

## Stainland Lions Running Club Beginners Guide 2011

Welcome! We all hope you will enjoy the Beginners' Course at Stainland Lions Running Club. The aim of the course is to introduce others to the joys of running and show that everyone can run and enjoy it! Hopefully over the next 9 weeks you will have a gentle introduction to running and the opportunity to make new friends.

The Stainland Lions is a social running club. Our members cover a wide spectrum of abilities, from slow plodders to fast, fit and competitive athletes. We welcome you all. We don't just run though, we have a wide variety of social activities throughout the year. At this stage a pair of normal trainers will be sufficient for you to give running a try and see if running is for you. However, if you want to carry on running or if you intend to buy some for the course you should seriously consider having your feet assessed for the right trainers, as incorrect footwear can take its toll on your joints. We recommend you buy from a specialist running shop and have listed a few shops inside this guide.

Have a good look through this guide, it will hopefully give you some useful information about the club and give you some tips to help you with running, clothing and trainers etc. It just remains for us to say thank you for coming along tonight and hope you enjoy yourself. If you have any questions, please don't hesitate to ask any of the club members, we're not experts but we'll help where we can.

**Genevieve Thompson**  
Beginners Captain



**Amanda Speight**  
Vice Beginners Captain



Some of the club members...



## **Training Guidelines**

1. Mix running and walking. Few people can run a full mile the first time out the door, so don't even try. You'll get discouraged and quit. Instead, mix running and walking.
2. Take the 'talk test'. Always run at a relaxed and comfortable pace. This isn't the Olympics - it's a lifelong fitness quest. To check your effort level, start a conversation with your training partner. You should be able to speak without gasping or feeling out of breath. If you can't, then slow down.
3. Go further, not harder. Once you reach the magic 20 minute mark, build up to 30 minutes (then 40, 50 and 60). Don't make the mistake of trying to get faster - don't try to run your 20- minute course in 19 minutes. Increasing endurance is your first priority.
4. Be a tortoise, not a hare. We don't have to retell the old children's story here. Running works just like the tortoise-and-hare race. It rewards the patient (with weight loss, steady progress, less stress, more energy and a
5. host of health benefits) and penalizes the overeager (with injuries, burnout and the like). This isn't a sport for sprinters. Be slow, not sorry.
6. Don't compare yourself with anyone else. There must be a billion runners out there but there's only one runner who really counts - you. So don't feel bad if you see someone who's faster, thinner or smoother-striding. Running is your activity - make it work for you, and don't worry about anyone else.

## **Shoes**

1. This is the most important purchase you make, so as soon as you can, buy the real thing. Get a quality pair of running shoes; not tennis, aerobics or cross-training shoes, but shoes made specifically for running.
2. Expect to spend between £35- £70 for a good model from a serious manufacturer. You can often find great bargains advertised in specialist running magazines, such as 'Runner's World', especially if you don't mind wearing last year's colours (they all end up grey after a few runs anyway—check out our shoes and you'll see what we mean!).
3. Go to a specialist running shop when you're looking to buy, don't head for the major sports chain on the high street. Instead go to a shop that specialises in running footwear and will give you good advice. Good local shops include:
  - a. Sportshoes Unlimited (Bradford)
  - b. Up & Running (Huddersfield, Leeds & Manchester)
4. At a specialist running shop, you'll find a wide selection of shoe models and sizes, as well as trained sales people who are themselves runners and who understand the particular needs of beginners.
5. When you shop for shoes, do the following things:
  - a. Go late in the day, when your feet are their largest (feet swell during the day and during running)
  - b. Bring along the socks you'll wear while running
  - c. Buy shoes at least a half size bigger than your normal shoe size
  - d. Be fastidious about fit. The running shoes you buy must fit properly to work properly. A good fitting running shoe will feel snug but not tight. There should be room at the front of the shoe to allow your feet to spread during running. Press your thumb into the shoe beyond the big toe; it should fit between the end of your toe and the end of the shoe. In the rear-foot, your heel should also fit snugly so the shoe will hold your foot securely.
  - e. Take the shoes for a test run. Most running shops will allow you to jog around in the shoes you're considering.

