

TRAINING POINTERS TO SHARE WITH YOUR RUNNERS!

During the first two weeks of training, please teach the following concepts to your students. You can do this while they are stretching, taking a water break or cooling down. Make sure to review the information throughout the season.

WHAT TO WEAR:

- Wear running shoes or tennis shoes and make sure to double knot them before starting the workout.
- Wear layers(light jacket, t-shirt underneath) to practice- the day may be cool but as you exercise, you'll warm up. You'll also need your jacket after your workout is completed.
- If it's a hot day, wear light colors- it will help keep you cool.
- Wear a cap to keep the sun out of your eyes and shield your face from the sun
- Wear sunscreen
- ALWAYS have a water bottle with you.

CORRECT RUNNING FORM:

- Run tall - don't lean too far back or forward.
- Run relaxed - head, face, shoulders, and arms should feel relaxed.
- Chin up and eyes forward, keep your head steady.
- Arms swing straight ahead - not from side to side.
- Relaxed hands with thumbs up - no clenched fists.
- Start slowly- always to a slow jog before you begin to add speed.
- Exert the same effort going up or down hills as on flat ground.
- Breathe through your mouth and your nose.

RUNNING LONGER DISTANCES

- Try to run longer distances before you try to get faster. A good goal is to try to be able to run a mile without walking before you try to go faster.
- Interval training is a great way to train to run faster. To do intervals, run short distances faster---then slow down until you can breathe easily--- then run faster again.