

# Distance Running

## Pick The Perfect Running Program For YOU!

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# Introduction

You can stay in shape by running. It does not matter what kind you are doing, you can effectively get rid of some calories by doing it. When you are distance running, it can be a great way to train for a marathon or some other kind of race. However, that does not mean that running distance is for marathons only.

There are people who use distance running to lose excess weight or just to stay fit. Each person can adapt to different speeds and distances for their own personal agenda. Since everyone's body is different, everyone will not run at the same pace.

If you are a beginner with distance running, then you will want to take your time. Don't rush it, especially because it's a new process for you. You have to give yourself time to shape up or whatever your plans were.

Rome was not built in a day, so you will also have to take it day by day. Before you know it, you will be appreciative that you did not rush to any decisions concerning distance running and training.

This report will discuss six different types of distance running:

- Sprinting
- Middle Distance Running
- Marathon Running
- Long Distance Running
- Ultra Running
- Multiday Running

You can also have mental benefits from doing this kind of training program with distance running. So, whatever you set out to do, make sure that it is worthwhile for yourself, your body and other people. No decision that you make affect just you. It affects other people as well.

So as you start on your training journey, keep in mind that this is not popularity contest on who can run the fastest or the longest. It's about training your body through different kinds of distance running techniques.

# Sprinting

When athletes are sprinting, they are running as fast as they can within a short distance. With sprinting, they don't have to pace themselves. The 100 meter dash is the most well known distance that is affiliated with sprinting.

A runner is required to be in a starting block in order to start. They are allowed to push themselves off. When they are in a stance, they are bending over using one or both of their hands. Their hands are on the ground and move from that setting when they start running. As the runners take off, they are running beside each other going toward the finish line.

With sprinting, there are distances of 100, 200 and 400 meters (the latter used in Olympic Games). If sprinting is done on an indoor track, then it is usually a 60-meter sprint. With the 60 and 100-meter sprints, the runners use the tracks straightaway. The 200 and 400 use the bends in the oval.

The sprint distances are contested at 100, 200 and 400 meters (at the Olympic Games and other important track events). Indoor track will often feature a 60 meter sprint. The 60 and 100 meter sprints are always run on the track's straightaway, but the 200 and 400 require the runners to go around the bends in the oval. A runner has a 4 foot wide lane in which to run.

Sprinters need to maintain core muscles, balance and posture while they are in training and beyond. The purpose is for them to use less energy and be able to run at a speed that is faster than what they normally run.

If they jog for an hour, it is not as effective as running in short, fast bursts. The jogs do not provide sprinters any justice. As sprinters train, they use less time getting fit than they would if they incorporated regular exercises.

In order for the training to be effective, sprinters must have proper running shoes, a stopwatch and a person that can time them for accuracy.

As with any training, you must do stretches to avoid being injured. The recommended time is no less than 10 seconds and no more than 30 seconds of stretching. You would stretch your legs and your torso area. After that, you would warm up with a one minute jog.

Continue to add more stretches, such as swinging your arms and legs and moving your torso around. When you start sprinting, do only a portion of it. For instance, if you are

doing a 200 meter sprint, then only sprint the first half. For the second half, stride half of that and sprint the last half of the second half of the 200 meters.

Allow your body to get back to normal by resting at least five minutes in between sprints. Of course, this will hinge on how far you sprinted. You should be able to sprint again many times over using that same speed.

Keep your eye on sprinting and prevent tiring yourself out. You can do the above as many times as you can muster. If you tire out and cannot complete the sprint, then allow your body to rest. It is important to rest while you're sprinting because it requires the use of all your oxygen from your muscles.

When you do that, you will be able to increase your speed. If you sprint too soon before you rest, the oxygen will go back to your muscles. You can end up begin nauseated and lightheaded. In the interim, you can jog and run up a flight of stairs to get your body back to normal. To cool your body down, you can either walk or jog on the track.

Here are a few suggestions that you should implement that can help your sprinting be more effective:

Do not sit down immediately after you have stopped running.

Always stretch and warm up your body before and after you exercise to prevent injuries.

