

Running Tips

These are general recommendations for runners and are only appropriate for those who are healthy and cleared to exercise by their doctor. Your evaluating therapist will instruct you in your own customized running rehabilitation program.

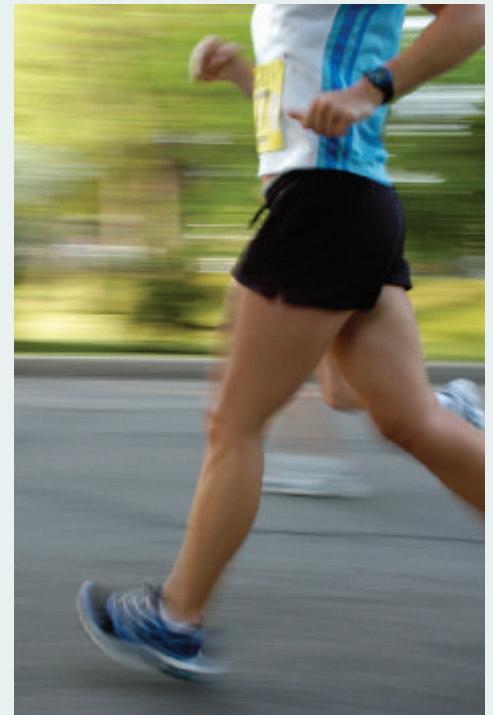
Shoes and Clothing

- Replace shoes every 300 to 400 miles. Purchase shoes at a running specialty store where you can get a custom fit. Only wear orthotics or inserts in your shoes if instructed to do so by a professional.
- Wear running specific clothing that is comfortable, allows moisture to escape (wicking, breathable) and does not rub in any particular location. Use a lubricant to prevent chafing as needed.
- In the summer, wear loose-fitting clothing and protect against sun burn appropriately (i.e. hat, lotion).
- In the winter, dress in layers – inner moisture wicking, middle insulating, outer wind and water resistant. Dress as if it is 10 degrees warmer than the true temperature.

Training

- Perform proper warm-up and cool-down. Walk or run slowly for 5 to 10 minutes before initiating training pace.
- Stretching—The best time to stretch is after warm-up and cool-down. Each stretch should be performed mildly for 20 to 30 seconds; several repetitions of each stretch.
- Increasing mileage—Only increase mileage or time 10 percent per week.
- Training intensity—Easy runs (80 to 90 percent of mileage), hard runs (10 to 20 percent of mileage)
- Hard runs—Tempo runs (consistent effort of 2 to 10+ miles), intervals (0.25-1.0 mile repeats)
- Cross training and rest—Do another type of aerobic exercise or rest at least once per week (i.e. elliptical, biking).

[See other side for nutrition, health and safety, and beginning running >](#)



**SISTER KENNY
REHABILITATION
INSTITUTE**

Allina Hospitals & Clinics

**Sister Kenny Sports &
Physical Therapy Center**

RunSMART
612-262-7900 or
888-691-0045

sisterkennyinstitute.com

Running Tips

Nutrition

- Before long runs (more than 60 minutes)—Consume 200 to 500 calories (high carbohydrate) and at least 16 ounces of fluids two to three hours before running. Drink eight to 16 ounces of a carbohydrate drink within 60 minutes of the run.
- Hydration (runs more than 60 min.)—Hydrate 13 to 27 ounces (400 to 800 ml) every hour with a carbohydrate or electrolyte drink.
- Energy replenishment (runs more than 60 minutes)—Ingest 30 to 60 grams of carbohydrate every hour (120 to 240 calories) of sports drink, gels, energy blocks, dried fruit, energy bars, etc.
- Long run recovery—Start hydrating and taking in carbohydrates at least 15 to 60 minutes after a run. Consume enough liquid to replenish water losses and at a 4:1 carbohydrate to protein proportion.
- General caloric needs:
 - 60 to 65 percent carbohydrate
 - 15 percent protein, 20 to 25 percent fat

Health, safety

- Neck, fever rule—If you have symptoms below your neck (i.e. lungs) or a fever, do not run.
- Run on trails, sidewalks, or the L shoulder whenever possible. Carry an ID and tell someone where and when you are going.
- Golden rule—If something hurts and does not get better while running, stop. If pain continues after resting, icing and stretching for one to two weeks, consult with your doctor for a physical therapy referral.
- When running in the dark, wear reflective clothing and do not wear headphones.

Beginning running

- As with any exercise program, consult with your doctor before starting a running program.
- Start with a walk-run program if you can easily walk 30 minutes, three to four times a week. Visit runnersworld.com and click on Training > Beginners the Run/Walk Plan.
- Run at least three to five times a week for 20 to 30 minutes each time without increasing mileage more than 10 percent per week.
- Run at a comfortable pace so that you can talk while you run.
- Contact local running stores, health clubs, or Minnesota Distance Running Association for running groups.