

Proven Ways to Train, Eat, Race and Stay Injury Free

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Part 1

The 23 Golden rules of running.

Normally there is just one golden rule, but runners need a whole lot to get faster, fitter and stronger. So here they are, stick to these and you can't go wrong.

1. The most effective training mimics the event you are training for. If you want to run a 10k in 50minutes, you need to train at 5min per kay, you get the picture.
2. Increase mileage by no more than 10% a week. Absolutely vital, increase your mileage to quick and run the risk of injury.
3. Consume a carbohydrate-protein beverage within 60 minutes after any workout. You will bounce back a lot quicker and be ready for the next session.
4. Wait for 2 hours after eating before running. You don't want to get cramps or start to vomit.
5. Build up and run at least one 32k before attempting a marathon. Completing a 32 will help you wrap your head around a marathon.
6. If something hurts for 2 consecutive days, take 2 days off. Recover faster and you won't make the injury worse.
7. Start every run with 10 minutes walking and jogging and do the same when you are finished.



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8. Don't eat or drink anything new before a race. Stick to what works, your body gets used to what you put into it.

9. A headwind always slows you down more than a tailwind speeds you up. You will run slower on windy days, it's just a fact you need to deal with.

10. For about 3 days before a race carbo load. Turbo charge your system for races longer than 2 hours.

11. Runners improve for about seven years. You can expect to improve on your performance for about 7 years after you start running.

12. Running uphill slows you down more than running downhill speeds you up. Fact.

13. Be able to talk sentences while running. If you can hold a conversation while running, you are the right pace.

14. Runners who only run are prone to injury. Cross training is a must.

15. Sleep half a minute per night for each kilometer per week that you train.



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16. The best way to a personal best is to run at an even pace from start to finish.
17. Replace your running shoes once you have done between 600 and 800 kilometers in them. Don't and you are going to injure yourself.
18. Take an easy day after a hard day. Running hard all the time is no fun anyway.
19. Dress for runs as if it's 10 degrees warmer than it actually is. You are going to warm up after a few kays anyway.
20. The most effective pace for VO2 max interval training is about 15 seconds faster per kilometer than your 5k race pace.
21. Tempo-run pace is the pace you can maintain when running all out for an hour.
22. Do your longest training runs at least two minutes per kilometer slower than your 5k race pace.
23. The longer the race, the slower the pace.



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Part 2

15 must -buy foods for runners

Get the right foods, ones that will keep you healthy, fuel top performance and cook up into delicious meals.

Almonds

Eat a small handful of unroasted almonds 3 to five times a week. An excellent source of vitamin e, lowers cholesterol and decreases your risk for heart disease.

Eggs

One egg is about 10% of your daily protein needs. The protein in eggs contains all the amino acids your hard working muscles need for recovery. Eat one a day, and don't worry about the cholesterol. Studies have shown that egg eaters have a lower risk for heart disease than who don't.

Sweet Potatoes

You should eat these all year round if you can. Very high in Vitamin A and a good source of vitamin C, potassium, iron and two trace minerals, manganese and copper. These minerals are crucial for healthy muscle function

Whole grain cereal with protein

Look for cereal that offers at least five grams of fiber and 8 grams of protein. Excellent for breakfast, you never want to skip breakfast as research has shown that those who eat breakfast are healthier, trimmer and can manage their weight better.



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Oranges

Eat enough and you may experience less muscle soreness after hard workouts. Very high in the antioxidant vitamin c.

Canned baked beans

One cup will give you 30% of your daily protein needs and 60% fiber. A daily serving of baked beans appears to lower cholesterol and heart disease risk.

Mixed salad greens

Rather than buying one type of lettuce rather buy a variety of mixed greens. These phytonutrients act as antioxidants warding off muscle damage from tough workouts.

Salmon

This super fish is high in protein and an excellent source of omega 3 fats. These fats help balance the body's inflammation response.

Whole wheat bread

A runner needs to eat three to six slices a day. This is an easy way to meet your requirements of whole grains per day.

Frozen stir fry vegetables

Most of these ready to fry combos offer a potent mix of antioxidants by including red and green peppers, onions, and bean spurts.



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Whole wheat pasta

Contains easily digestible carbs to restock spent energy stores. The whole version is much better as this fills you up with added fiber. Have additional b vitamins for energy metabolism.

Chicken

As a runner you need about 70% more protein than non runners to help rebuild muscles after a heavy workout.. A 110g serving of chicken will supply about half your daily protein needs.

Frozen mixed berries

A powerful group of antioxidants that assist with post run recovery and muscle repair, and contains only about 250kilojoules per cup.

Low fat yoghurt

A good source of protein and calcium helps your digestive tract to function normally. Make sure it has live cultures in, look out for the symbol on the packaging.

Dark chocolate (the best for last)

You deserve at least one indulgence; chocolate contains powerful antioxidants that can boost heart health.



Part 3

The perfect three day training plan

Many beginners want to run three days a week and still be able to log around 25 kilometers.

You want to get as fit as possible running these days, well here's the plan to get you there.

Tuesday

This is your strength day, run about 5 to 7 kays

Pick a hilly course to do this session on.

Warm up for about one kilometer

As you run up each incline increase your pace as you go. As you get to the top of the hill you should be running quite strong but not at all out pace. Jog slowly or walk down the other side.

Try and do at least three hills to start out with and increase each week until you are up to nine.



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Thursday

Speed, five to seven kays

You need to learn to run faster and more efficiently, focus on shortening the amount of time your feet stay on the ground while running.

Warm up for 10minutes

Run for ten steps, try and pick your feet up as soon as they hit the ground and then jog for 1 minute. Then try a set of 20 steps, 25 and lastly 30, jogging a minute between each set.

Repeat, and warm down for 10 minutes

Weekend Run

Distance, 12 to 15 kilometers

Run slowly, this day is all about covering the distance. Take walk breaks from when you start. Don't wait until you are tired to start walking or your muscles will already be fatigued and you won't recover during the breaks.



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Part 4

The single best way to run faster

The single most important lesson that amateur runners can learn from the worlds best ,

is the speed that we turn our legs over during running

Improving running cadence (the speed our legs turnover while running) is the single best way to improve your speed.

[What then are the benefits to improving leg cadence?](#)

You become a way more efficient runner. Rapid leg turnover reduces the braking effect of over striding. This means that all your energy is now used to propel you forwards.

You develop quick, light steps. High cadence means that your feet spend less time on the ground and this then reduces your chance for injury.

Better use of the muscles. A quicker cadence requires you to lift your knees and this puts less strain on your hip flexors. Try this out, stand on one leg and swing your leg from the hip quickly, now bend your knee and do the same thing.

It's way more difficult with your leg straight right?



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