Eat at least two hours prior to sprinting and one hour before drink fluids that are non-alcoholic.

When you sprint for a mile or more, make sure to have your time recorded.

As you run, stay relaxed. That way you will have a better finish.

You should run up and down a flight of stairs, a hill or a set of bleachers in between sprints. This can help your leg muscles to get firm and be able to endure.

With long-distance runs, sprint training is essential because it can help keep your heart strong.

## **Middle Distance Running**

Middle distance running is one of the easiest running programs that runners can get into. Training for this program entails a lot, and it's important that you are able to work the training program as best as you possibly can.

Middle distance running includes the 800-meter, 1500-meter and 5km. With this kind of running, you will need aerobic and anaerobic energy. You will also have to be able to keep up with a great level of speed endurance.

When training, you will encounter one or two workouts per day. It will consist of tempo running, track sessions and easy runs. In order to get more strength and endurance in your muscles, you must add going to the gym to your schedule. Also, you may want to include Pilates or yoga. Of course, it depends on what you really need in order to train effectively.

For those who are training, their power-to-weight ratio should be acceptable and their body fat should be at a low level.

Here are some tips that you can implement while you are training for middle distance running:

Wear track shoes with spikes if you are running on the track. Or wear lightweight shoes while you're road running.

Prior to the day that you are going to run, rest up and get plenty of sleep. Lack of sleep causes you to have less energy. Therefore, the result can be lackluster, at best.

Before you start your middle distance running training, make sure that you stretch and warm up for a few minutes. Doing this can prevent you from incurring unnecessary injuries. Also, stretching can help to loosen the muscles.

If you are just starting out, don't take on too much. Get acclimated with the training first and then add more as time goes on. Don't be in a rush to get to the next step. Besides if you have a medical condition, you will only be able to do so much anyway, including going extended distances.

If you want to eventually train for extended distances, check with your physician to see if they will approve. This is important especially if this is your first time training.

After you have finished stretching and warming up, make a decision on the distance you want to run. If you are a beginner, you should start out slowly with the shortest distance. You don't want to overdo it.

As you run, the upper portion of your body should be relaxed. Otherwise, you can tire out quicker. As you are running, breathe properly. The worst thing that can happen is that you get out of breath as you run. That can throw you off base.

The way that you run is by lifting your toes and coming down on your heel.

When you have finished your run, drink plenty of water and make sure to rest up.

As you are training, roll your shoulders slightly so that your body will stay in balance.

Don't exert a lot of force on your arms and allow them to swing loosely on each side. They should be at a 90 degree angle. Do not straighten them as they are swinging back and forth. Place your hands in a fist position, but they are not to be tight.

Your back is not stiff or rigid and your body stays upright. Your back leans slightly forward.

After you train, you may be sore. If that happens, slack off of the running and do less. If you do experience pain or soreness in your muscles, use a cream designed to help those areas. If you have pain in your legs, you may need to rest for an additional length of time. Don't keep running if the pain in your legs persists.

There is a lot of middle distance running that train along with having a full-time job. If this is your scenario, you may not have much time to think about having healthy meals in your diet. Training takes up a lot of time, especially in the beginning when you are just starting out.

It's really important to have a lot of healthy foods available. It will really help you when you are training. Healthy foods provide you with a lot of energy and all of the nutrients that you need to keep going. Cook enough meals to have leftovers for the next day.

With middle distance running, your body is required to have low fat levels. That's why it's important to know what you are eating. Too much fat and sugar can harm your body and be a distraction as you are trying to train. Instead consume foods that have plenty of vitamins and nutrients.

One thing that can happen in middle distance running is getting tired. There are different reasons why runners end up this way. Sometimes it could be a matter of overtraining. Other factors may include lack of nutritional foods, not eating all of their meals, not enough fluids in the body, etc.

It's important for runners to have plenty of foods that will help them keep the energy they need to go to the next level. Skipping meals is not the way to go. As you continue to train, make sure to hydrate yourself with water (preferably) between training sessions.

Even though having fluids is important in training, don't make the error of drinking large amounts of it at once. You should drink or sip smaller amounts of fluid on a regular basis. When they are practicing in the gym, you should keep a water bottle with you so that you can drink at your leisure.

