



THE RUNDOWN

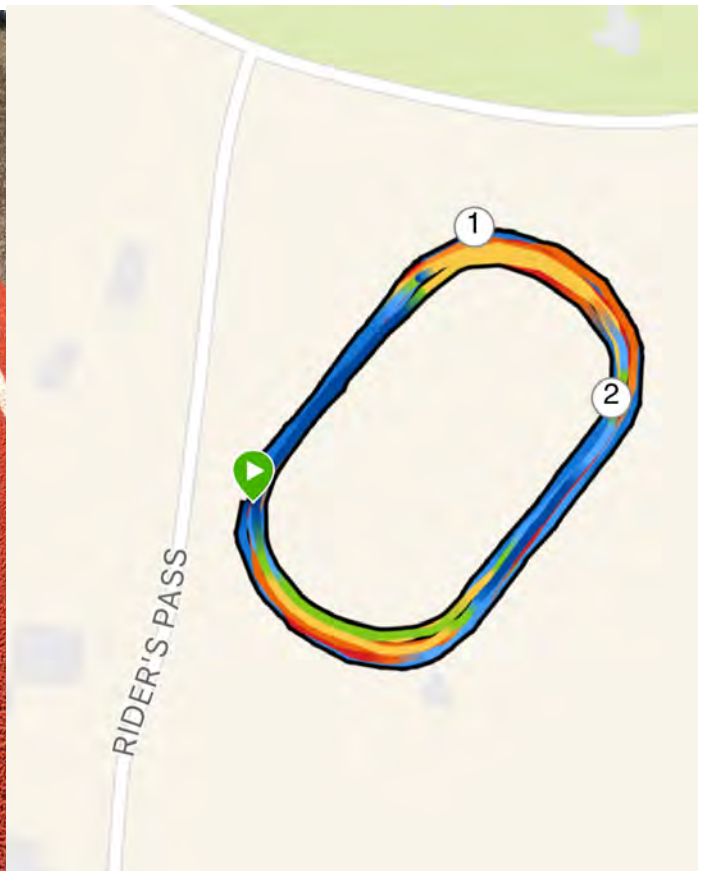
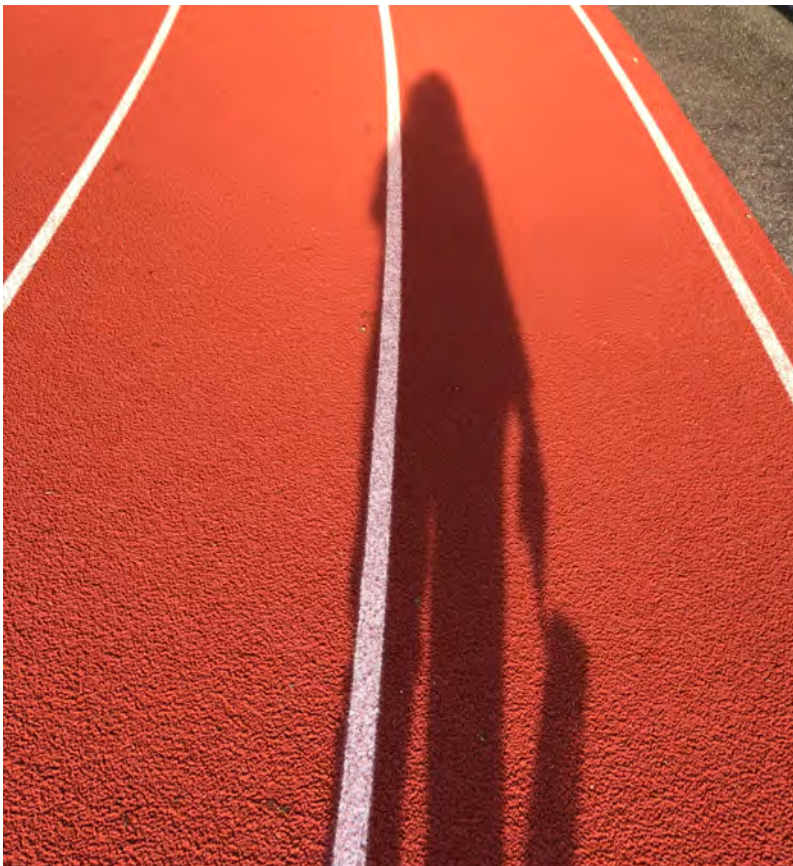
THE KINDERHOOK RUNNERS CLUB'S **KRC** **SPRING** **RUNNING CLINIC** GUIDE

Welcome to the sport you'll love to hate

Since our inception, the mission of Kinderhook Runners Club has been to foster the sport of running in our local community. Whether you are running your first 5K or your 50th marathon, we hope to be there to keep you company as you train.

