

ANUBHAV KARMAKAR



Athlopedia

RUNNING BASICS

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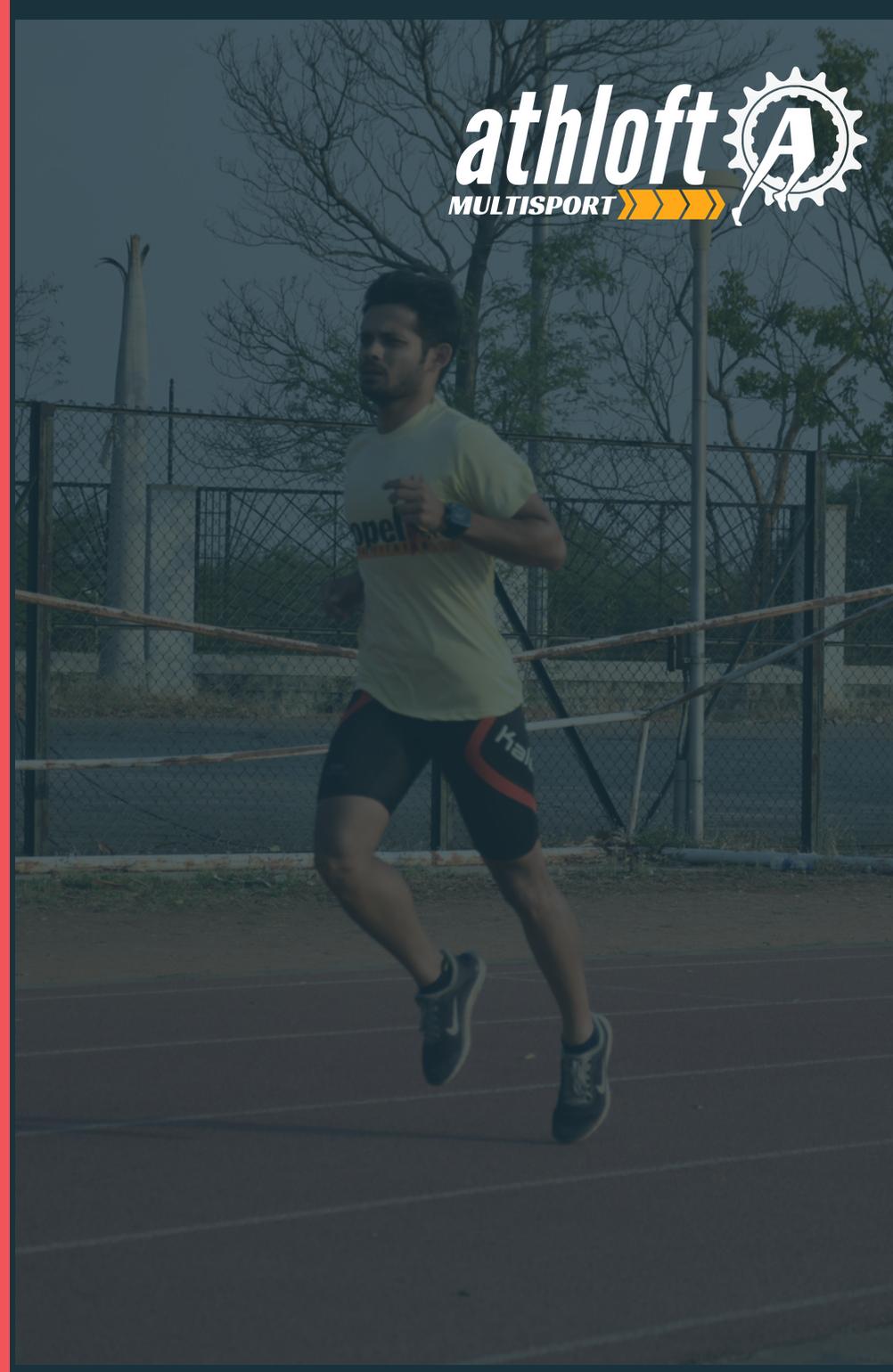
TOPICS

Running Form
Strength Training
Training Intensity
Nutrition
Hydration
Injury Prevention
Warming Up

RUNNING FORM

Proper technique is the cornerstone of every sports discipline or any other activity that involves human movement.