Runners should have their iron checked to make sure that they have enough in their system. You can also use the services of a dietitian to help you consume enough iron.

There are runners who use supplements such as protein powders and pills. This is not necessarily the best idea for you while you're training. You would come out better by eating healthy meals and getting plenty of rest.


Having a healthy lifestyle habit that includes healthy eating is the way to longevity and you will have more energy. It sure beats consuming supplements that may harm your body while you're running. Only a sports physician can determine whether or not you should be taking supplements while you're training.

# Marathon Running

Before you decide to run in a marathon, you must get in a training program. This program can help you to build up more strength in order for your body to endure what you have to deal with. You have to prepare in advance; there is no way around it. The steps below will outline for you the proper course of marathon training.

Since training for a marathon can cause you to be exhausted, it is crucial that see a physician first, even before you start the training program. Training for a marathon is strenuous, and you must be up to the task. If they recommend that you are not in shape or you have some injuries, you may not be able to do it.

However, if you get the green light, Hide these ads

 you must start by stretching every day. Stretching can help you to get your back and hamstrings strong. The muscles in your abdominal area also need to be strong and firm.

Your body has to be strong enough in order to do marathon running. You must also get plenty of rest and maybe some extra shut-eye. Keeping yourself hydrated with water and eating right can help you keep your body in check.

Adapt to a schedule and stick to it. On the weekends, incorporate long runs. You will have more time and plus you will be able to run slower. You need to make sure that you cover the entire distance.

When you are training, do it for no more than 15 miles and three days a week. When you are running, you can do it for no less than three miles and no more than six miles. You don't want to overdo it as you are training.

Having a schedule for marathon training is crucial. For those who are just starting out, having a schedule serves as a guide for them to follow. However, it is recommended that beginners have been already running for at least three months. They should be running at least 15 miles per week. Make sure that you get approval from a physician before you start.

Basically, runners do some type of training at least six days a week. Mondays are usually designated as a day of rest. It's important for you to rest your body in order to prevent injuries. Overdoing it can trigger pain and injury to surface.

For the first day of the marathon training program, you would do some warm-ups. You would also run, but you would do it at a reasonable pace. Then you would cool down

and do some stretching exercises. This activity is done two days out of the week, leaving a day in between the two days to do something else.

The next day starts out with warm-ups again. Then start running at a pace that is comfortable for you. Once again, cool down and do some stretching exercises.

Another day, you will incorporate cross-training. This may involve swimming, the elliptical or biking. You would do this for no longer than 45 minutes (a half-hour at the most). However, if you are not feeling up to it, then you can skip it and take another day of rest.

The next day, you would engage in a long slow distance run. You would run however many miles you have set. Take your time and don't push yourself as you are running. Pace how you are doing by how you are breathing. You should not have any problems breathing and you should be able to talk in sentences while you're running.

On the sixth day, make your short runs easy for you to finish. You should feel comfortable at the pace that you are going while you're running. Doing this will help loosen and relax your muscles.

In between training and running, take breaks and walk. You can also stop to replenish your water or sports drink. It's a good idea to follow this routine for at least 30 days. You should follow these steps for at least a month before you run or walk your marathon.

## Long Distance Running

For those runners who run long distance, they have to be focused and employ discipline. This is crucial when you are training. Being a good long distance runner also requires that you work hard for months. The more you practice, the better you can get at it.

In order for the training to be effective, you have to be committed to what you are doing. When you start out in the morning, you'll have to get up earlier than usual. Start off with a five mile run at a slow pace.

When you are incorporating that into your long distance training, you will have more lung capacity and be able to endure for longer periods of time. As you train in the morning, your blood and your heart will work more effectively. If you are an early bird, you can make this training to your advantage. It can also help you to be an effective long distance runner.

You can also do long distance runs in the evening and on the weekends as well, depending on your schedule. Since there are many people that work during the day, it can be difficult for them to start the day off with running.

Evenings and weekends may be better for some and allow them to be more flexible. When you are in a training program for long distance runs, you have to do more than just a few miles. Be sure to count off a few hours to use to run.

