

The Race for Summer!

With the days getting longer, and the sun shining (when we are lucky), many of us are strapping on our runners and hitting the pavement. Whether you have been running for years or are running your first Sun Run this weekend, it is important to keep in mind the benefits of stretching and home care. Here are a few preventative tips to keep you running for many summers to come.

Stretching: It is important to create a proper stretching routine that is performed before and after a run. Pre workout stretching should be more active, with the main goal of bringing fresh blood to all the major muscle groups and joints. Post workout stretching should be more specific and sustained, targeting not only your lower body, but calming down your trunk, shoulders, and neck as well.

Breathing: A common complaint during a run is diaphragm cramps. This tends to happen when we do not maximize the amount of air into our lungs with every breath. We become “short of breath” and our diaphragm and intercostal muscles go into a mini spasm. To prevent this, you should develop a (3:2) ratio of inhaling for three steps and exhaling for two steps. Breathing in a 3:2 ratio helps to calm the breath and maximize the room for your lungs to expand and draw in all that fresh oxygen.

Home care: Nutrition, Hydration, and Sleep. Staying on top of these three simple, but very important, topics will help you maintain your level or push you past that finish line in no time!

Good luck to all you Sun Runners! I will see you at the finish line!

Kelsey Armstrong, RMT.