’t transition slowly and gradually.