

# Stainland Lions Running Club

## Beginners Guide 2015

Welcome! We all hope you will enjoy the Beginners' Course at Stainland Lions Running Club. The aim of the course is to introduce others to the joys of running and show that everyone can run and enjoy it! Over the 8 weeks you will have a gentle introduction to running and the opportunity to make new friends.

The Stainland Lions is a social running club. Our members cover a wide spectrum of abilities, from slow plodders to fast, fit and competitive athletes. We welcome you all. We don't just run though, we have a wide variety of social activities throughout the year.

At this stage a pair of normal trainers will be sufficient for you to give running a try and see if running is for you. However, if you want to carry on running or if you intend to buy some for the course you should seriously consider having your feet assessed for the right trainers, as incorrect footwear can take its toll on your joints. We recommend you buy from a specialist running shop and have listed a few shops inside this guide.

Have a good look through this guide, it will hopefully give you some useful information about the club and give you some tips to help you with running, clothing and trainers etc. It just remains for us to say thank you for coming along to this year's beginner's course and hope you enjoy yourself. If you have any questions, please don't hesitate to ask any of the club members, we're not experts but we'll help where we can.



David Rushworth  
Beginner's Captain



Rachel Whiteley  
Vice Beginner's Captain

Some of the club members.....



## Training Guidelines

1. Mix running and walking. Few people can run a full mile the first time out the door, so don't even try. You'll get discouraged and quit. Instead, mix running and walking.
2. Take the 'talk test'. Always run at a relaxed and comfortable pace. This isn't the Olympics - it's a lifelong fitness quest. To check your effort level, start a conversation with your training partner. You should be able to speak without gasping or feeling out of breath. If you can't, then slow down.
3. Go further, not harder. Once you reach the magic 20 minute mark, build up to 30 minutes (then 40, 50 and 60). Don't make the mistake of trying to get faster - don't try to run your 20- minute course in 19 minutes. Increasing endurance is your first priority.
4. Be a tortoise, not a hare. We don't have to retell the old children's story here. Running works just like the tortoise-and-hare race. It rewards the patient (with weight loss, steady progress, less stress, more energy and a host of health benefits) and penalizes the overeager (with injuries, burnout and the like). Be slow, not sorry.
5. Don't compare yourself with anyone else. There must be a billion runners out there but there's only one runner who really counts - you. So don't feel bad if you see someone who's faster, thinner or smoother-striding. Running is your activity - make it work for you, and don't worry about anyone else.

## Shoes

1. This is the most important purchase you make, so as soon as you can, buy the real thing. Get a quality pair of running shoes; not tennis, aerobics or cross-training shoes, but shoes made specifically for running.
2. Expect to spend between £35- £80 for a good model from a serious manufacturer.
3. Go to a specialist running shop when you're looking to buy, don't head for the major sports chain on the high street. It is important that your running shoes fit correctly, so go to a shop that specialises in running footwear, where you'll find a wide selection of shoe models and sizes, as well as trained staff, who are runners themselves. They will help evaluate your feet and running style, recommend the right shoes for you and can check your gait analysis during a short run on their treadmill. Good local shops include:
  - a. SMK Sports in Elland and Cleckheaton
  - b. Up & Running (Huddersfield, Leeds & Manchester)

You can often find great bargains if you don't mind wearing last year's colours (they all end up grey after a few runs anyway - check out our shoes and you'll see what we mean!).

4. When you shop for shoes, do the following things:
  - a. Go late in the day, when your feet are their largest (feet swell during the day and during running)
  - b. Bring along the socks you'll wear while running

c. Buy shoes at least a half size bigger than your normal shoe size

d. Be fastidious about fit. The running shoes you buy must fit properly to work properly. A good fitting running shoe will feel snug but not tight. There should be room at the front of the shoe to allow your feet to spread during running. Press your thumb into the shoe beyond the big toe; it should fit between the end of your toe and the end of the shoe. In the rear-foot, your heel should also fit snugly so the shoe will hold your foot securely.

e. Check your shoes on a treadmill at the shop to give your shoes a test run.

### **Clothing: Not just a fashion statement**

1. Use thin layers. Sweat moves more easily through two thin layers than it does through one thick layer. A well-designed layering system keeps you warm and dry during the colder months, yet still allows freedom of movement.

