

**5K WORDS**

# **RUNNING GUIDE**

**RUN FASTER, LONGER  
AND WITHOUT INJURY!**



Run  
from stress  
and heart  
attack!

**TILLER ROBERTS**



# RUNNING GUIDE

Run Faster, Longer and Without Injury

**by 5K WORDS**

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*You want to jog, but are afraid to damage the joints? Have you already run, but suffer from trauma? You are participating in events and want to win prizes? You think about the correct timetable and nutrition? Then this book is for you!*

*After reading this book, I assure you that you will be a lap further into your running progress. Things this book will teach you will unquestionably be valuable as you lace up your running shoes and prep up your body for the long run.*

*So brace yourself, sit back and relax as we walk you through each chapter and guide you towards your finish line loaded up with tips on how you reach runners success.*

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## INTRODUCTION



The millions and millions of individuals who have come to enjoy this sport and have made this their serious habit will be proof enough to convince you that running is indeed loaded with tons of benefits on top of being an enjoyable exercise.

You may be someone who is considering to devote your time to this exercise and need to know all you need to know before taking off with your first run. Or, you may be someone who has already been doing this for quite some time now but have not been properly informed about the correct way of doing it. Then congratulate yourself for you have just picked up the right book.

In this book, I will walk you through the basics of running. Everything you need to know about what running is, how it started out in the early days and how it has come to be the kind of sport most people -no matter the age range- have come to love. Of course, we will not miss out on learning about all the benefits of running. And if you think running is simply putting out your first step without much preparation and with the little research, then this book is also for you because it will highly encourage you to – THINK AGAIN. There is, of course, a proper way of doing a run, a proper technique and it will all be laid out one by one in this book. Also, you will be reading about the dangers you might encounter when running, we will present running-associated injuries. To make things a lot easier for you, there will also be practical guides on what to do and what not to do when in the running field, the things you should wear and should avoid. And to get you geared up for your run,

you can read about some of the most popular running events that enthusiasts have been arranging for years. These events will definitely motivate and inspire you to get more involved with running.

After reading this book, I assure you that you will be a lap further into your running progress. Things this book will teach you will unquestionably be valuable as you lace up your running shoes and prep up your body for the long run.

So brace yourself, sit back and relax as we walk you through each chapter and guide you towards your finish line loaded up with tips on how you reach runners success.



# CHAPTER 1: ALL ABOUT RUNNING



Before we get started on tips and strategies, it is best that you know the basics of running. Details about how it all began, how it was regarded in the days of past, how much it has changed since then and the impacts it brings to our present society. Before you run, it is wise for you to know exactly what you are committing yourself into. This information will greatly motivate you into this activity and give you a sense of pride after knowing that you are involving yourself into one of the noblest of the sport that man has been enjoying since time immemorial.

## How Running Came to Be

Running is a form of movement that involves the use of feet to move towards a destination at a rapid pace. Experts and scientists alike agree that this activity has been around since the times that our ancient ancestors evolved and began to move with two fewer limbs than the four that were commonly practiced before. This adaptation happened about 4 or 6 million years ago when man's ancient relation the ape-like *Australopithecus* learned the technique of walking on two legs and then eventually mastered this technique and learned how to run. They have found this technique extremely useful in "persistence hunting" where they track and chase down their prey until the animal becomes too exhausted that it becomes easier for humans to capture

them.

It was believed that in Mexico, the Tarahumara Indians who lived about 10 thousand years ago were able to cover 24-120 kilometers every day just hunting for living. Scientists have associated the prominent characteristics such as big knee joints, an abundance of sweat glands, and the Achilles' tendons as a result of these running activities.

A widely challenged account of a person named Pheidippides in 490 BC has recorded that running has been practiced even in those days. Pheidippides was believed to have run about 240 kilometers to Sparta to warn them of an impending battle when the Persians arrived at the Marathon. Although many scholars still hold this as nothing more but a myth, but this may well serve as an account of the history of a marathon and running. In fact, the first modern Olympic Games in 1896 held in Athens honored Pheidippides' important run in history.

It was the rise of religious festivals. However, that promoted the emergence and increase of competitive running. Countries such as Egypt, Greece, the Rift Valley in Africa and Asia were known to hold these religious running celebrations. In 1829 BC in Ireland, the Tailteann Games hold one of the oldest records of running involving competition in context.

