



Learn to Run 101 . . .

RUNNING: something for EVERYONE that you can do ANYTIME and ANYWHERE! Wonder how to start!?

1. ROUTINE: Set aside time!

Don't plan to go too far or too fast right away. Start 20 minutes, 3 times per week. Gradually increase the amount of time you run and the number of days you run, but do NOT increase either until you feel comfortable completing your current level. Don't be afraid to take walking breaks. Begin by running for 4 minutes and walking for 1 minute. Eventually you can begin eliminating the walk breaks.

As a beginner, don't worry about how many miles you are running. Focus on the number of minutes instead. You will gradually cover more ground and want to increase the duration of your workout.

2. EQUIPMENT: Very little!

The most important investment runners should make is in a good pair of running shoes – not cross-training, walking or tennis shoes. At specialty running stores, employees can recommend models based on your abilities and goals. Some may also watch you run to make sure the shoes you buy complement the way your foot strikes the ground.

A digital sports watch and a heart-rate monitor may also be helpful as you advance.



3. SORENESS!?

Your legs will be sore in the beginning but as you continue the soreness will subside relatively quickly. If you feel acute pain anywhere, stop running for a few days and let your legs recover to prevent injuries. Shin splints are the most common and usually occur when you overdo your training or wear improper shoes. Be aware of the difference between being tired and being injured, and make sure you're not encouraging overuse injuries. REST is important!!

(fitnessmagazine.com)



Fit Facts

If the **SHOE** fits . . .

Running shoes – tend to have more cushion in the heel and flexibility for the arch. There are 3 main categories:

- Stability (Normal foot)
- Motion-control (Flat foot)
- Cushioned (High-arch)



Flat-Foot



Normal



High Arch

Walking shoes – tend to be stiffer overall than running shoes, with greater cushioning in the ball.

Cross-training shoes – unlike running and walking shoes, they provide multi-directional support. They usually have a wider outsole which contributes to their excellent stability for lateral motion. Good for aerobic classes, such as step or kickboxing, and weight-lifting.

(runnersworld.co.uk)



Fit Fun



Pineapple Melon Smoothie (with Banana)

This classic fruit smoothie will replenish your vitamin levels and give you a healthy energy boost to boot!

- ½ a melon, chopped up (watermelon/casaba/cantaloupe)
- 4 pineapple slices (fresh or tinned rings is fine)
- 1 ripe banana
- 3 tbsp natural yogurt

Add extra pineapple juice if too thick.

(Good source of potassium, manganese, vitamin C and vitamin B1.
Very good source of vitamin B6.)

(motleyhealth.com)

[What is a casaba melon?](#)

Get Fit

Check out the upcoming **Fall classes** Tara and Janelle are teaching at the Regina Fieldhouse!!

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