

# United Response

## Running Toolkit



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**United  
Response**  
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# Running

Thank you for signing up to run for United Response. Now let's get training!

## Warming up

Warming up is vital in reducing the chances of injury. You should ensure that you take approximately 10–15 minutes to thoroughly warm up your muscles.

A bad warm up will mean that your body is stiff and not warm. Your body will be working less efficiently which increases the chance of you pulling a muscle.

A good warm up will prepare you mentally and physically for the run. It will not induce early fatigue but will improve your performance. This is because increased muscle temperature improves your workout capacity. It also improves oxygen intake and decreases the amount of oxygen needed for exercise. It will also reduce the likelihood of injury.

## Cooling down

Give yourself 10–15 minutes to cool down once you have finished your run.

A bad cool down means that you have not gradually lowered your body temperature. Your muscles will be stiff and tight and you are also more likely to feel dizzy or faint.

A good cool down will speed recovery and help eradicate substances like lactic acid that you may have built up. It also ensures that your muscles go back to their normal size and reduces the potential for muscle soreness. It will reduce the level of adrenaline in your blood and will slow your heart down.

## Stretching

Stretching is not the same as warming up. But it can be an important part of warming up. If you do choose to stretch, it is very important that you warm up before you stretch and customise your routine to fit your needs. Why not try out a few routines and see what is best for you?

If you do decide to stretch, it is very important that you follow the dos and don'ts of stretching.



## Do

- Warm up your muscles beforehand. Stretching cold is the third most common cause of injury.
- Cool down first after you run and then stretch.
- Pay attention to your breathing.
- Listen to your body.
- Stretch slowly and hold the stretch for approximately 30 seconds. You will notice that your muscle tension will fall and your muscles will begin to be able to stretch further.

## Don't

- Stretch too quickly because your muscles can contract and increase in tension.
- Bounce your muscles while you are stretching because this can pull or tear the muscle.
- Hold your breath while stretching.
- Stretch injured muscles.
- Stretch if you feel tightness or pain in the muscle.

## Training schedules

Having a training plan will help you meet your goals. Runner's World has a variety of schedules; to find one that suits you visit: [www.runnersworld.co.uk](http://www.runnersworld.co.uk)

In addition to your training schedule, a training diary can really help you improve. Keeping a personal record of how the run went, how long it took, if you met your target, what you ate and drank and how you felt after the run will all help you monitor how you have improved. Although, it is not compulsory of course!

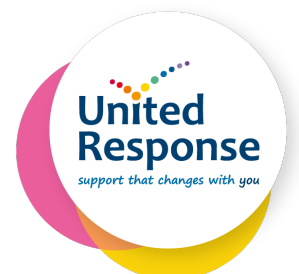
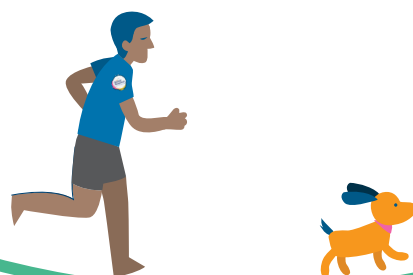


## Avoiding injuries

- ◆ If you are worried about an ache or pain, consult your doctor.
- ◆ Increase your training gradually to prevent muscular aches and pains.
- ◆ Rest days are crucial for recovery.
- ◆ Follow long runs with one or two days of lighter training.
- ◆ If you feel ill, do not run or train until you have fully recovered and then build up gradually.
- ◆ Train on soft surfaces when you can, especially on easy training days.

## Top training tips

- ◆ Allow sufficient rest between training periods.
- ◆ Find a friend to train with. You will encourage each other to go out on cold, wet, dark evenings!
- ◆ Drink plenty of water before during and afterwards.
- ◆ Eat carbohydrates 2 or 3 hours before a long run.
- ◆ Buy a decent pair of running shoes. Don't buy a tight-fitting pair because your feet will get warm and expand whilst running.
- ◆ Invest in some anti-blister socks that are proven to reduce chafing.
- ◆ A good sports bra is really important for women. You can get good advice on choosing the right bra for the right activity at [www.lessbounce.com](http://www.lessbounce.com)
- ◆ Wrap up warm in the winter, wear plenty of layers and use reflective clothing.
- ◆ Make sure your training gear isn't too tight or heavy and remember some fabrics can rub over long distances.