2. Make it breathable. Cotton is great at soaking up sweat, but it's also great at holding on to it. A soaked T-shirt will stick to your body, and cotton's coarse, rough fibres may chafe your skin. Breathable, synthetic fabrics, such as CoolMax or Dri-Fit, wick perspiration away from your skin and to the outer surface, where that moisture can evaporate quickly, with the desirable result of keeping you cooler in hot weather and warmer in cold weather.

3. Consider the weather conditions you'll be running in, if you rarely run in rain, sleet or snow, you don't need a waterproof jacket.

4. You probably won't need more than two or three layers on your upper body and one layer on your legs.

5. Don't overdo it. Many runners make the mistake of overdressing when it's cold outside. A good rule of thumb is that you should feel slightly cold during the first mile or so of your run. If you feel toasty right after heading out the door, you're probably going to get too hot later on.

6. Socks - Don't wear 100% cotton socks during your runs. Your feet will most likely be sweating a lot, and cotton tends to keep your feet wet, which can lead to blisters. Look for synthetic blends like those made from polyester, acrylic, or CoolMax, which are best at wicking away moisture.

7. When the sun shines, protect your skin with a waterproof sunscreen that has an SPF of at least 15 and offers broad spectrum protection, which means it protects against both UVA and UVB rays.

### **Sports Bras**

Women should make sure that they wear a good, supportive sports bra. Running is a high impact sport so although fashion is important when choosing a bra, what you really need is good support to reduce breast movement.

1. It's important that you try on sports bras for fit and comfort, so try to do your shopping in person. Go to a running specialty store because they'll have high-impact sports bras that are designed especially for runners.

2. For chafing prevention and comfort, look for moisture-wicking fabrics such as Coolmax and Drifit. Stay away from sports bras that are made of 100% cotton because once you start sweating, they'll stay wet.

3. If you have a large chest and need a lot of support, look for sports bras with wide shoulder straps and racer back straps.

4. Examine the seams of the sports bras. You'll want seamless fabrics, seams with rolled edges, or covered seams to help prevent chafing.

5. If you like bras with under wire, check that the under wire is completely covered so it will not gouge.

6. Make sure you try on several different size sports bras. The right size for you may not actually be the cup size that you normally wear. The bra is too big if the material wrinkles or bunches. It should fit snugly but not constrict your breathing. And if the bra is cutting into your skin, then it's too small. If you can slide two fingers under the straps, then it's a good fit.

7. When you try on sports bras, jog on the spot to test their support before you buy. While you're bouncing up and down, the bra should minimize breast movement.

To find the correct fit, it's important that you measure yourself - lots of women wear the wrong size. How to measure:

1. You need to find out your bra size and then your cup size. Make sure you measure yourself properly while you're wearing a normal unpadded bra.

2. Use an accurate tape measure, and keeping it level, pull the tape tautly to your body, but not so tight that it pinches.

3. First measure under the bust. To this measurement add 4" to an even number, or 5" to an odd number to find your basic bra size. e.g. 34" plus 4" = 38" or 29" plus 5" = 34"

4. Secondly, without letting the tape dig in, measure around the fullest part of the breasts. If you are in between inches, round up to the next whole inch. The difference between the two measurements determines the cup size you require. E.g. 4" difference means you're a D cup. Difference Cup Size: 1"A, 2"B, 3"C, 4"D, 5"DD, 6"E, 7"F, 8"FF, 9"G.

5. Our breasts are affected by changes in our bodies, such as during the time around a period, whether we take the contraceptive pill, or are going through the menopause. For some women, these changes are more drastic than others and in order to be really comfortable, you may need a couple of a different bra sizes to wear during the month.

6. Most sports bras need to be replaced after 72 washes, when the elasticity is lost, or if your weight changes significantly.