## **Apparel: Not just a fashion statement:**

1. Use thin layers. Sweat moves more easily through two thin layers than it does through one thick layer. A well-designed layering system keeps you warm and dry during the colder months, yet still allows freedom of movement.
2. Make it breathable. Cotton is great at soaking up sweat, but it's also great at holding on to it. A soaked T-shirt will stick to your body, and cotton's coarse, rough fibres may chafe your skin. Breathable, synthetic fabrics, such as CoolMax, wick perspiration away from your skin and out the next layer of clothing or to the

outer surface, where that moisture can evaporate quickly, with the desirable result of keeping you cooler in hot weather and warmer in cold weather.

3. Consider the weather conditions you'll be running in, if you rarely run in rain, sleet or snow, you don't need a waterproof jacket. If winter temperatures in your area rarely drop below zero, you may only need one layer, so buy a good one.
4. And unless you live in the Scottish Highlands, you probably won't need more than two or three layers on your upper body and one or two layers on your legs.
5. Don't overdo it. Many runners make the mistake of overdressing when it's cold outside. A good rule of thumb is that you should feel slightly cold during the first mile or so of your run. If you feel toasty right after heading out the door, you're probably going to get too hot later on.
6. When the sun shines, protect your skin with a dark shirt. Dark coloured clothing absorbs UV light, protecting your skin better than light coloured clothing, which lets light through. You may feel a little warmer in a darker shirt when the temperature soars, but sun protection is more important.

## **Sports Bras**

Running is a high impact sport so although fashion is important when choosing a bra, what you really need is good support to reduce breast movement. There are 2 main design types to choose from:

- Encapsulated bras separate and support each breast in its own cup, and sometimes have underwiring.
- Compression bras compress the breasts to the body. Traditionally, it has been thought that encapsulated bras are better for bigger breasted women, but we know bigger girls that would rather have the compression sort and vice versa, so it's really down to personal choice.

Your sports bra should be a snug fit, and although this may feel a bit strange initially, it should not restrict your breathing in any way. The bra needs to stay in place on your body, and shouldn't ride up at the back or slip down or crease over at the front. Nothing on the bra (such as a seam) should rub or cause irritation, and the straps should not dig in or leave red marks. Good sports bras are made of technical fabrics such as polyester or Supplex that 'wick' moisture away from the body, ensuring you stay comfortable as you sweat.

To find the correct fit, it's important that you measure yourself - lots of women wear the wrong size. How to measure:

1. You need to find out your bra size and then your cup size. Make sure you measure yourself properly while you're wearing a normal unpadded bra.
2. Use an accurate tape measure, and keeping it level, pull the tape tautly to your body, but not so that it pinches.
3. First measure under the bust. To this measurement add 4" to an even number, or 5" to an odd number to find your basic bra size. e.g. 34" plus 4" = 38" or 29" plus 5" = 34"
4. Secondly, without letting the tape dig in, measure around the fullest part of the breasts. If you are in between inches, round up to the next whole inch. The difference between the two measurements determines the cup size you require. E.g. 4" difference means you're a D cup. Difference Cup Size: 1"A, 2"B, 3"C, 4"D, 5"DD, 6"E, 7"F, 8"FF, 9"G.
5. Our breasts are affected by changes in our bodies, such as during the time around a period, whether we take the contraceptive pill, or are going through the menopause. For some women, these changes are more drastic than others and in order to be really comfortable, you may need a couple of a different bra sizes to wear during the month.
6. Bra manufacturers recommend that you change your bra every 3 months but in reality it'll depend on your size, and how often and how active you are. Taking a bit of extra care when washing your bra will also help keep it in good shape for longer.
7. Good suppliers include [www.girlsruntoo.co.uk](http://www.girlsruntoo.co.uk) & [www.lessbounce.co.uk](http://www.lessbounce.co.uk)