By the 16<sup>th</sup> Century, "jogging" emerged and was already being used alongside running to train swordsmen of the upper class and noble men of society. It was possibly at this time when running was starting to gain interest in people who want to find ways to keep fit.

It was at the end of the 19<sup>th</sup> Century that running began to be seen as a professional sport. Track and field were birthed and by the end of the 1800s numerous school children around the world are already participating in competitive running races.

## **The Role of Running in Today's Society**

The past forty years or so has seen an extraordinary improvement in the popularity of this activity. Running has evolved from an activity of necessity to a recreational one. Running has become an activity not only exclusively for fitness but for social applications as well. Competitive running has also

seen a rise in the number of interested participants. Successful, prominent and famous personalities such as Clint Eastwood, Jimmy Carter, Jeff Galloway, Grete Waltz and many more have constantly promoted the activity/ sport and encourage a great many to participate and enjoy this activity.

Now, millions of people are finding this an indispensable habit and every country in the world probably holds an official organization that coordinates running events and activities for their enthusiasts.

It would not be entirely surprising to find out that whichever location you are, you will be able to find an organization that is the local community's official go-to when it comes to running events and social activities.

## CHAPTER 2: THE BENEFITS OF RUNNING



Jogging or running has probably gained much of its popularity because of all the health benefits it can offer. But did you know that this activity not only offers physical gains but also provides emotional, mental and other additional benefits? The following are just a few of the gains you will receive once you get into the habit of tying up your running shoes for the run:

### **1. Running keeps your weight in control**

Running or jogging has been known to help you burn calories as you go about running one step after another. The plus side of this exercise, however, is that the burning of calories does not stop after you have had your last step in running. The calories burn even after you stop and the more regular you practice this exercise, the more calories you burn “after the run.” Experts have called this condition the Excess Post Oxygen Consumption (EPOC) where your body continues to consume calories even if it is no longer doing the workout. Think of this as the bonus pay of running.

### **2. Running improves you overall mental health**

Have you ever heard of the term “Runner’s High”? This is the intense feeling of happiness that runners feel after a satisfying run. Scientists attribute this “high” to the release of the happy hormone, endorphin, brought by exercise. This means that runners are generally happy people and are less prone to anxiety and depression. This has been proven in a number of studies that exercise is already becoming a favorite in a doctor’s prescription for depression. So if you want to have that instant fix of happiness drug, then why not try out running? Not only is it physically beneficial, but it also loads less expensive as well.

### **3. Running strengthens your joints and bones**

The legs of a runner are small trunks filled with power. They may seem inconspicuous, but the long runs have made them tremendously powerful, with increased bone mass. They are also less prone to age-related bone loss and provide stronger joints and knees for a less inconvenient aging. As you run the bones in your legs are stressed and minerals are then directed to these locations, making them essentially stronger. Ligaments and tendons that connect your muscles and bones can better handle strenuous demands

### **4. Running strengthens your immune system**

There have been numerous studies indicating the positive response of running to the production of immunity strengthening antibodies. The natural immune system is boosted by the most rapid circulation of protective cells within the body, making you better able to respond to infection-causing germs. This means you get sick less and have greater immunity against minor diseases.

### **5. Running Strengthens Your Lungs**

Running not only increases your body’s stamina but your lungs’ as well. The long runs increase your endurance and your lung capacity, maximizing its potential and making them stronger and more powerful. A greater portion of the lungs that is left usually unused is now being utilized during running conditions. This activity has seen such positive outcomes for runners that even smokers who have respiratory conditions have been asked

to run regularly to help recover their lungs to a less damaged state.

## **6. Running Helps Lower Your Blood Pressure**

Whenever you run, your circulatory system is at its most active where your arteries expand and contract at a faster rate to keep up with your oxygen demand. Thus running not only exercises your muscles, but your circulatory system as well and apparently along with your respiratory system as we have seen in the previous number. The elasticity of your blood vessels are maintained in this activity and helps in the lowering of the blood pressure.