Training in a long distance running program also involves running up and down a flight of stairs. It can also be used to go up hills that are steep. In order to be one of the best, your leg muscles have to be solid and firm. Going uphill can help you do that for your muscles.

It's also a good idea to incorporate sprints going uphill and downhill. Toward the end of your training, go jogging for at least two miles. When you have finished your uphill sprints, do not sit down. Otherwise, your muscles will get stiff. You may have to do some stretching exercises.

In your long distance running training program, you can also incorporate sprints first and after that, walks. Find somewhere where you can get some practice in on a track. Do half and half—sprint on one-half of the track and walk the other half of the track.

You should spend at least an hour with this routine. Doing this can help your leg muscles to get strong and can help you on the end part of the race.

Remember that you must stretch properly prior to starting a run. You don't need to incur any injuries while you are still in the training program. Also remember to pace yourself so that you'll know where you stand. You have to be able to keep up.

# Ultra Running

Ultra Running is when you are running in an event that in which you are running more of a distance than the usual length of a marathon. It is really about running an extreme length that most people do not or cannot run. Nowadays, many people who are new to this kind of distance running want to know more about it.

For those who are into ultra running, they usually have a lot of patience in order to participate in the training program. There are a lot of segments and it's good to be proficient in them all.

Before you start the actual training, you need to start with endurance training. This should include working with your muscles, tissues and bones. This can help you when you get ready to run in the advanced stages of ultra running. You will also be able to adapt to more strenuous workouts. This can help you to have an effective training session.

As you are working on increasing your fitness, don't get burned out in the process. Don't do too much too soon. You just want to deal with the basics in the beginning.

One of the important things that you must do in ultra running training is to work on your cardiovascular system. Depending on your endurance, you can do it starting out for at least 30 – 45 minutes. Then you can work your way up.

You should also implement a training program that consists of the following:

- Long runs
- Cross-training
- Easy runs
- Regular runs
- Moderate runs
- Walking
- Jogging
- Long tempos

Of course, with all of this, you must implement rest times. It's very important that you get enough rest so that you can continue with the training.

Along with the ultra running training, there is a chance of possible burnout. Unfortunately, there are a lot of ultra runners that have to deal with that. Burnout can cause you to be physically and mentally drained. However, that does not mean that you have to stay that way.

Here are some suggestions that you can use to get your body back to normal again:

Change the way that you do things. Get out of the same routine. Don't run the same routes all of the time. Whatever surface that you have been running on, try something different. Find other people to run and train with. Get with some people that you can be challenged from or that you can challenge.

Take breaks when you need to. Cut back on some of the training for your ultra runs. Incorporate cross training and lay off the running. For a lot of ultra runners too much running can cause them to injure themselves.

If you are suffering from certain conditions that cause you to slack in your training, then do something about it. If you are not getting enough sleep, change your scheduled where you are able to sleep more. If you are not drinking enough water, make time to drink more water. You cannot be dehydrated while training. Water is part of the fuel you need to keep going.

If you are training when the weather is warm or very hot, then you will need to drink more water in order to stay hydrated. Drink water before training, during training and after training. Check your body to see how it reacts in different seasons.

You may have to make some adjustments, depending on how your body adjusts for each season. With these adjustments, changes in your body will not come overnight. You will also have to get used to these adjustments in order for the training to be effective. You have to be focused, motivated and have a plan written out in order to see these changes come to pass.

## Multiday Running

Multiday running is when runs are split up for runners to run a certain distance or for a certain time. The runners do this on a daily basis. They are allowed to run the length that they want at their own will. It will take a certain amount of days for them to do this.

In order to tackle multiday running, you have to be in excellent physical health. You also have to be of sound mind. This type of distance running is one that you have to really be able to endure.

If you are in a multiday race, it is not mandatory for you to run the whole time. You will have to get some rest which includes plenty of sleep. You may do the whole distance or you can do as much as you can every day. The purpose is to have a goal distance upon completion.

Your mind has to endure a lot of running even when you don't feel like doing it. You have to go forward and keep moving. Most of all, you will need a lot of patience and focus on what you are doing. Multiday running is a serious labor of love.