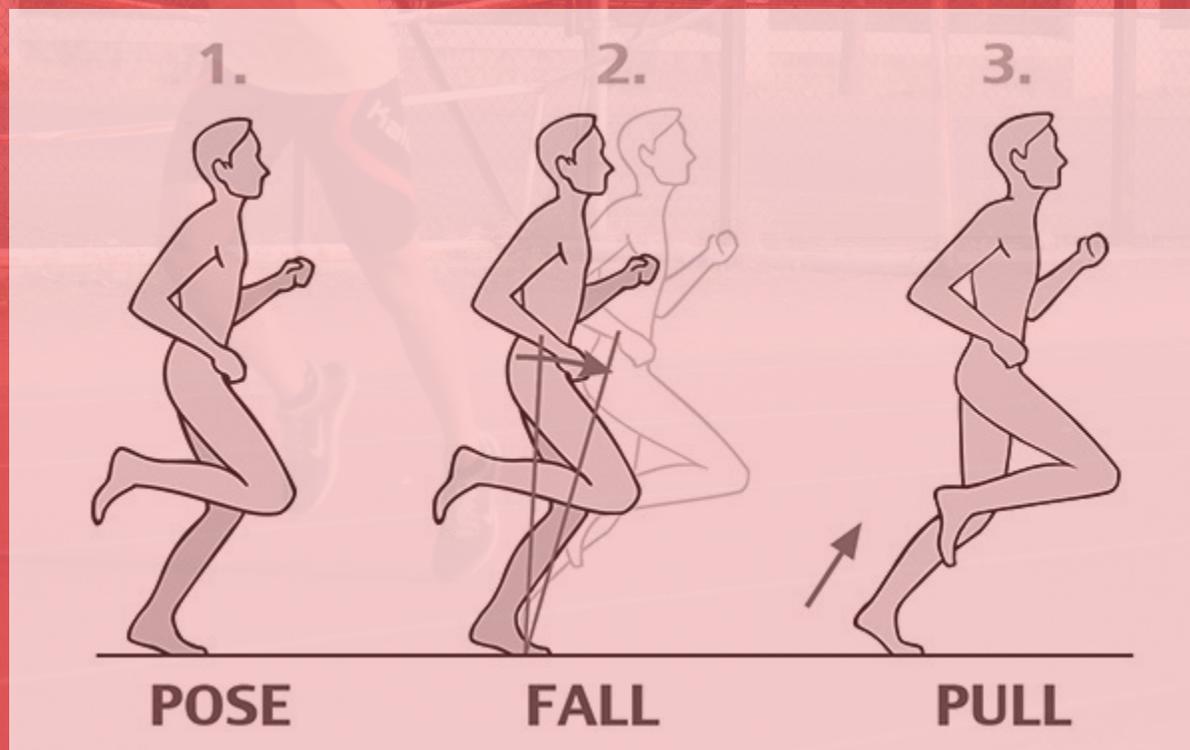
Running is no different





RUNNING FORM

To achieve the optimum running technique, the key is to make the greatest possible use of terrestrial gravity.





BODY ALIGNMENT

Good body alignment requires keeping the center of body mass (CBM) over the leg making contact with the ground (foot-strike).

Having strong gluteals (hip stabilizers) is very important as each foot—at impact—balances the body. Instability or muscle weakness can result in wasted energy and contribute to injury.



RELAX YOUR BODY

1. The arms should not cross over the center of the body as this may result in too much side-to-side motion.
2. Your arms should be loosely flexed with the elbows at about 90 degrees.
3. Your elbows should be close to the sides of your body (but not touching) as they move downward past the hip.
4. Think of gently pulling the elbow straight back.
5. Bring your hand and forearm up parallel with the middle of your chest



TRAINING INTENSITY

LEVEL	NAME	% OF THRESHOLD POWER	% OF THRESHOLD HEART RATE	RPE	TIME
1	Active Recovery	≤ 55%	≤ 68%	< 2	70 – 80 years
2	Endurance	56 – 75%	69 – 83%	2 – 3	2.5 hours to 14 days
3	Tempo	76 – 90%	84 – 94%	3 – 4	2.5 – 8 hours
4	Lactate Threshold	91 – 105%	95 – 105%	4 – 5	10 – 60 minutes
5	VO ₂ Max	120%	> 106%	6 – 7	3 – 8 minutes
6	Anaerobic Capacity	121 – 150%	N/A	> 7	30 seconds to 2 minutes
7	Neuromuscular Power	N/A	N/A	MAXIMAL	5 – 15 seconds



