
Running training – advices and recommendations

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The university marathon will start on Sunday May, 13 at 9.00 am. It means that from the week of March 26 you have seven weeks for preparation. In the beginning you have to set a goal stemming from the current level of your efficiency and health state. The preparation derives there from. In the first two weeks, you should attend from two to three running trainings and one general training in order to make an effort to burden the organism successively.

Advices and recommendations to be outlined in the beginning:

Before getting ready for a regular running training I would recommend to visit a gym physician, we have only one health and the goal of our running preparation is not to destroy oneself but to run properly one's own section of the University marathon while having a good feeling from the run,

- do a run-up in the range of 5 – 8 minutes at a very low pace,
- after the run-up move to warming-up the entire body, choose dynamic exercises as moving the upper arms, moving your knees towards your chest or lifting up your legs while lying down, as well as suitably chosen stretching exercises,
- in order to get ready for the running locomotion choose special running exercises as lifting, skipping, kicking legs up, kicking legs behind, jogging, crosswise running, at a section of 20 m,
- you finish the warm-up by running straights of about 80 m as you run the technique of the run, an intensified run or run at pace,
- don't underestimate the warm-up, it should take around 25 - 30 minutes,
- after every training perform cooling down exercises at a low pace for 5-8 minutes all finish with a stretching, compensation or release exercise.
- it is suitable to monitor the heart or pulse rate values,
- it is important also to get a suitable running shoes, one cannot run the running race neither in knee shoes nor in „slippers“ in order to have a pleasant feeling from the run.

In order to have an idea what a running race atmosphere is like I recommend to visit the Prague marathon on March 31 in the role of a spectator. Besides unusual sport experiences you will „suck“ the atmosphere of a running race.

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