If you're not careful, you could be injured doing multiday running. You must stay hydrated the entire time. If you don't consume enough calories, you can have issues with your abdominal area. You could also experience shin splints and runner's knee. Your muscles can also get sore.

With multiday running, runners don't have to run fast. Depending on how many miles you wanted to train, you would split it up into segments. You would determine how much sleep you needed. The rest of the time you could train and take breaks in between. If you don't have any issues, you could train for long periods of time.

As you train, you would still need to nourish your body with food. You have to maintain a certain energy level for this kind of training. It's ok for you to select what you want to eat. However, you should focus on foods that have a real nutritional value.

The number of fats and proteins that you consume can make a difference when you are doing multiday running training. Another thing is to eat smaller portions instead of larger ones. This can help you to have more energy as you are running. Your blood sugar level should be regular, with you still eating small portions of food along with snacks in between.

Another important thing is to continue to keep your body hydrated. You must maintain your fluid levels up to par while you are training. Drink plenty of water, first and foremost. You can also have energy drinks. However, be careful of how much you are

consuming. Spread out the amount that you are drinking between water and eating healthy foods.

You must also maintain salts in your body. You can add salt to your food or use other foods that contain sodium. You must balance this out with potassium. For this, you can have bananas and green vegetables. These things are vital to you being able to endure the training for multiday running.

With multiday running, it involves more than just running a certain distance or length. You have to be able to endure the number of days that you have to train because they can be long. Your body has to be able to adapt and move forward.

## Selecting Running Shoes

No matter what type of distance running you're doing, it is very important to have the right kind of running shoes. If you are just starting out, it is crucial. You don't want to begin on a bad note and wear the wrong type of shoes. It may take some time to find the right kind, but at least you will be able to enjoy them and feel comfortable. Also, you won't be at risk for injury.

The best place to go is to a store that specializes in running shoes. You may be there for a while because the salesperson will need to know exactly what kind of shoe to get for you. You may end up trying on several different pairs of running shoes.

Advise the salesperson of the type of distance running that you do. Let them know the frequency of your running, and whether you run on concrete, track field, etc.

The salesperson should check out the shape and arch of your foot. This is how your foot type is determined. That is very important because you want to have the right kind of running shoes for distance running.

If you already have a pair of running shoes, bring them with you. The salesperson can look at them and tell what kind of shoes that you wear.

Whatever shoes you get, they should be at least one half to a full size larger than your normal shoes size. As you run, your feet will swell; so you will need extra room in the shoes for your toes.

You will need to test the running shoes. You can do this by getting on a treadmill, walking, or running. The salesperson will look at your foot to see if it rolls inward or outward as your foot touches the ground.

You can't just try on the shoes like you would a regular pair. You will want to try on more than one pair of running shoes and repeat the same process of walking and running in them.

Purchase the pair of running shoes that you feel are the best for your feet. When you get home, test them out for about a week by walking and running in them. If you get blisters on your feet or if your feet start to ache, then that pair of shoes may not be for you.

Hopefully, it doesn't come to that. That is the purpose of testing them out before you buy them. However, at that time, you're just testing them and not wearing them.

At least after a week, you may be able to return them to the store. There are running stores that will allow you to return and exchange the shoes even if you have used them for about a week.

The running shoes can be used until you have run in them about 400 miles. You don't even have to go back to the running shoe store. In fact, you can save some money by purchasing them online. You can search online for your brand and size.

The color and the style of your shoe should be the least of your concerns. You want to have a shoe that fits well without any complications.

## Healthy Eating

Distance running requires that you have a healthy and balanced diet. You need this in order to keep your body healthy. Having a healthy and balanced diet also helps you to keep your peak performance.

If you are racing, your body must have adequate nutrition and your body should also be adequately hydrated. Having this can make the difference on whether you succeed or fail while you're running.

You should have a balanced diet of the following items: protein, fats, carbs, vitamins and calcium.

In order to have enough energy while you run, you need to have protein. Foods that contain protein include fish, lean meats, poultry, low-fat dairy products, beans and whole grains. Protein can also help to repair and heal any tissue that was damaged as you were training.

