

How to Start/Enhance a Walking/Running Program

Tiger Coaching and Personal Training

Gary Bredehoft

2110 Winthrop Rd. Suite 100B

Lincoln, NE 68502

Ph. -488-8280

coach@tigercoaching.com

ACE Certified Personal Trainer

USA Certified Triathlon Coach

CPR/First Aid certified

I. Health benefits of exercise

- a. Strengthening the heart
- b. Increasing the exchange of oxygen between the blood and all other parts of the body(improved oxygen uptake)
- c. Reduction in blood pressure
- d. Reduction in the cholesterol levels (LDL "bad")
- e. Increase in the level of good (HDL) cholesterol
- f. Reduction in weight and maintenance of weight control
- g. Slowing of bone loss
- h. Reduction of Stress
- i. Increase in muscular strength and definition.

II. Get a physical/medical check-up

- a. Heart problems
- b. High blood pressure
- c. Breathing problems
- d. Muscular/joint problems

III. Assess your fitness level/physical condition/physical problems

- a. Workout history
- b. Fitness level
- c. History of sports injuries

IV. Assess your fitness/personal goals

- a. Set specific goals that can be measured.
- b. Set challenging but realistic goals
- c. Adjust your goals to meet the circumstances.
- d. Set short range as well as long range goals
Short-immediate stimulus for self-confidence and motivation.
- e. Set performance, not outcome goals.
- f. Set goals for workouts/races
- g. Set positive, not negative goals.
- h. Set target dates
- i. Identify ways to achieve goals

- j. Write down your goals. Place them where you can see them everyday.
- k. Evaluate your goals
- l. Get help if needed - coach, objective individual

Problems in setting goals

- a. Too many goals too soon.
- b. Too general
- c. Not modifying unrealistic goals
- d. Not setting performance goals.

Goal setting worksheet/list

V. Equipment

- a. Well fitting, well-cushioned walking/running shoes.
- b. Comfortable/appropriate clothing
Dress in light layers
- c. Heartrate monitor
Monitor level of intensity
Prevent Overtraining/over doing it.
Monitor when you need a rest/break - morning heartrate
Heartrate training zones - handout
- d. Running watch
Treat yourself to something special

VI. Setting up your program

- a. Start at a level fit for you
Ask a qualified person/professional for assistance
Find a program in a book/magazine with a program that fits your needs; make sure the program is not too aggressive for your level Of fitness.
- b. Schedule time for your workouts (this appointment is as important as any other you will keep all day)
- c. Keep a log/write down your workouts/results.
Distance/time - Heartrate
Route - How you felt - Hours of sleep
When you're feeling unmotivated, look at your log and see how far you have come.
- d. Get a friend(s) to join you.
- e. Start slowly, increase time/distance or intensity slowly (10% rule)
- f. Build in rest days
Hard/easy theory - no hard depending on goals.
Every fourth week cut down your time/mileage by 50-60%
For that week only. Resume schedule following week.
- g. Weight goals
Proper nutrition

- h. Incorporate a stretching program
15-30min. after every workout
Gentle, static stretches - handout

VII. Analysis your diet/nutrition habits/needs

- a. Water - proper hydration before/during/after workouts
- b. Vitamins/minerals
Daily supplement - insurance
- c. Carbohydrates - 50-60%
- d. Fats - 15-20%
- e. Proteins - 20-30%
- f. Analysis your caloric needs/intake
- g. Walking/running = 100 cal. Burned per mile.

Guidelines/Tips

- a. Be patient!
You'll see - feel results; give your body time to become stronger.
Don't expect results overnight.
Everyone is different, don't get discouraged if you aren't progressing as fast as someone else.
- b. Cross training
Weight/strength training
Upper body conditioning/toning
Biking/spinning
Swimming
Precor/running in pool/Stairmaster/ etc.
- c. Start/intermix program on a treadmill if you like, more forgiving/ softer
Mix surfacing you walk/run on - concrete/asphalt/trails/grass
- d. Keep the appropriate amount of sleep
Morning Heartrate

VIII. How to take your program to the next level

- a. Increase Frequency
Starting with 2-3 times a week increase to 4, than 5 times a week
- b. Increase Intensity
Increase your Heartrate, improve cardiovascular fitness
Mix in intervals
Add more intense days 1-2 times a week, followed by an easy day.
Use your arms
Hill workouts
Increase only one (frequency/intensity at a time)
- c. Increase Time
Vary the length of your workouts
Slowly increase time to one long workout a week (2-3x)
- d. Add races/competition if it's for you

The small investment in time will yield years of health and vitality.