The spring clinic we host at the Ichabod Crane Central School Track is a great way for people of many abilities to ease into a running habit or if you're a seasoned runner looking to run farther or get faster.

Join us every Wednesday through June 8 for this special couch-to-5K clinic. We'll show you proper running form as well as give you strategies to cross the finish line of our favorite 5K Race — OK5K on June 10. Hope to see you at the track!





EASY AS 1-2-3 CLINIC

GET READY TO RACE

We are always happy to see people attending our in-person clinic, but if you can't make it we don't want you to feel left out. What follows is a host of great information to get you started. We still have a few more weeks until The OK5K Race, which is always on the second Saturday in June. If you are planning to run the race, make sure you get your registrations in by the end of May. Along with helping the race committee with early entries, you will save a few bucks when the price goes up on June 1.

INJURY PREVENTION

- **CROSSTRAINING** is vital for injury prevention: Run, bike, swim, elliptical, weight and core training are all great options for keeping active on your "rest" days and making sure you keep your muscles balanced to avoid strains and tears.
- **WARM UP AND COOL DOWN** (including stretching) is just as important to wake up your muscles and get them ready for activity. Please make sure you do all of it!
- **HYDRATION** is so important. It's a good idea to drink plenty of water before and after workouts. A recent study in the International Journal of Sport Nutrition and Exercise Metabolism found losing just 2 percent can impair physical performance. If you find yourself losing motivation or tiring during workouts, you may be dehydrated. Increasing the amount of water you drink before and during workouts will help you perform at your best.

FORM FITTING

HEAD & MIND

Stay relaxed, keep your gaze straight ahead. Don't look down. Focus on your breathing. When first starting out, go slow enough to have a conversation.

SHOULDERS & TORSO

Shoulders should be relaxed and squared off. Don't slouch. Try to run tall and maintain a strong core.

HIPS

The center of gravity lands in your hips. They should be squared and facing forward as you run.

ARMS & HANDS

Elbows should be at a 90-degree angle. Hands should be relaxed and cupped not clenched. Arms should swing back and forth at your sides without crossing your mid-line.

FEET

Everyone's foot strike is unique, so you should do what's natural for you. However, it is helpful to have your gait analyzed to make you are wearing the right shoe.

LEGS

Don't overextend. When you stride, kick back toward your glutes. Focus on turnover. Try to take small, quick steps.

Focus on pushing off the ground behind you.



THE BASIC TRACK WORKOUT

We have a basic workout offered below. But you can pick a predetermined workout where you run a fast segment followed by a slow resting segment. This can be running the straightaways, walking the turns or running two laps, jogging one, or any combination that fits your fitness level and goals. The object of resting time is to allow each fast segment to be the same or faster than the first one.

THE WARM-UP

- Warm up (2 laps)
- Lap 1 - walk or slow jog entire track
- Lap 3 - Sidestep and grapevine the straightway;
- * Walk, skip or slow jog the curve
- High knees and butt kick straightaway

THE WORKOUT

- Beginners, jog or run the straightaway, walk the curves, repeat four times.
- Experienced, run 4x800s at 15 seconds off race pace.
- Whether a novice or not, recover by jogging or walking a lap between each interval.

STRETCH

- Push-ups
- Toe touches
- Lunges
- Squats
- * Quads, Hamstrings, Glutes
- * Planks



SPRING CLINIC

TRACK MATH

Most track ovals are 400 meters around, as measured in Lane 1; that's just a bit less than one-quarter of a mile. The straight sections are called straightaways, and where the straightaway begins to turn is called the curve or turn. One complete rotation around the track is one lap. With that in mind, here are some other basic measurements that are helpful to know:

- 100 meters: the length of one straightaway
- 800 meters: roughly 1/2 mile or 2 laps around the track
- 1600 meters: roughly 1 mile or 4 laps around the track

Using that math, you can calculate further distances: If four laps around the track equals one mile, eight laps is two miles, 10 laps is two and a half miles, and so on. The outside lane is 40 to 50 meters longer than the inside lane. That's why some race starts are staggered.

