



RUNTOFINISH 100 RUNNING TIPS

Hello fellow runner!

Thank you for subscribing to my weekly newsletter...I hope my articles will enrich the running side of your life.

A little about me...my humble beginnings as a runner started in 1997 when on a whim by my co-worker, she and I decided to train for and run a marathon. My daughter was just born and thought "what a great way to get back into shape in addition to doing something out of my comfort zone", an experience I could cross off my "bucket list".

Yes, my family including my husband thought I was out of my mind and basically said "Good Luck" with that!!! Of course, I had to prove something to all of them, but once I set my mind to something I follow through.

Fast forward many years later, having run 19 marathons and over one hundred additional road races ranging from 5K's to half marathons. I not only consider myself an avid runner, but very passionate about the sport which has become a big part of who I am, and something that I feel is important in my daily lifestyle and has helped me physically, mentally, personally and professionally.

In 2006, I expanded my running joy and passion into coaching others which has been incredibly rewarding, and helps me see running in a different perspective. I have coached beginning runners to the so-called hard core runners running for specific goals.

I have made some amazing friends in my years of running, and now have a whole new group of people to travel to races all around the country with. It is great having a support system of friends who share the same passion.

Happy Running!

RunCoach Jen

Now, without further ado...my 100 Running Tips

Run Training

1. Set realistic goals.
2. If you can't carry on a conversation you are running too fast "slow down".
3. Keep a running log
4. Abdominal breathing will help get rid of side cramps or "stitches."
5. Add rest to your schedule. Rest is just as important as running days.
6. Be patient.
7. Be consistent.
8. Pick your route close to home (out your front door)—the more convenient it is the better chance you will have sticking with it
9. Fuel your body often (5-6 small meals daily)
10. Keep a training diary.
11. Soreness one to two days after a run is normal (delayed onset muscle soreness).
12. Cross train 1-2 days a week.
13. Change your training routes to prevent boredom.
14. Incorporate speed work after developing an endurance base.
15. Follow a specific training plan.
16. Participate in a local running club (local running stores or fitness centers are a great place to find one).
17. Get involved with your community by volunteering at a local race.

Keep Your Head Up

18. A bad run is better than no run at all.
19. Don't think about it, just do it!
20. Join a run club or find a committed partner...accountability is key and you won't want to bail on your partner.



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21. Sign up for a goal race immediately. Having an end goal will keep you motivated.
22. Recognize and accept that not every run can be a good one.
23. Keep in mind that you will have plateaus in your training and tough days along the way.
24. Don't get discouraged if you don't have weight loss immediately.
25. Create a running blog to document your journey.
26. Know that It will get easier.
27. Remove the words "can't and never from your vocabulary.
28. Never compare yourself to others. Run for you!
29. Keep a running log of your mileage and progress.
30. If you normally run with a watch, skip it once a week and just enjoy the run and not pace.
31. Socialize with like minded people.
32. Run different routes.

Race Ready

33. For long distance races 10K or above start out slower than you think you should.
34. Break the race up into segments.
35. Lay your clothes out the night before the race so you are prepared.
36. Do not try new shoes, eat new foods, or wear new clothing on race day.
37. If you pace yourself at the beginning you will conserve energy to finish strong.
38. When drinking at aid stations run to the latter part of the station to grab fluids (will prevent being trapped in a pile up).
39. When drinking at aid stations, squeeze the cup so it folds slightly...will be easier to drink while you continue to move.
40. For longer distance races carry your own bottle (you never know when there might be a shortage of water).
41. Garbage bags work great for a cheap disposable raincoat.

Shoe and Apparel Tips

42. Try shoes on in the afternoon when your feet are bigger/swollen.
43. You should purchase a shoe that is 1/2 to a full size bigger than what you measure (feet swell).
44. Woman, don't skimp on the bra, even if it cost more than your shoes, support and comfort are key.
45. Buy running apparel that you look and feel good in that will motivate you to stick to your running.
46. Splurge on new running clothes at the end of the season when they are on clearance!
47. Wear light colored clothes in the summer (cooler).
48. Double knot your laces to keep intact when you run.
49. Don't tie to tight (feet will fall asleep).
50. Get properly fitted at a running specialty store.
51. Change your shoes every 350-500 miles.
52. Buy a shoe based on fit and feel not looks.
53. Buy running clothes that are moisture wicking fabrics...stay away from cotton (cotton holds moisture in).
54. Invest in socks designed for running. Cotton socks will give you blisters.
55. Wear loose fitting shorts or spandex shorts underneath running shorts to prevent chafing in unwanted areas.
56. Wear reflective gear if you are planning to run in the wee hours of the morning or evening runs.

Think Of Others

57. Don't carry loose change or anything that may annoy those running with or around you.
58. Have fun, be polite and say hello to a fellow runner as you see them.
59. When running in a group, do not run more than two or three wide (share the trail).
60. Always remember to say "Thank You" to event volunteers and family/friends who support you.
61. Keep your voice low when running in neighborhoods during early morning or late night runs.
62. When passing someone always alert them "passing on your left" so you don't startle them.



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Diet and Nutrition

63. Hydrate. Drink water throughout the day, not just leading up to an event or long run.
64. When running for more than an hour drink electrolytes (Gatorade, electrolyte tablets).
65. Avoid eating spicy foods before running the night before your long runs.
66. To speed recovery it is crucial to re-fuel (eat) within the hour after completing your run.
67. Chocolate Milk or Slim Fast is a good recovery drink.
68. On long runs practice eating something every hour for runs over one hour (Gu, Powerbar, etc.).
69. Stick to a low fiber meal the morning of a run (white bread with peanut butter works well for me).

Safety First

70. Be aware of your surroundings.
71. Always carry ID with you (ROAD ID is a great thing).
72. When running with music keep it low and pay closer attention.
73. Never assume cars see you.
74. Always run facing traffic.
75. Wear reflective gear.

Be Prepared For Any Weather

76. Dress as if it is 20 degrees warmer than the temperature on the thermometer.
77. In the winter dress in layers (make sure ears and hands are well protected).
78. Adjust your pace in extreme temperatures.
79. Run early in the morning or later in the evening to avoid the heat.
80. Wear sunscreen and a hat.
81. To keep cool in hot weather soak a rag or bandana in cold water and tie loosely around neck.
82. It's okay to run in rain, but take it inside when there is thunder/lightening.

Injury Prevention

83. Wear reflective clothing in the dark.
84. Use Body Glide on places that rub. This will help prevent blisters/chafing (guys don't forget the nipples, woman, under the sports bra).
85. Replace your shoes every 350-500 miles.
86. Ice bath for runs over 13 miles (quicker recovery, less aches and pains) No more than 20 minutes.
87. Be Conscious of your form.
88. Run your long runs at an easy pace.
89. Do not increase your mileage more than 10 percent per week.
90. Don't run two hard days back to back.
91. Keep your toenails short so they are not jammed in your shoes.
92. Guys, put Band-Aids before the long runs on your nipples.
93. Log your miles on your shoes.
94. Frozen vegetable make for great ice packs for aches and pains.
95. Do not go in a hot tub after a run/race (it will increase inflammation and hinder healing).
96. Stretch after warm up and after run, not before.
97. Don't put ice directly on skin....wrap in a towel.
98. Invest in a foam roller (great for deep stretching).
99. Get 7-8 hours of sleep regularly.
100. Be careful running on surfaces that consistently are on a slant.