## **Nutrition: fuelling the fire**

1. Never run on an empty stomach. Many novice runners skip breakfast and eat a salad for lunch in an attempt to lose weight. This is a mistake – your body needs fuel to run. If you don't take in steady calories during

the day (known as ‘grazing’), you’ll be sluggish and your legs won’t want to move – and you’ll hate running. Also, make sure you eat 200-300 calories about 2 hours before your run, so you’ll have fuel in the tank

2. But don’t pig out. Some new runners take the opposite approach by eating too much before their work-outs; this is particularly true with sugar. If you feel as if you’re running with a brick in your stomach, and you often end up doubled over with a stitch, rethink your fuelling scheme. A banana or a bagel is a great snack before a training session; a doughnut is not.
3. Avoid pit stops! Many beginners (and even some experienced runners) worry that drinking fluids before a race or work-out will translate into annoying pit stops. Not necessarily. Drink steadily beforehand and your body will balance itself out. If you tank up on fluids an hour and a half before you train, you’ll have time to get rid of the excess before you start running.
4. Drink and fuel up on the run! Keeping adequately hydrated is critical to your running (not to mention your health). This means drinking the equivalent of eight large glasses of water every day, and probably twice that in warm weather. It also means taking in about half a pint of fluid every 15-20 minutes of running. For runs of an hour or more, you also need to replenish spent energy stores with carbohydrates. Your optimal intake should be 50-100 calories of carbohydrate per 30 minutes of running.
5. Eat a balanced diet. Don’t be fooled by all the fad diets out there; the healthiest way to eat is also the best fuelling plan for your running. Most of the food you eat should be whole grains, fruits and vegetables. Strive for 6-11 servings of grains (one serving equals a slice of bread, 25g of cereal or a cup of pasta), five to nine servings of meat and dairy products a day. Keep sugary, fatty foods to a minimum.

### **Injury prevention Dos and Don’ts**

- a) Do your warm-up walking. Even if you’re fit and not overweight, start each run with two to three minutes of brisk walking. It’s the ideal warm up for any runner, regardless of ability.
- b) Do take it easy. Either do a run/walk program (see tip 1) or run at a pace which you can chat with a friend without being out of breath. Running harder increases your risk of injury, not to mention early burnout.
- c) Do run by time, not distance. Measure your run by time spent running, not by miles covered. That is, try to run for 30 minutes rather than for 3 miles. Doing this will help to prevent you from trying to go faster and faster over the same route.
- d) Running up and down steep hills can increase the risk of pain and injury from jarring.
- e) Do progress slowly. You should only increase the actual time spent running by 5 minutes a day or less. Another good rule is to never increase your mileage by more than 10 per cent a week. Instead of running longer, you want to add an additional shorter run during the week. The leading cause of injuries to beginners is running too far before they’re ready.
- f) Do stretch and strengthen. Learn how to stretch properly—and devote 10 minutes to it after each run. Pay particular attention to the hamstrings, calves and quadriceps. Also, consider light strength-training exercises for the same muscle groups.
- g) Don’t try to keep up with the Joneses. Running with a spouse, significant other or anyone else who is faster and fitter than you can be very frustrating for a beginner—and it can cause tension between you. Instead, seek out someone who is at your level.
- h) Don’t run with pain if something hurts, stop. Don’t try to ‘run through it’ (infamous runners’ term), even if you’ve heard that’s what good runners do. It isn’t. It’s what stupid runners do - runners who get hurt again and again.
- i) Don’t leave the flatlands. Once you gain experience, hills are a great way to boost fitness and strength – but not yet! Running up and down steep hills can increase the risk of pain and injury from jarring.
- j) Don’t race. And don’t even think about running a marathon. Not yet. You’re learning how to train, and you’re conditioning your body. Racing is for runners who already know how to train and are ready to test their bodies. If you must run a race, look for a low-key 5k (3.1mile) and consider walking part of it.
- k) Don’t apply ice or take painkillers before you run. If you’re sore, take a day off, which isn’t a bad thing to do now and again anyway, whether you’re feeling pain or not. Building planned rest days into your program can both motivate you and help to keep you injury-free.