TRAINING INTENSITY

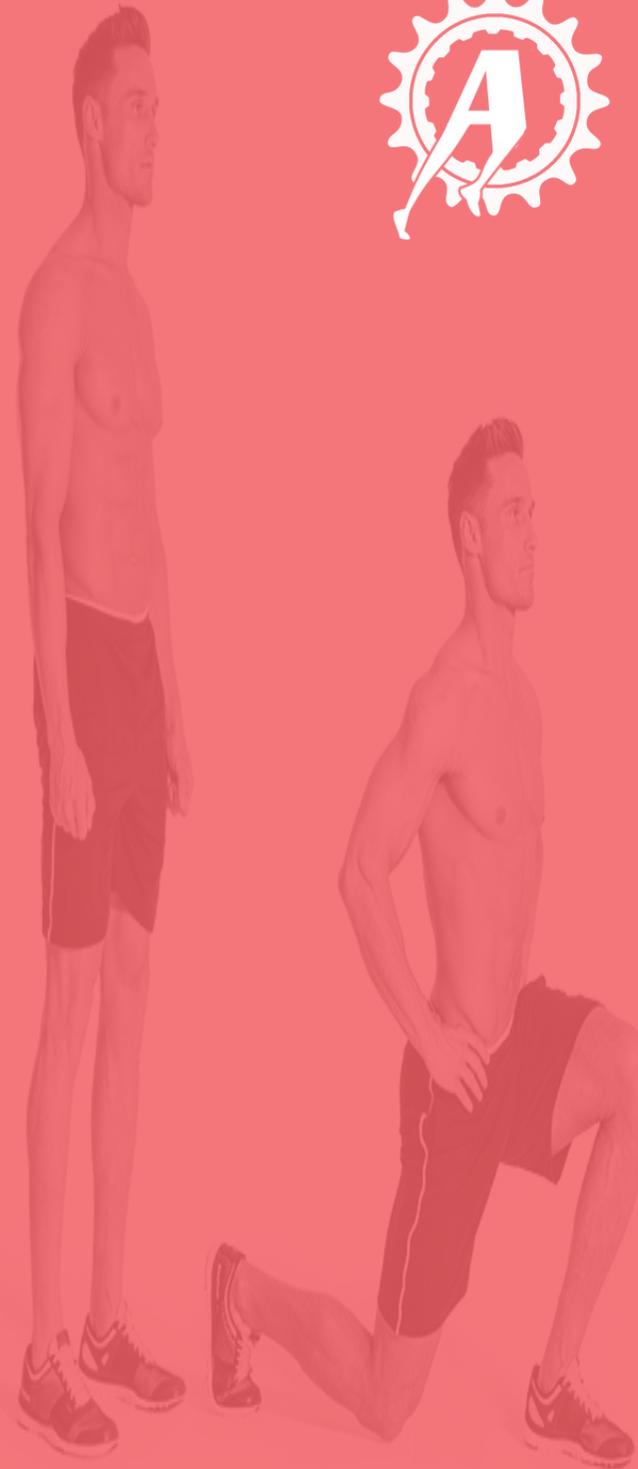
- Easy - heart muscle strength & vascularization - 150 mins
- Race Pace - adjust to pace, mental preparation - 110 mins
- Threshold - ability to clear blood lactate - 30 mins
- Intervals - maximize aerobic power ($VO_2\text{max}$) - 3 to 5 mins
- Repetitions - anaerobic power, speed, economy - 200/400m

STRENGTH TRAINING

Glute, Hip, Hamstring
Core strength

Eg. Single Leg Glute Bridge,
Lunges, Squats, Planks, Side-Lying Leg
Lift

Leg Curls, Leg Press, Leg Extensions



NUTRITION

Complex carbohydrates

Protein 1.5 grams of protein for every kilogram that you weigh.

Fats. Monounsaturated fats such as olive oil, flax seed oil

Balanced meals : 20 percent fats, 60 percent complex carbohydrates and 20 percent proteins.

