

# Tips for joggers

The following article describes the perfect prescription for beginning joggers. It is written by Dr. Bruce I. Kaczander and Dr. Brian L. Kerman, partners at the Affiliated Podiatrist of Canton. Both doctors live in West Bloomfield Township.

**R**UNNING IS NOT a one-day wonder.

Like most enduring parts of a person's life, running takes time to develop. Beginning runners often jump the gun on their training. Uncoached and overanxious, they fall prey to a plethora of novice mistakes.

Before initiating a running program, beginners — especially previously sedentary, unfit middle-aged adults, or individuals seeking rehabilitation after illness or injury — should have a thorough examination by their family physicians to find out if there are any special limitations on activities. Remember, for every year you don't stay in shape, you lose three years of conditioning.

If you have no previous illnesses or history of heart disease, you should be able to exercise 15 minutes a day, five days a week, on level terrain.

The initial workout should consist of five minutes of gentle jogging, followed by five minutes of walking and another five minutes of jogging.

Realistically, you should increase your running five minutes per week every three weeks.

FOR ALL RUNNERS, both novice and professional, gentle stretching exer-

cises are imperative both before and after a workout. Keep in mind that you are much stiffer in the morning, when stretching should be more extensive, compared to evening hours, when you are more limber.

Also, contrary to popular belief, a jogger should stretch the upper extremity, as well as the lower extremity.

A final word about stretching: Don't use a bouncy, or "ballistic" type movement because this can cause severe ligament, muscle or tendon damage. The proper way to stretch is via the "static" route, that is, assume a position where the muscle is contracted, and hold it there for a count of 10, relax and repeat the maneuver.

BEGINNING RUNNERS notoriously have poor form because of inadequate conditioning and a lack of knowledge about what comfortable, safe running form is all about.

A beginner should use a short, shuffling gait. Don't overstride.

If you have a high-arched foot, you will tend to contact the running surface more toward the ball of your foot. A low-arched foot contacts flat footed. And a relatively normal foot goes through a heel, mid-foot, toe sequence.

The body should be upright; hands and jaw should be relaxed. Clenched fists lead to a tight body, which leads to injury.

Remember, have fun. Don't go too far, too fast, too soon.

Have some patience — or you'll be one.

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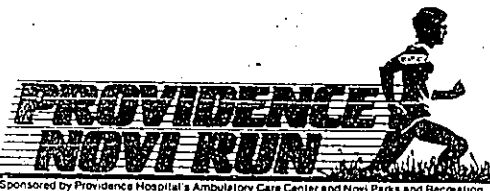
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