## **7. Running Reduces Your Risk of Cancer**

Although there is still no known cure for cancer, there have been plenty of researchers supporting activities and food that could help prevent its occurrence. Running is, fortunately, one of these activities that could lower a person's risk to attain cancer. Regular exercise is always associated with proper nutrition for the prevention of cancer and not only is running well for prevention, but it is also recommended for the improvement of a cancer patient's quality of life while undergoing treatment.

## **8. Running Keeps Your Mind Alert as You Age**

Being constantly agile and involved in a regular exercise, even as you age can be a sure method to keep your wits about as you gracefully add years to your life. Mental deterioration associated with age can be easily avoided by keeping your mind constantly working and what better way to do this than by regular exercise. It has even been shown in studies that the addition of regular exercise in the rehabilitation regimen of a person who has encountered a stroke can greatly improve the person's language, memory, thinking and critical ability by nearly half. Running can help significantly in the mental capacity of a person, especially as you face a mental decline due to age.

## **9. Running Relieves Your Stress**

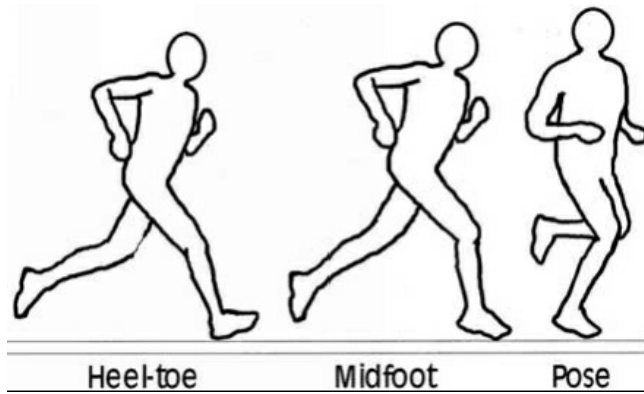
Aside from the release of the happy hormones endorphins, calm-

inducing hormones called serotonin are also released whenever you run. Running makes you less agitated and more relaxed which is especially useful after a long stressful day. Running can be a solution to your problems after all, if you don't know what else to do with your problems then take a few minutes to run away from it.

## **10. Running Lengthens Your Life**

Studies have associated running with a longer life span, although the real cause has not yet been pinpointed, but there has been a direct and undeniable association. A variety of people such as ordinary healthy individuals and even those who are at a higher risk of a shorter lifespan such as smokers or disease inflicted persons, studies have been consistently providing statistics linking running to a longer life.

## CHAPTER 3: THE PROPER RUNNING TECHNIQUE



### Why Do You Need to Run the Right Way?

With all the benefits of running, I'm sure you are all geared up to start on your first real run. But, hold your horses! There are still a number of details you need to carefully consider. Of course anyone can run, but not anyone can do it properly where they can better get the most out of their runs. At times, without proper knowledge you can even do more harm than gain for your body. It is, therefore, important that before you head out for your runs you know the appropriate way of striking your steps one heel to toe after another. When it comes to running, you need to do it right in order to achieve maximum results. This chapter will walk you through the basics of all you need to know in order to carry out the right way to run.

### Seven Techniques:

#### 1. Proper Leg Motion.

Whenever you land with your feet in front of you in place of landing



with your feet beneath you, then you are conducting and “overstride”. It is this fault that causes most of the knee and hamstring tendon injuries. Whenever you run, you should always bend your knee at a right angle to prevent stiffness and also to allow good blood circulation in your legs. The run should always post a good warm up and always at a medium well-adjusted pace.

## 2. Proper Posture

The skilfulness of your run is highly dependent on your posture. A good and proper posture is one that does not put much pressure on your spine by making it too straight but also does not maintain it too bent that makes running uncomfortable. The more you assume a drooping posture, the more your body needs to exert energy to keep it upright. This poor posture makes it harder for the blood to circulate towards your muscles as well as provide oxygen to your brain.

## 3. Proper Breathing Techniques

The proper way to breathe is using your belly, or, in other words, your belly should expand and contract with every breath and your shoulders should not rise and fall. This is the natural breathing action for humans. When your chest rises and falls upon breathing, this usually denotes a shallow breath and you do not use the full capacity of the lungs in this process. It is important that when you run you are able to use oxygen more efficiently since it is the prime molecule that aids in the conversion of stored body energy into usable body fuel.