In the racing world, sprint races include the 100 meters, which is usually performed on the straightaway; the 200 meters, which begins on the curve and finishes at the end of the straightaway; and the single-lap 400 meters, which requires speed and endurance.

TRACK LINGO

If you're a regular runner, most of these terms are probably familiar to you. But they're especially important when it comes to track workouts, which are generally more structured than longer, steady runs.

INTERVALS: An interval is a period of sustained effort, usually faster than you might usually run.

TEMPO RUN: Generally speaking, a tempo run is a sustained effort run that builds up your body's ability to run faster for longer periods of time, no matter if you're training for a 5k or a half marathon.

RECOVERY: A rest period (usually 5-50 percent below your interval effort) allows you to catch your breath, reset, and refocus so you can avoid fatigue during speed work. You want to keep your recovery between two to three minutes for the 100- and 200-meter runs, and between four and five minutes for 400-meter efforts.

REPEATS: These are segments of the same distance done a set number of times with recovery periods in between. If you want to build your endurance, you can shorten the amount of recovery time you take between each repeat.

SPRINTS: A sprint is an all-out, full-speed effort over a short distance. Most sprint workouts are no more than 20 to 60 seconds long or 50 to 200 meters.

STRIDES: Strides are super short sprints, usually only 50 meters or half the straightaway. You can do these as warm-ups or finishers during a workout.

BUILD-UPS: Build-ups increase heart rate and leg turnover as you increase your effort over distance. They get your legs ready to run hard. After your warm-up, run 30 meters at half of your top speed, 30 meters at 75 percent, and the final 30 meters at 90 percent of full speed, then gradually slow down with walking or jogging in between.

SPLITS: You know what a mile split is during a long run, right? It's the same thing on the track, the distance just changes. If you're running 400s, or one lap, you would check your watch after your first lap, then aim to match or improve that split time on the next laps.

TRACK RULES

Run counterclockwise: On a track, runners run counterclockwise. (Left turns only!) When you're getting on or off the track, be sure to look both ways for any runners to avoid collisions.

Walkers stay in the outside lane. Clear lane one. The inside lanes are typically reserved for those working on speed work, while tempo runs, warm-ups, and cool-downs should be done in the outer lanes. And if someone yells "TRACK!", it means to clear the way — so if you're the one being passed, you should move immediately. Leave the headphones at home. When you're close to runners giving 100 percent in a confined space, it's good to be aware of what's going on around you.

TRACK SHENANIGANS

FARTLEK!!!! GO AHEAD, LAUGH. Fartlek is a funny sounding name meaning "Speed Play" in Swedish. Essentially, it's a form of unstructured speedwork. It involves a continuous run in which periods of faster running are mixed with periods of easy- or moderate-paced running (not complete rest, as with interval training). You can use time as the measurement or you can use distances. This is a great workout to do when you are out on the road or trail using the spaces between mailboxes or telephone poles to speed up.



SPRING CLINIC

KRC MEMBERSHIP HAS ITS BENEFITS

JOIN THE CLUB ONCE A WEEK IS A START, but running just two more days a week will help you finish strong! We can help you make new habits and give you a FREE shirt. Come run with us on Saturday mornings. We start from the House of History in the Village of Kinderhook. We will have various routes and paces to meet your goals.

SOCIAL AND STRETCHY DID YOU KNOW WE DO MORE THAN RUNNING? We host special events that offer fun for the whole family, including out-and-back run/walks that are designed to tour a new landscape and try a fun restaurant. We also offer members free monthly yoga classes!

STRETCH AND STRENGTHEN

PIGEON This pose specifically works as a hip opener and forward bend, stretching your thighs, groin, back, piriformis, and psoas - places that can tense and tighten when you run. The leg extended to the rear gets a stretch of the psoas and other hip flexors.

On the other side, the rotators and outer hip are stretched. It is a good antidote to sitting for long periods. It prepares you for seated postures and backbends.

