RunSMART® Running Tips

General Information

The following recommendations are appropriate if you are healthy and cleared to run by your health care provider.

The physical therapist from Courage Kenny Rehabilitation Institute will create a program just for you.

Shoes and Clothing

- Replace your running shoes every 300 to 400 miles. Buy shoes at a running specialty store where you can get a custom fit.

- Only wear orthotics or inserts in your shoes if your health care provider directed you to do so.

- Wear running-specific clothing that is comfortable, allows moisture to escape (wicking or breathable), and does not rub.

- Use a lubricant (such as Vaseline®) or body glide to prevent chafing or other skin damage.

- In the summer, wear loose-fitting clothing and protect against sunburn by wearing sunscreen, hat and sunglasses.

- In the winter, dress in layers. Wear moisture-wicking clothing against your skin, then wear insulating clothing. For outerwear, make sure it is wind- and water-resistant. Dress as if it were 10 F warmer than the actual temperature.

Training

- **Warm-up and cool-down**
  Walk or run slowly for 5 to 10 minutes before you start your training pace. Once you are done, repeat for cool-down.

- **Stretching**
  The best time to stretch is after warm-up and cool-down. Do each stretch mildly for 20 to 30 seconds. Do several repetitions of each stretch.

- **Increasing mileage**
  Only increase your mileage or time by 10 percent each week.

- **Training intensity**
  Divide your running: do easy runs (80 to 90 percent of mileage) and hard runs (10 to 20 percent of mileage).

- **Hard runs**
  Divide your hard runs: temp runs (consistent effort of 2 to 10 miles or longer) and intervals (one-quarter to 1 mile repeats).

- **Cross training and rest**
  Do another type of aerobic exercise (such as elliptical or biking) or rest at least once a week.

Nutrition

The following information is for runs of longer than 60 minutes.

- Two to three hours before your run, eat 200 to 500 calories (high carbohydrates) and drink at least 16 ounces of liquids. Drink 8 to 16 ounces of a carbohydrate drink within 60 minutes of the run.

- Drink 13 to 27 ounces (400 to 800 milliliters) every hour with a carbohydrate or electrolyte drink.

- Eat 30 to 60 grams (120 to 240 calories) of carbohydrate every hour. Good choices are: sports drink, gels, energy blocks, dried fruit or energy bars.

- Drink and eat carbohydrates at least 15 to 60 minutes after a run. Drink enough fluids to replenish water losses and a 4-to-1 carbohydrate to protein ratio.

- Your general calorie needs are:
  - 60 to 65 percent carbohydrate
  - 15 percent protein
  - 20 to 25 percent fat.

Health and Safety

- Do not run if you have:
  - a fever
  - any symptom that affects your breathing (such as a cough, shortness of breath or congestion).

- If something hurts and does not get better while you run, stop. Walk back to your starting point. To treat the pain, rest, ice and stretch the area. If the pain continues for 1 to 2 weeks, call your health care provider and ask for a physical therapy consult.

- Run on trails, sidewalks or the shoulder of the road whenever you can.

- Carry an ID with you and tell someone where and when you are running.

- If you run the dark, wear reflective clothing and do not wear headphones.

Starting a Running Program

- Talk with your health care provider before you start a running program.

- Start with a run-walk program if you can easily walk 30 minutes, 3 to 4 times a week. For help getting started, visit the beginners training section of runnersworld.com.

- Run at least 3 to 5 times a week for 20 to 30 minutes each time. Do not increase your mileage more than 10 percent each week.

- Run at a comfortable pace so you can talk while you run.

- Contact local running stores, health clubs or the Minnesota Distance Running Association if you are interested in joining a running group.