## 4. Flexibility

Being easily bent or shaped is not only required for your muscles but your ligaments, joints, and tendons as well. Any limitation in the flexibility of these portions of your body will greatly reduce your range and fluidity of motion. This quality is something that you not only learn but must constantly put into practice in order to retain. It is, therefore, important that these parts of the body are kept flexible, through frequent stretches and

similar activities, to prevent injuries and muscle pains.

## 5. Proper Strides

What sets running apart from simple running is the time it takes for you to cover a certain distance. Whenever you run, you want to spend less time as possible. Thus you want to spend less time with each stride as is possible. This not only shortens the time but also lessens the energy your body needs to use up in order to support your body's weight with each stride. A good running technique follows 85-90 strides per minute and the right tool to measure this would be a metronome to help regulate your strides.

## 6. Proper Mental Focus

With every decision you need to make while running, your mind has to keep up with your speed. Your mind must be fully in focus with your current activity so that you will be able to cover more distance at the least possible time and with no or the least number of injuries possible. Eventually with the routine you make in running, your mind will be able to adjust and automatically make decisions for your muscles. This can be beneficial in preventing injuries but can also be meditative for some individuals.

## 7. Proper Upper and Lower Body Coordination

The upper body should be doing just as much work as your lower body. This equal distribution of workload while running makes sure that the entire body functions connectively and avoids placing more strain on a muscle than is necessary.

## CHAPTER 4: INJURIES ASSOCIATED WITH RUNNING



Being too careful in the running field may provide us with the extra precautions to avoid all the possible injuries we could acquire while running. But the reality is that no one, no matter how careful, is truly immune to injury. Because be that as it may, most of these injuries happen accidentally and in the least expected moment. Here are a few of the common injuries associated with running:

### 1. Plantar Fasciitis

Inflammation or small tears of the tendons and ligaments located at the base of the foot. This is the most common foot injury plaguing runners. The pain is usually sharp and tight with occasional bruising at the heel or arch of the foot and is typically felt more acutely in the morning.

#### *Causes:*

- overtraining
- improper or worn-out footwear
- tight and weakened feet muscles

#### *Risks:*

- very high or low arches
  - extreme foot rolling (inward and outward)
  - increasing distance too suddenly
  - long periods of standing, especially on hard surfaces
  - lower back pain history

***Cures:***

- short-term: orthotics and stability shoes
- avoiding walking/ running on bare feet
- calves stretching and strengthening

## 2. Runner's Knee

Irritation of the cartilage near the kneecap, this injury is also called Patellofemoral pains syndrome (PEPS)

***Causes:***

- misalignment of the kneecap
- uneven running surfaces
- improper footwear

***Risks:***

- unrestrained rolling off the foot inward
- weak thigh, hips or buttock muscle

***Cures:***

- anti-inflammatory ointments or treatments
- strengthening of hip and buttocks muscles
- use of resistance loop band above ankles or knees
- lowering position into a slight crouch
- shortening stride length and knee bending

### 3. Achilles Tendonitis

This is an inflammation of the Achilles tendon which is often associated with the plantar fasciitis. Pain is characterized at the Achilles tendon which attaches the calf muscle to the bone in the heel. Often swelling and very painful heel can be observed.

***Causes:***

- tight calves
- improper footwear

***Risks:***

- runners who suddenly and hugely increase training
- tight and weak calves

***Cures:***

- stretching
- resting
- icing
- orthotics, heel lifts and proper shoes

### 4. Hamstring Issues

The hamstrings are muscles located at the back of our thighs responsible for allowing us to bend our knees, drive us up hills, extend our legs, and give high kicks.

***Causes:***

- rapid acceleration of speed while running

***Risks:***

- weak (too short or too long) hamstring muscles
- inflexible muscles

- tight and short hamstrings
- muscle imbalance

***Cures:***

- one-legged dead lifts for strengthening hamstrings
- ice, compression, and elevation
- non-steroidal anti-inflammatory medicines
- program of stretching and motion rehabilitation

## 5. Shin splints

This can also be used to denote the medial tibial stress syndrome. The pain is an aching feeling that is exhibited in the muscles around the shin bone or the tibia.