## Local Sports Shops

### Up & Running

7 Cherry Tree Centre

Market Street

Huddersfield HD1 1EB

Tel: 01484 535393

Small shop offering expert advice and a good selection of gear

<http://www.upandrunning.co.uk/huddersfield>

OR

### SMK Sports

CASTLE MILLS

SADDLEWORTH ROAD

ELLAND

HALIFAX HX5 0RY

## **Nutrition: fuelling the fire**

1. Never run on an empty stomach. Many novice runners skip breakfast and eat a salad for lunch in an attempt to lose weight. This is a mistake - your body needs fuel to run. If you don't take in steady calories during the day (known as 'grazing'), you'll be sluggish and your legs won't want to move - and you'll hate running. Also, make sure you eat 200-300 calories about 2 hours before your run, so you'll have fuel in the tank
2. But don't pig out. Some new runners take the opposite approach by eating too much before their workouts; this is particularly true with sugar. If you feel as if you're running with a brick in your stomach, and you often end up doubled over with a stitch, rethink your fuelling scheme. A banana or a bagel is a great snack before a training session; a doughnut is not.
3. Avoid pit stops! Many beginners (and even some experienced runners) worry that drinking fluids before a race or work-out will translate into annoying pit stops. Not necessarily. Drink steadily beforehand and your body will balance itself out. If you tank up on fluids an hour and a half before you train, you'll have time to get rid of the excess before you start running.
4. Drink and fuel up on the run! Keeping adequately hydrated is critical to your running (not to mention your health). This means drinking the equivalent of eight large glasses of water every day, and probably twice that in warm weather. It also means taking in about half a pint of fluid every 15-20 minutes of running. For runs of an hour or more, you also need to replenish spent energy stores with carbohydrates. Your optimal intake should be 50-100 calories of carbohydrate per 30 minutes of running.
5. Eat a balanced diet. Don't be fooled by all the fad diets out there; the healthiest way to eat is also the best fuelling plan for your running. Most of the food you eat should be whole grains, fruits and vegetables. Strive for 6-11 servings of grains (one serving equals a slice of bread, 25g of cereal or a cup of pasta) and five to nine servings of meat and dairy products a day. Keep sugary, fatty foods to a minimum.

## **Injury prevention Dos and Don'ts**

a) Always warm up before a run and cool down afterwards. This prepares the body (cardiovascular system) for more strenuous activity and could help prevent soft tissue injuries. This should consist of:

- Warm up: by brisk walking or slow jogging for 5 minutes
- Cool down: static stretches of major muscle groups (shoulders 'rotator cuff', hamstrings/glutes, quads, calves, adductors/abductors) for at least 10 minutes holding each stretch for 10-15 seconds.

b) Do take it easy. Either do a run/walk program or run at a pace which you can chat with a friend without being out of breath. Running harder increases your risk of injury, not to mention early burnout.

c) Do run by time, not distance. Measure your run by time spent running, not by miles covered. That is, try to run for 30 minutes rather than for 3 miles, doing this will help to prevent you from trying to go faster and faster over the same route.

d) Build hills into your running routes gradually. The fact is we live in an undulating part of the world so it is not possible to avoid them (unless you stick to canal – and even then the locks go up!) so perhaps run/walk up hills initially, to work on your strength and fitness until you can run all the way up.

e) Do progress slowly. You should only increase the actual time spent running by 5 minutes a day or less. Another good rule is to not increase your mileage by more than 10 per cent a week. Instead of running longer, you might want to add an additional shorter run during the week. The leading cause of injuries to beginners is running too far before they're ready.

f) If you enjoy the gym or working out with weights, then keep it up as strength or resistance training can help build endurance or speed for running.

g) Don't try to keep up with the Joneses. Running with a spouse, significant other or anyone else who is faster and fitter than you can be very frustrating for a beginner and it can cause tension between you. Instead, seek out someone who is at your level.

h) Don't run with pain if something hurts, stop. Don't try to 'run through it' (infamous runners' term), even if you've heard that's what good runners do. It isn't. It's what stupid runners do - runners who get hurt again and again.

i) A race can give you focus and an end goal but be realistic in terms of distance and time to train. If you're new to running, perhaps start with a Parkrun (5k/3 miles and free every Saturday!) and work up from there – as your body adapts to running you can consider other distances. Further details about parkrun near the end of this document.

j) Don't apply ice or take painkillers before you run. If you're sore, take a day off, which isn't a bad thing to do now and again anyway, whether you're feeling pain or not. Building planned rest days into your program can both motivate you and help to keep you injury free.

## **Dealing with Injury**

If you are unlucky and suffer an injury, most running injuries respond well to the "R.I.C.E." treatment: Rest, Ice, Compression, and Elevation. R.I.C.E. treatment can relieve pain, reduce swelling, and protect the injury from further aggravation. It should be followed for 24 to 72 hours following the initial injury.

1. Rest is often the easiest and most effective treatment for common running injuries. Take a couple of days off from running - it may be all you need to heal your injury.
2. Ice the trouble spot with an ice pack or a bag of frozen veggies for 15-20 minutes, twice a day. Try to ice the affected area as soon as possible once you feel pain, and immediately after post-run stretching if you are running with an injury. Heat should only be applied to an acute injury after the inflammation has reduced, (usually after about 72 hours).
3. Compression can limit swelling and provide minor pain relief. You can wrap the affected area with a bandage or zinc oxide tape, but don't make it too tight. If you feel throbbing or excessive pressure, loosen or remove the dressing.
4. Elevate the injured body part - try to get it higher than your heart, if possible. In most cases, you can do this by lying down and propping the injury up on pillows.