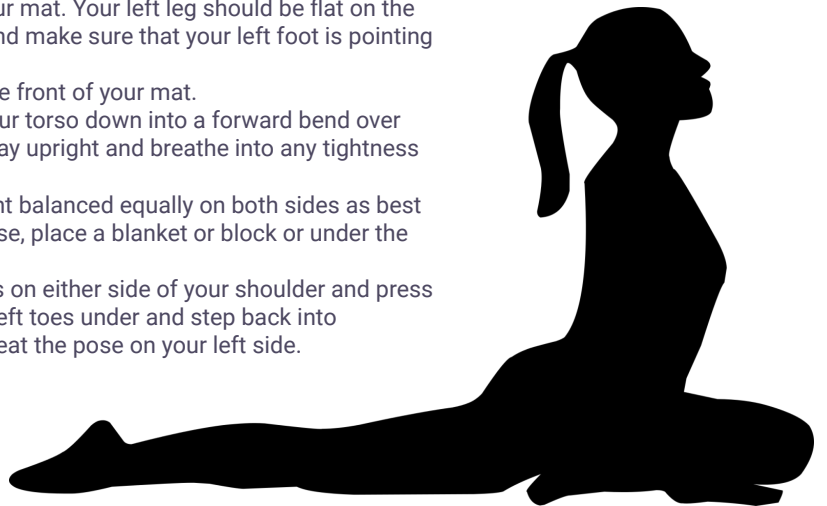
One of the easiest ways to get into pigeon pose is to start in downward-facing-dog. Bend your right knee and bring that leg forward as if you were going to step into a lunge. Instead of placing your foot down as you would for a lunge, bring your right knee to the floor on the outside of your right hand. The right shin may angle back towards the left hip or be more parallel to the front of your mat, depending on your range of motion.

Release your left knee to your mat. Your left leg should be flat on the floor. Take a look backward and make sure that your left foot is pointing straight back.

Square your hips towards the front of your mat. If you feel stable, you bring your torso down into a forward bend over your right leg. You can also stay upright and breathe into any tightness you may feel.

Keep hips square and weight balanced equally on both sides as best you can. If this feels too intense, place a blanket or block or under the hip or back knee.

To release, plant your hands on either side of your shoulder and press your torso upward. Curl your left toes under and step back into a Downward-Facing Dog. Repeat the pose on your left side.



FUN RUNS FOR KIDS & ADULTS



TAKE A MINUTE Have 20 minutes? Take a walk or run (or a little of both) and go out for 10 minutes then turn around and come back.

LADDERS We have a fun drill for runners of all ages. Gather into teams of three or more and jog single file in one lane of the track. The runner at the back of the line will sprint up to the front of the line while the others hold their pace. Once the runner has settled in at the front of the pack the next runner at the back will sprint to the front. Make sure everyone has sprinted at least three times.





SPRING CLINIC

NOW YOU ARE A RUNNER

GO FURTHER There are so many ways to enjoy your new sport. Of course you can just lace up your shoes and loop around your neighborhood or find new places to run. Better yet, join a race and test your skills or simply enjoy the experience of being surrounded by many others with the same goals.

VOLUNTEERS NEEDED

ARE YOU REGISTERED FOR OK5K? There is still time. You can register right up until the morning of the race. But what if you don't want to race? Volunteers are ALWAYS needed. Visit online and sign up today! www.ok5krace.com

MAKE RUNNING FUN

RUN WITH FRIENDS Running with a group has been shown to make us happier and keep your fitness goals on track. Ideally we should be running more than one day a week. Kinderhook Runners Club makes it easy to get that extra day (and more) as we invite you to join us on our weekly runs and our special events. We host a number of runs with a variety of terrains.



KEEP RUNNING THIS SUMMER

FUN RUNS After the clinic ends, we will continue to meet every Wednesday evening at 6 p.m. but the location moves from the ICC Track to the Village of Kinderhook. Meet in front of the House of History on Broad Street. The group runs the OK5K Race route and meets back at the start for ice pops.

SATURDAY IN THE SQUARE Club Runs continue every Saturday (check out the website for times at www.kinderhookrunners.club) we usually meet outside of the House of History on Broad Street.