You should only consume up to 20% worth of protein. For distance runners, they should eat up to .75 grams of protein for each pound of body weight. This is especially crucial for long-distance runners.

When consuming fats, it's better for runners to consume foods that don't contain a lot of saturated fats and cholesterol. Oils, fish, and nuts fit in that category. These foods contain omega-3 fats.

Omega-3 fat is essential for your health and can prevent the onset of some diseases. You should consume at least 3,000 mg of omega-3 fat each day. In fact, you should not consume more than 25% of fats within your diet.

Distance runners need carbs to provide their body with more energy. As a runner, you need energy in order to run from Point A to Point B. You should at least have about 65% of carbs in your caloric count. Some of the best foods to eat with carbs include potatoes, fruits, whole grain pasta and rice that is steamed or boiled.

Vitamins are essential and distance runners need it in their diet. When you are exercising, your body may produce free radicals. Free radicals are the culprits that can mess with your cells inside of your body.

Taking certain vitamins such as A, C and E can help to get rid of the free radicals. These vitamins contain antioxidants that work to stop the free radicals from operating in your body.

There are some runners that take supplements in order to get their nutritional value from vitamins. Even with that, consuming foods with these vitamins is better for you. There is no guarantee that supplements will make a difference in your running performance.

When you're eating, make sure that you have foods that contain calcium. This ingredient is associated with the bone structure. It's important to have calcium because it works to keep away the disorder, osteoporosis.

Also, it's easier for you to have a stress fracture without the calcium. In addition to that, consume juices with calcium, dark leafy vegetables and beans just to name a few. You should also make sure that you have enough iron in your system. Leafy green vegetables shrimp and lean meats fit in this category.

Eating healthy also means replacing what gets lost. As you run, you will lose sodium from your body while you sweat. If you eat healthy, then the electrolytes will come back. Don't eat a lot of salty items.

## Hydration

It is important for runners to stay hydrated. Staying hydrated helps their running performance and it can also prevent ailments related to the heat. If you are not adequately hydrated, you can suffer from lack of coordination, cramping of the muscles or fatigue.

You can also suffer from heatstroke and exhaustion. Distance runners need to take account of how much they have drunk during the entire time, include before and after they have exercised.

If you are running more than 10 miles, then you must hydrate yourself several days before the actual run. You must drink plenty of water and other fluids that do not contain alcohol. Alcohol can dry out your body. Not only that, you can't get the adequate amount of rest that you need in order to train properly.

Before you start running, work your way to drinking at least 16 ounces and no more than 24 ounces of water or drinks that are free of caffeine. After that, don't drink anymore. You will have to eliminate the fluids that you just drank.

This will help you not having to stop and use the bathroom while you're running. Of course, you should still be hydrated prior to starting, so you can have at least another four ounces and no more than eight ounces right before it's time for you to start.

Distance runners should have at least six ounces but no more than eight ounces of fluid within each 20 minute period of their runs. If they are working out for at least a half hour or more, they should have a sports drink to replenish the sodium and minerals that were depleted while they were running.

It's a good idea to have fluids with you, especially if you don't have access to any while you're running. You can also use a fluid carrier to secure the fluids as you're running.

Of course, as you are running and training, you are going to sweat. However, there are some who sweat less than others; there are some who sweat more.

After you have completed your run, you should replenish your body with water or a sports drink. For those pounds that have melted away, drinking at least 20 ounces but no more than 24 ounces can help you to hydrate your body again.

You can know if you need more fluids by checking your urine. If it is dark yellow in color, then keep replenishing with more fluids. When it turns into a lighter yellow, then you are ok.

## Stretching Tips

Stretching is important because it can help to prevent your body from being injured. If you stretch on a regular basis, you won't endure a lot of soreness in your muscles after your training. Not only is it important that you are implementing it, but it is also important that you are doing it properly. In order to benefit from stretching, here are some tips that you can use:

Don't be in a hurry to stretch. Start out slow and do it for no less than 15 seconds and no more than 30 seconds.