Most running injuries respond well to R.I.C.E self-treatment and need time for healing to take place. So you don't need to schedule an appointment with your doctor at the first sign of pain or injury - give it some rest and ice for the first 24-72 hours. You can take over the counter pain relief as needed – such as paracetamol or ibuprofen which can also help reduce swelling - but read the leaflets or ask the pharmacist for advice if you have any other medical conditions or allergies.

A doctor or physiotherapist can diagnose, treat, and more importantly, help you determine the cause of your injury to prevent a recurrence. Make an appointment if your injury doesn't respond to self-treatment and you don't see any improvement after 7-10 days or sooner if you have any of the following symptoms:

- Severe, unremitting or increasing pain in a joint or bone (even with pain relief)
- Pain radiating to another area of the body
- Injury is very painful to the touch
- Significant swelling at the injury site
- Difficulty moving the injured part
- Numbness, tingling or weakness in the injured area

## **What happens after the course?**

By the end of the course everyone should be at a level to join some of the club training sessions if you want to continue running with the club. The appropriate group and sessions will depend on your ability and fitness level. Your group leader and helpers during the beginners course, will be able to give advice to individuals as to which weekly training sessions are most suitable for them.

Below are some very rough guides to the aims of each group for our weekly club training runs.

- Steady Group - 5 or 6 miles in around 1 hour 15 minutes
- Intermediate Group 1 - 7 or 8 miles in around 1 hour 15 minutes
- Intermediate Group 2 - 8 or 9 miles in around 1 hour 15 minutes
- Fast Group - anyone see where they went?

### **Mon 6:45pm Heath Rugby Club, West Vale.**

Usually two groups, a steady group doing 5 - 6 miles and Intermediate group 1 doing around 6 - 7 miles. There is also hill rep training with our own club coach.

### **Tuesday – Take your pick**

- 6.45pm 1885 Pub/ restaurant (was Red Lion) car park, Stainland. Average 5 -8 miles. Usually Steady and Intermediate group 1 - everyone is welcome. Just turn up and find a suitable group -
- 6.30pm The Moor, Savile Park - meet across the road from The Lodge fish & chip shop. Usually Steady group Intermediate 1 and Intermediate 2 groups
- 6:30pm Meet in the public car park on the crossroads at West Vale - [click here for map](#)  
Steady group running 5+ miles.

### **Wednesday 6:30pm Track training at Spring Hall on Huddersfield Road, Halifax.**

Modern, floodlit facility paid for by you as tax payers and Stainland Lions members - we contributed £1000 towards this facility. Free parking & toilets. Usually takes 90 minutes. Our own coaches in attendance. £2.50 per session - please bring exact change if possible.

### **Thursday 6:45pm Heath Rugby Club, West Vale.**

This is the main club night. There are usually all 4 groups available to cater for all abilities, especially steady runners. This is the best night to attend if you want to try us out. Average 5 -8 miles.

**Note** usually on the second Thursday of the month we train away from our usual base at another venue, normally a pub. Checkout the Away Runs page for details.

### **Sat 9am Halifax or Huddersfield 5k parkrun.**

A free timed run every Saturday starting at 9am in Greenhead Park, Huddersfield. Meet next to the top coffee shop. Print barcode for times emailed to you. Please register online once (free). Great atmosphere and friendly mix of club runners & occasional runners. [Click here for website](#)

### **Sun 9am Heath Rugby Club, West Vale.**

These runs are organised on an ad hoc basis, via word-of-mouth or via the member's forum and can range from 5 to 14 miles. Everyone is welcome and during the winter this can be the only time we get to run off road

### **Races**

Please note that joining the Beginners Course does not give you full club membership entitlements. You must not enter races at the reduced rate of a Stainland Lions member or wear our club vest until you are a fully paid up member.

### **parkrun**

“parkrun” organise free, weekly, 5km timed runs around the world. They are open to everyone, free, easy to take part in and organised by volunteers. These events take place in pleasant parkland surroundings. People of all abilities are encouraged to take part; from those taking their first steps in running to Olympians; from juniors to adults.

Parkrun is a completely separate organisation to the Stainland Lions Running club. However, most weeks you will find some Stainland Lions members out at Huddersfield Parkrun either running or volunteering.