***Causes:***

- sudden or sharp increase in training load and difficulty

***Risks:***

- new runners
- newly returned runners
- improper footwear
- wearing of high arches heels or flats

***Cures:***

- rest, ice and mild pain relievers
- increase speed and distance only gradually

## CHAPTER 5 : PRACTICAL TIPS ON WHAT TO DO WHEN PICKING OUT RUNNING SHOES



As you have seen in our list of common injuries associated with running, the wearing of proper running shoes is really important when you want to make running your habit. Proper running technique demands that you wear the appropriate running shoes to avoid further injury and to ensure that your running experience is not traumatic but enjoyable. Running shoes should treat your feet with all the gentleness you need instead of treating you roughly. When it comes to running, shoes are the only tool you will most definitely need and it's always wise to invest in a good pair rather than risk injury and discomfort with a poor one. The following are a few things you need to consider when picking out the best shoe essentials for your running:

### 1. Good Quality over Cheap Price

You may think it too preposterous to spend a huge amount on a pair of running shoes but think of it as a lifetime investment for health and fitness. Look for good quality and do not let money be the limit. Consider this, if you get injured because of your poor quality running shoes, the money you would spend for treatment may be more than what you may have spent on good running shoes.

## 2. Experts Know Best

In specialty running shops, the people in charge of sales often know the categories you need to consider when choosing a new pair. Allow them to help you when picking out these shoes and consider their suggestions very seriously.

## 3. Always Measure Your Size

Every time you buy new shoes never assumes on your size. Have your feet measured prior to purchase and it is recommended that you size them up late in the day when they are at their biggest. When choosing your shoe size, always consider adding at least a thumbnail space between the shoe tip to your longest toe. This space will allow your feet to flex.

## 4. Change Gear Regularly

For every 300 to 500 miles you run, you must remember to change your running shoes. Wearing torn and worn out running shoes is a definite risk enhancer for running injuries. Make it a habit of tracking your running in order to know when it's time to replace your old pair.

## 5. Choose Functionality over Aesthetics

It is never wise to choose a pair of running shoes just because you like its color or style. How nice you look when running has nothing to do with managing a good and proper running technique. Choose running shoes that provide the best comfort and could make you run faster rather than shoes that make you look more fashionable.



## CHAPTER 6: THE PROPER TRAINING PROGRAM AND NUTRITION



### Training Program

It is for your best interest that you consider a good training program when running. Beginners and experts alike need to be guided accordingly when they enjoy their runs. Plan ahead to avoid failing and performing the wrong habits when running. Pick out a training plan that best fits your personality, capacity and schedule. Here are a few considerations when choosing your training plan.

First, you need to be realistic and set up an attainable goal. Far-fetched goals that might seem impossible for you to follow would only result in a waste of effort and time. Choose plans that could carry out the correct mileage you can cover in a week.

Secondly, once you have your schedule, be faithful and committed to it. As much as possible never miss a running session. This will help establish your discipline and also avoid you becoming too lenient with your rules when running.

Thirdly, consider other physical activities and not only running in your training program. Being fit requires your body's entirety and in order to avoid

straining it with just a single activity, it is best to incorporate variety into your program.

Lastly, only say yes to the plan if you can indeed commit to it. Finding a program that doesn't push you too hard or too less is the ultimate goal of training programs and should be your key to choosing a program.

## Nutrition

In order to give your best in the running field, you need to also fuel your body with the best kind of energy source. The kind of food you intake as well as the fluid you drink can greatly determine your running performance. Instead of listing on things to consider when it comes to the diet of runners, here are a few things you must avoid in order to make sure your runs stay ultimately prime:

1. Skipping breakfast.
2. Excessively binging on protein, fat, and fiber.
3. Drinking too much fluid.
4. Intentionally avoiding aid stations.
5. Not scheduling eating times.

There are also other conditions and these are just a few, just make sure that you recognize that the greater portion of any active workout is the diet

.

## CONCLUSION

Now that you have seen the basics of things you need to consider when running as well as primary knowledge about running, I'm sure you will be more than ready to commit to your first run.

Running is a very enjoyable activity and a rewarding hobby for people who want to spend more time and effort improving their quality of life. We, therefore, thank you for picking out this book on your journey towards running and all its benefits, techniques, and related injuries.

As you fall deeper into this habit may you discover more fun ways to enjoy this activity. So stop making a number of reasons to stop you from running but find that single most important reason why you should now lace up your running shoes and start with your first lap.