While you are stretching, you should relax and breathe in and out. Do not hold your breath while you are doing this.

Don't bounce while you are stretching. This is something that a lot of distance runners do. If you are bouncing, then your muscles can be pulled or torn. Your muscles should be stretched in a gradual motion.

Don't stretch any further where your muscle starts to feel tight. If you are experiencing resistance, you should stop. If you are in pain, don't stretch through it.

Be consistent when you are stretching. If you can, do it after your training, which is really the best time to do it. By then, you have warmed up your muscles. However, if your muscles are tight, you can stretch prior to running. Incorporate jogging of no more than ten minutes after you have warmed up.

## Potential Running Injuries

It is easy for a person to keep in shape with running. Unfortunately, you can also get injured if you are not careful. The most common areas where injuries occur are the feet, ankles and knees.

Your muscles and joints also suffer because so much stress is placed on those areas. If you ignore when you have an injury, that situation can get much worse. Here are some common injuries that can happen while you are running and what you can do to prevent them:

- Sprained ankle
- Achilles Tendonitis
- Blisters
- Pulled Groin
- Hamstring
- Heel Spur
- Muscle Cramps
- Calf Muscle that is pulled or strained
- Shin Splints
- Stress Fractures
- Strain
- Sprain
- Ruptured Tendon
- Tendonitis

These are just some of the injuries that runners have to deal with. There are more, but these are some of the more common ones.

Here are some things that you can do to prevent injuries while you are running:

- Make sure that you are doing the proper stretches and not overdoing them.
- Make sure that you are doing the proper warm-ups.
- Make sure that you are wearing the proper running shoes.
- Replace the shoes when it's time.
- Implement cross training with your running.
- Do not train more than you should.

## Other Ways To Stay Injury Free

After you've gotten the hang of it, you may experience pain and injury. People get injured while running because they do it too much, training more than they should or not wearing the right kind of shoes. However, you can prevent injuries that are associated with running. Here are some additional suggestions to keep you in as less pain as possible.

Incorporate a regular stretching routine while you are in training. It can help you to prevent injury to yourself. You are supposed to be stretching anyway before you start, so having this can help you out a lot. You should be faithful about stretching on a regular basis. If you are not, then your body will suffer.

In addition to wearing the right shoes, you must be running on the right surface. You don't want the shock to go in your legs. The ground should be able to take it in. While training, don't do it on the concrete.

It is not a good surface for you to run on. Plus, concrete is more difficult to run on than asphalt. Look for a dirt trail or grass because it can help you on your high mile runs. It is also better to run where the paths are straight and the curves are slow. You should always be consistent with your running because if you have to change at the last minute, you can injure yourself.

Don't neglect some muscles and pay more attention to others. The other muscles are just as important as your running muscles. So it's important to keep a balance.

When you implement too much training, you can injure yourself. When the running has gotten more intense, then you should take it easy. If you are getting more mileage every week, don't increase it any more than 10%.

Push yourself gradually and not at one time. When it's a gradual motion, you will not set yourself up for pain and injury. Plus, you will still be able to get to the next level.

Make sure that your shoes are still in good shape for you to wear them for running. You should be wearing the right kind of running shoes for your feet. If you are not wearing the right kind of shoes, you can cause pain or injury in your legs, hips or feet. Don't wear shoes where the cushion is worn out. If you are having issues with your feet, you may need heel lifts or orthotics.

After you have healed from a previous injury, make sure that you are ready to start running again. Gradually get yourself back into training starting with water running, exercising on an elliptical or cycling. It will take time to get back to the way that you were.

## Conclusion

All of these distance running techniques have their own different style to them. It's important that you are able to adapt to the one that is best for you. Only you know what you can do and how much.

Being able to train for one of them is a major feat. So, if you get past that hurdle, then you should be fine. It can mean a lot to be able to do this so that you can feel good about yourself. Even though these techniques and training methods are based on running races, that does not mean that you cannot use them for your own personal gain.

Once you train for one of these, you will see things differently. You will be able to recognize and do things that you may have thought you could never do before. Distance running can provide people with a perspective of how to get out of the box when it comes to running and exercise.

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