## Local Sports Shops

Up & Running 7 Cherry Tree Centre Market Street Huddersfield HD1 1EB Tel: 01484 535393	Small shop offering expert advice and a good selection of gear
Sports Shoes Hall Ings Bradford BD1 5SD Tel: 08700 434555 / 01274 530530	Good selection of clothing & trainers often with older models in the sale

## What do previous beginners say?

Here are some comments from runners who attended previous courses which should hopefully inspire you for the 2011 Beginners' Course :

*Bernadette Rowland: Welcome to the new beginners. It is just 4 years since I first started running at the grand old age of 69 and I still run twice a week. When I started running I was unsure as to whether I could run, however, under Diane Rafferty's expert training and guidance I realised that as long as I put the effort in I could actually run a reasonable distance and at my own pace. I now run approx 2 x 10k runs each week. There is no pressure to 'perform'. You run at your own pace and if you need to walk occasionally you can do that also. I still walk if I need to, especially if I'm going up a steep hill. It is the club policy that when you run with the club all members look after each other and no one is ever left on their own. We also have lots of social events and it is a lovely way of making new friends. I have made many new friends since joining, all much younger than myself, and this is lovely as it gives me a different perspective on life and I do social things that I have not done for many years, ie a pub crawl! Please come along and meet Diane and other members, you may be surprised at how well you can run and how your level of fitness increases when you run on a regular basis. I think it is important to give it a fair trial by doing the full course as it may take a little while to get into the rhythm. I look forward to meeting you all.*

*Brian Conroy: I was persuaded to join the Beginners' course 4 years ago by Terri my daughter in-law who had just signed up. I was apprehensive on my first run as at 55 years old I thought it might have been out of my league. I was made to feel very welcome and even on my first run the club president Colin Hughes ran with me and offered encouragement and support. From that day on I was hooked on running and have never looked back. In my first year I managed to run the Great North Run and the Liverpool half marathon. Since then I have done lots of 10k runs half marathons and last year the Edinburgh full marathon. The sense of achievement is wonderful and I will never forget the feeling I had when crossed the line on my first big race. But it is not just the running that makes this sport attractive It's the friends you make. I have met some smashing people while running from Heath on Mondays and Thursday and had some good social times as well. The real bonus is running keeps you fit in body and mind, keeps your weight down and your self esteem high. We have a level at Stainland lions for all who would like to try running so please do not feel you will not be able to cope. Come down and give it a try I am sure you will not be disappointed.*

*Debbie Whiteley: I joined the beginners club last year and I can't believe how soon I felt like part of a family. On the first night I drove down the drive to Heath I was so nervous but as soon as I got out of the car someone came and talked to me and showed me what do. Running with the Stainland Lions has given me the greatest sense of achievement, I can remember the first couple of weeks I couldn't run to Salterhebble roundabout without having 5 stops and then one week I did it in one, the smile on my face, the same with running the incline from Elland Bridge to West Vale (past the factory's) I managed it with no stops one week and I was grinning from ear to ear and probably told anyone which would listen. It is these small achievements which brightened my normally very dull day! Plus I got fit in the process.*

*Genevieve Thompson: I signed up for the Beginners' course in 2007 because I found that when I tried to run by myself I always lacked the motivation to go very far or very regularly. The Beginners' course meant that I*

*consistently improved over the 8 weeks and got home every Monday night on a high because I had pushed myself further than the previous week. I have since joined the Stainland Lions and am now training for the Edinburgh Marathon. I would never have considered this a few years ago but with the support and encouragement of the people I run with in the club I feel that anything is possible. Such a friendly bunch of people have ensured that I have returned to running after having a baby last year - I couldn't wait to be out running again with the club - and because the club caters to all standards of running I have been able to start back with the steady group and work myself up to faster groups without holding anyone else back or being left behind.*

NB Joining the Beginners' Course does not give you full club membership entitlements. You must not enter races at the reduced rate of a Stainland Lions member or wear our club vest until you are a fully paid up member.