WALKERS AND ROVERS Don't get stuck on a name. We may be a running club but many of us pace out into the double digits. All of our out-and-back events are inclusive of all abilities whether you walk, run, or jog. We even welcome well-mannered pets to the join the fun.

SO MUCH MORE And when the summer is over we'll restart our popular Fun 50 social runs, which feature a 50-minute out-and-back run/walk followed by lunch and libations at a nearby eatery.

STEP BY STEP

GOOD DAYS & BAD Life, they say, is a marathon not a sprint. And though running often includes both, one thing about the life of a runner holds true regardless of how far they go or how fast: All runners, regardless of how long they've been in the sport, have sporadic "horrible very bad runs." The thing we all have in common is that we lace up and get out there anyway. We hope to see you out on the roads. And if you see us, say hello and let us know how you're doing.



CLINIC OVERVIEW

SPRING CLINIC

FIVE RUNNING TIPS

RUN IN GOOD SHOES - Try Fleet Feet in Albany to get yourself fitted for free.

RUN AGAINST TRAFFIC. The first rule in run club is be safe on the roads.

WEAR GOOD SOCKS Moisture-wicking is essential. Spend more than \$10 on one pair.

LEAN FORWARD SLIGHTLY at your ankles, not at your waist.

DON'T TAKE LONG STEPS. Faster leg turnover is better than a long stride.

PRE/POST

THE WARMUP: 6-6:15 pm

- Warm up (2 laps)
- Lap 1 - walk or slow jog entire track
- Lap 2 - Sidestep and grapevine the straightway;
 - * Walk, skip or slow jog the curve
- High knees and butt kick straightaway

STRETCHES: 6:50-7 pm

- Push-ups
- Toe touches
- Lunges
- Squats
 - * Quads, Hamstrings, Glutes
 - * Planks

WORKOUTS

WEEK

1

WORKOUT

- Beginners, jog or run the straightaway, walk the curves,
- Experienced, run 4x800s at 15 seconds off race pace.
- Whether a novice or not, recover by jogging or walking a lap between each interval.

WEEK

2

WORKOUT

- Beginners, jog or run the straightaway, run the curves, repeat four times.
- Experienced, run 4x800s at 15 seconds off race pace.
- Whether a novice or not, recover by jogging or walking a lap between each interval.

WEEK

3

WORKOUT

- Beginners, jog or run the straightaway, run the curves, repeat five times.
- Experienced, run 4x800s at 15 seconds off race pace.
- Whether a novice or not, recover by jogging or walking a lap between each interval.

WEEK

4

WORKOUT

- Beginners, jog one lap, walk half
- Experienced, 2 x 1200 at goal race pace, walk/jog 1-2 laps in between each repeat
- Cool down by walking or jogging two laps of the track.

WEEK

5

WORKOUT

- Beginners, jog two laps, walk one lap.
- Experienced, 2 x 1200 at goal race pace, walk/jog 1-2 laps in between each repeat
- Cool down by walking or jogging two laps of the track.

WEEK

6

WORKOUT

- Beginners, jog one lap, walk half a lap.
- Experienced, 2 x 1200 at goal race pace, walk/jog 1-2 laps in between each repeat
- Cool down by walking or jogging two laps of the track.

WEEK

7

WORKOUT

- Beginners, jog three laps, walk half a lap.
- Experienced, 3 x 3200 at goal race pace, walk/jog 1-2 laps in between each repeat
- Cool down by walking or jogging two laps of the track.

WEEK

8

WORKOUT

- Beginners, jog four laps, walk half
- Experienced, 4 x 800s at goal race pace, walk/jog 1 lap in between each repeat
- Cool down by walking or jogging two laps of the track.

THE MORE YOU KNOW

Running Tips For Training, Race Day & Afterwards

Preparation & Injury Prevention:

Run in **good running shoes** made for your foot type. Try **Fleet Feet** located in Albany, NY (the sneaker fitting experts). Shop at a specialty running store for the **proper fit**....usually ½ size bigger than you normally wear. You want about ½" of space in front of your toes

Rotate a few pair of sneakers, similar brands, or models

Typically you'll only put about **350 miles** on each pair....heavier individuals even less. If you start to have knee, hip, ankle, calf, or low back pain, many times it's due to old or ill-fitting sneakers

Don't tie your **sneakers too tight**, your feet swell a bit once you get going....hence, the need for the bigger size. To make getting the perfect tension you should consider "lace locks"

Wear good quality, **moisture-wicking socks** & clothing...socks may cost over \$10/pair, but worth every penny!