## Fluids

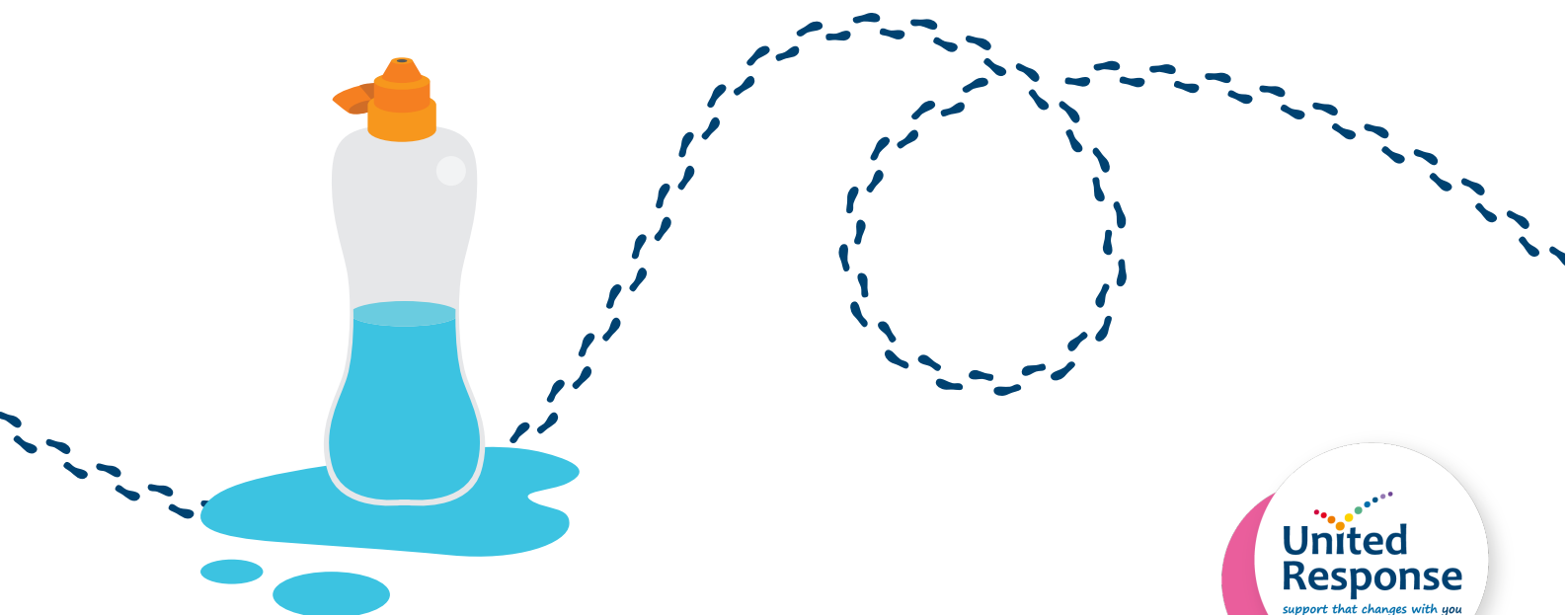
- ◆ Make sure you drink plenty of water.
- ◆ Avoid drinking alcoholic drinks before the race day and in hot weather.
- ◆ By the time you feel thirsty, you are already dehydrated.
- ◆ Drink plenty of liquids after training, especially long runs.

## Diet

- ◆ Eat a healthy well-balanced diet.
- ◆ Eat plenty of carbohydrates.
- ◆ Aim for at least five portions of fruit and vegetables a day.
- ◆ Try to eat within two hours of your long runs and after the event.
- ◆ Do not change your normal diet drastically.

## Food tips

- ◆ Eggs are a good recovery food.
- ◆ Salmon is a great energy source and it increases blood flow.
- ◆ Peanut butter is high in protein and fat – great 30 minutes before a long run.
- ◆ Kale is a super food, it is packed full of iron and antioxidants.
- ◆ Turmeric can increase endurance and speed recovery.
- ◆ Green tea can reduce muscle soreness.
- ◆ Jelly Babies are a quick boost on runs over 75 minutes.



## Running apps

Strava shows you where you've been, helps you review your activities and see how you compare with friends and other local runners taking the same routes.

RunKeeper allows you to track progress, find routes, add activities like strength training to get a fitness report, and even start a training plan. You will see maximum results with minimal effort.

UpBeat Workouts will stop those Eye of the Tiger moments from being rudely interrupted by a soppy love song! Rather cleverly, it matches the pace of your running strides to the beats per minute of your song library.

## Useful websites

Runners World is a brilliant source of information for every element of running: [www.runnersworld.co.uk](http://www.runnersworld.co.uk)

UK Running Track Directory finds the nearest running track to where you live: [www.runtrackdir.com](http://www.runtrackdir.com)

Meet Up is a search engine helping you to connect with other runners in your area: [www.meetup.com](http://www.meetup.com)

Runners Web gives good training advice to runners: [www.runnersweb.co.uk](http://www.runnersweb.co.uk)

Find activities and practice runs near you: [www.active.com](http://www.active.com)

A training, exercise and healthy living social network for runners: [www.realbuzz.com](http://www.realbuzz.com)



Thank you!

Once again, thank you so much for your support and all your efforts to help significantly improve the lives of the people we support.