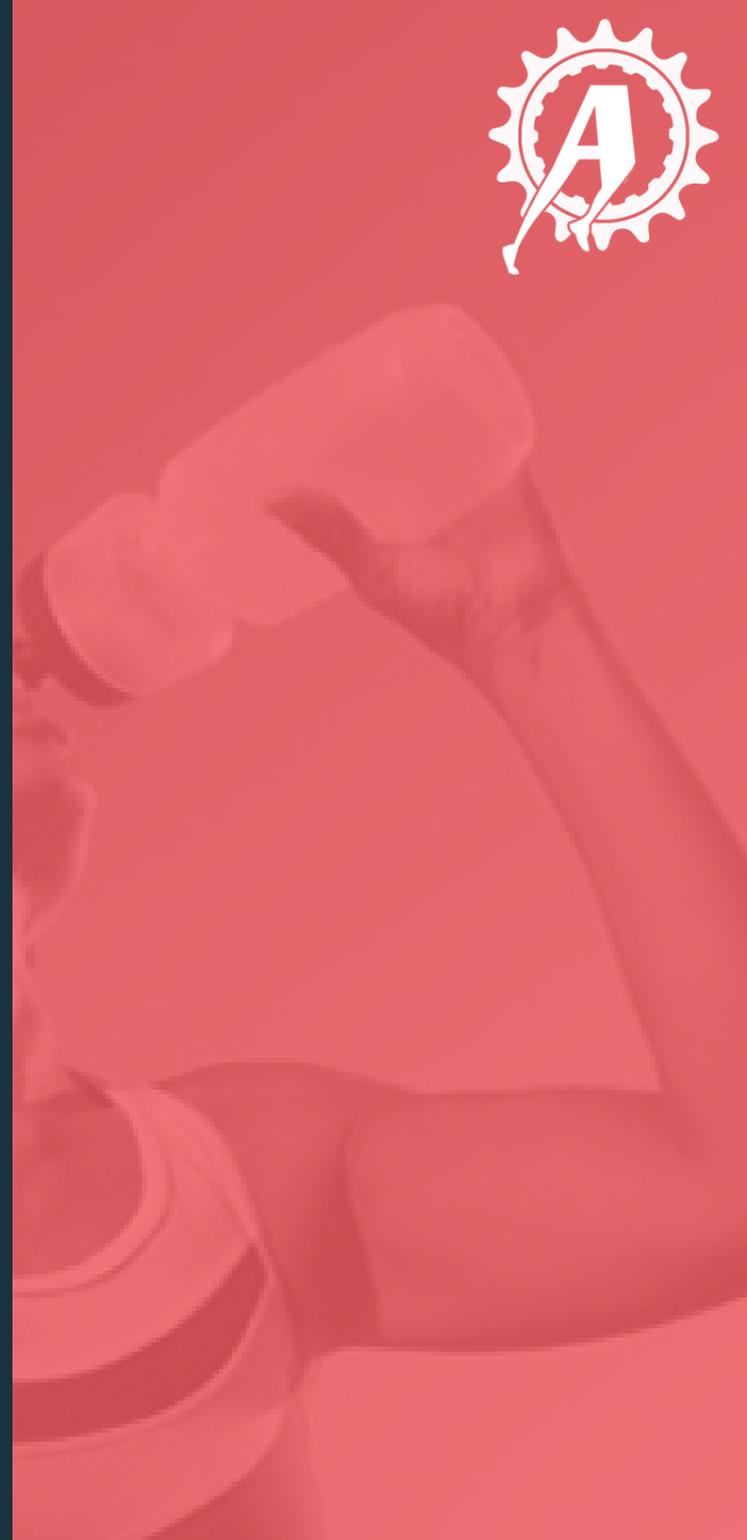




HYDRATION

Water consumption is essential for everyone, but even more so for the runner who is going to sweat more than average.

Consume water and electrolytes at alternate aid stations



INJURY PREVENTION

Know your limits

Listen to your body

Dont Overstride

Strength and Condition your body

RICE

Don't Race Or Do Speedwork Too Often

Cross-Training

Get Shoes that fit

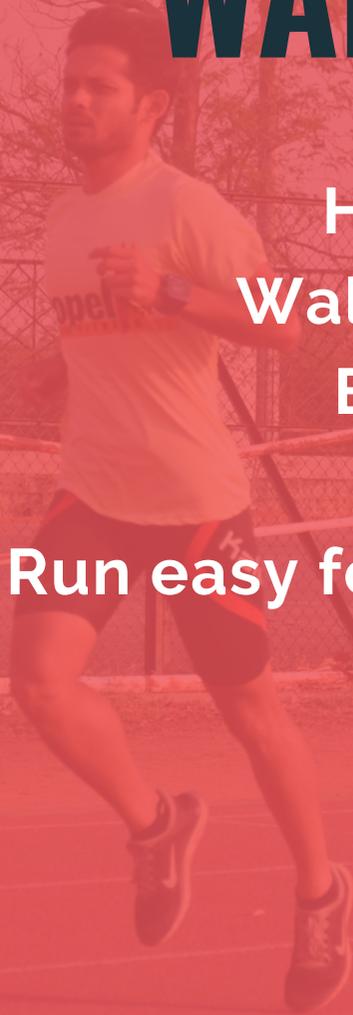




WARM UP

Hip Circles
Walking Lunges
Butt Kicks

Run easy for about 10 minutes



**THANK
YOU!**



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