Wear **reflective** materials if running at dawn or dusk. For safety, consider brighter colors on daytime runs also

Run **against** traffic, however, when on a trail, run on the right side and also watch for bikers coming up behind you

When running in cold weather, **dress** so you are chilly when you start out, you will warm up as you go

Take in fluids regularly...approximately every 20-30 minutes...even in cold weather, more if it's hot or you perspire a lot

If you plan on running for more than 45 minutes, **eat something** 30-60 minutes beforehand for fuel

When your body shows significant signs of fatigue, **take time off!**

Only increase your overall mileage and/or length of runs by **10%** a week

Mix up the **length & frequency** of your runs from week to week

Vary the intensity of your runs...some fast, some slow, some intervals

Pick **different routes**...the same crown on the road may cause injury

Choose **different terrains**...some road, some trail, some treadmill

Beginners, don't run 2 days in a row until you know your body can handle the added stress

Alternate hilly & flat runs

Add **weight training**...upper body & core strength are really important when running. Pumping your arms and staying tall are a key elements.

Keep up with your **cross training**...biking, stairclimbers, hiking, Elliptical, swimming, yoga, etc. It all helps limit injuries

Warm up before each run...walk a bit first

Cool down after each run...walk here too

Stretch, stretch, stretch after each run

While running & training:

Have a plan before you start your run.....run a tenth of a mile/walk a tenth for a total of 2 miles; run for 3 minutes/walk for 1min for a total of 30 minutes; or run to Grandma's without stopping. Whatever **it is**....push yourself and stick to it

One trick...do an **out & back** course. Go beforehand in your car or bike and place water at the turn around spot so it forces you to go that far to get it

Lean forward slightly at your ankles not your waist, keep your body erect, **don't slouch**...especially when you get tired. This is why a **strong core** is key

Don't take long steps, faster steps are better...**fast "leg turnover"**. Strive for 180 steps per minute – practice on the treadmill counting just your left or right foot strike (aim for 90 steps/min with either foot)

Use your **core**, glutes, and arm pump to **propel you forward**...think *pushing* off with each leg, not *pulling* each leg forward

Keep your elbows at roughly a **90° angle**

Make sure your hands don't cross past the middle part of your chest (**don't let your torso twist** past midplane)

Keep your **upper body relaxed**...especially your face, traps & shoulders

Keep your **hands loose** as if you're holding something delicate between your thumb & forefinger

Keep your **face relaxed**...don't clench your jaw (harder than it sounds!)

Keep your chin up especially when you get tired so you don't limit your **air supply**

When running uphill, keep your leg turn over fast and pump your arms....keep your torso straight and bend/lean slightly into the hill

After cresting the hill, take a few very **deep breaths** before you pick up the pace again

When running downhill, DON'T take longer strides...that is like putting on the brakes with each step (causes shin splints, too). Use very fast leg turn over and let your legs try to keep up with your upper body that's "falling" down the hill

Breath in a rhythmic manner...4 in, 4 out or 2 in, 2 out....whatever feels comfortable

Every few breaths, take in a deep breath....get as much **oxygen** in as you can. Think getting air into your *stomach*, not your *lungs* (I know, sounds backwards huh)

Every once in a while, run with your **arms by your sides** and shake them out for a few steps....this gives your arms a brief rest and releases tension

If you notice your upper body getting tight, **flex your hands** for a few seconds...spread your fingers out as far as you can, feel your palms stretching too then shake them out again. This should help relax your upper body

If you start to feel like you need to walk, pick a spot up ahead and **push yourself** to make it to that spot. Have a plan ahead of time on what to do when you get there....walk 20 steps, walk 1 minute, whatever applies to your current training goals

When you do take a **walk break**, use it to stretch your neck, shake out your arms, lift your arms over your head to stretch your back, and walk slow enough to catch your breath and get your heart rate down, but not too slow

If you get a **side stitch**, take in as much air as you can then blow it out slowly. When you feel you let it all out, let out even more at the same time you bend forward. Repeat this a few times. If it doesn't go away while running, stop, walk, and do the same. Side stitches are usually caused by your diaphragm in spasm and it may result from twisting/crossing your arms past midplane when running

If you plan on using **energy gels**, sports drinks, honey, etc. during your race, try them out on training runs first...you don't want intestinal surprises on race day! Been there, done that ☺

Days before a race:

Two nights before a race is the most important nights' **sleep**, so focus on relaxing that night & sleep well

What you eat & drink the days before a race are extremely important...so eat a **balanced diet** and **drink** lots of fluids

Don't eat something **new/different** the day before or day of a race

Unless you are an elite athlete, the day before a race, **don't do anything**. Lay around, watch a movie, don't run, don't lift, don't go to the mall shopping...you need fresh legs the following morning. Some people take a leisurely walk, but for a very short time, then stretch and rest

Day of the race:

RELAX, don't get yourself all worked up and nervous....you will lose a lot of unnecessary energy!! There is absolutely **nothing to be afraid of**. No one will make fun of you. No, you probably won't be last and who cares if you are. No judgment if you have to walk. Runners are extremely friendly & supportive....to everyone!

Drink fluids, but don't drink too much or you'll have to "go" in the middle of the race

Don't shave (anything) the morning of a race...it stings and/or chafes when you sweat or when clothes rub

Wear clothes & sneakers that you've **worn before** under the same conditions, (same distance and temperature)

Don't use **lotion** the morning of a race if you perspire a lot...**deodorant** is a must though, please!

Please don't wear perfume, cologne, or smelly products!!! Not a nice thing to do to other runners

Tie your shoes in **double knots** (or get "lace locks" mentioned earlier)

Use the **rest room** just before the race

Bring tissues (some bathrooms run out of toilet paper)

Girls, tie your **hair** up so it stays up....you don't want it falling in your face ½ way through the race

Have a *realistic* **finishing time**, along with a *wishful* goal

During the race:

Again, **RELAX!** The entire experience will be more fun if you do

When you're standing at the starting line, **visualize** yourself running a comfortable race & crossing the finish line feeling good

Start toward the **back of the pack** if this is your first race. Faster runners up front, intermediate runners in the middle, walkers in the back

Don't **start out** too fast....newbie runners' biggest mistake!!

Save your energy for the **last** ½ of the race

To force yourself to run faster, pick a person ahead of you and try to **catch them**...pick people off one by one

Don't run 2 or 3 abreast with your friends...other runners can't get by you safely

If you are **passing someone** where it's tight, say "on your left" or "on your right" so you don't bump into each other

If you are wearing **ear buds**, please only wear one or keep the volume down so you can hear for safety reasons!

The subject of **spitting** has to be addressed....IF you do need to spit, make sure you are on the edge of the crowd, look behind you to make sure there's not someone right there, then spit off to your side as discreetly as possible

Makes me gag, but the above also applies to blowing your **nose**

When you get tired, REALLY **concentrate** on your breathing & form. Think "loose legs", relaxed upper body & face, and use your core

Repeat a mantra, like "I can do this, this is easy" or "Don't stop. Don't stop."....or pick one that makes you chuckle....

If you do have to walk, stay off **to the side** so other runners can get by easily

At the finish, **stay in line** and make sure you don't crash into anyone. Most races have a bib chip system, but some smaller races may require you to tear off the bottom of your number and give it to the volunteer at the end of the finish area (the chute).

After the race:

Feel **proud** that you finished...regardless of your time!

After you go through the chute, grab a bottle of water & **keep moving**, even if there are friends and family looking to congratulate you

Go for a **cool-down** walk & drink your fluids. If you stop right away you will regret it later as you will stiffen up and get MUCH sorer in the days to come!

Find a comfortable spot to **stretch**, relax & socialize for a bit. Let your heart rate come back down to normal

Get some more to drink & something to eat. There are always awesome goodies at the races! If it's really hot out or you sweat a lot, something more than water, like **Gatorade, soda, or chocolate milk** is better. Don't be a hog though...leave enough for those that haven't finished yet

Award ceremonies usually take a while to organize, but it's worth the wait even if you don't think you'd get one....you NEVER know! Also, it's very **inspirational** to see the people that can run so fast and to hear their finishing times and ages

Enjoy the entire experience from beginning to end!!

SO, when is your next race???? 😊