10 Practical Tips for Running

David Bohmiller, CSCS, TSAC-F
No portion of this manual may be used, reproduced, or transmitted in any form or by any means, electronic or mechanical, including email, fax, photocopy, recording, social media platform(s), or information storage and retrieval system by anyone but the purchaser and/or subscriber for their own personal use.

This manual may not be reproduced in any form without the express, written permission David Bohmiller of Marathon-Running.com, except in the case of a reviewer who wishes to quote brief passages for the sake of a review written for inclusions in a magazine, newspaper, or journal, digital or otherwise. Each or any of these instances require written approval from David Bohmiller prior to publication.

For more information, please contact:

David Bohmiller, CSCS, TSAC-F
https://www.marathon-running.com/contact.html
Disclaimer

You should consult your physician before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you, or a member of your immediate or extended family, have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising, or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

This manual and the related site, Marathon-Running.com, offer health, fitness, and nutritional information and are designed for educational purposes only. You should not rely on this information as a substitute for, nor do they replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site or in this manual. The use of any information provided on this site or in this manual is solely at your own risk.

Developments in medical research may impact the health, fitness, and nutritional advice that appears here. No assurance can be given that the advice contained in this site will always include the most recent findings or developments with respect to the particular material.
Foreword

“We all have dreams. But, in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.”

~ Jesse Owens
Having been a practitioner in the health and fitness industry for the better part of the last two decades, I’ve had the great fortune to communicate with members of all levels of the running community.

From those entertaining the thoughts of beginning a running program for the very first time, to those who make a career of traveling the globe to participate in the highest levels of competition, the sharing of the collective experiences and of lessons learned can have great impact in encouraging others to get started, to continue, to advance, and to give back within a community that has arms open to all.

With that, and with contributions from a number of members of this community, we have compiled in this manual a list of “10 Practical Tips for Running” in which we hope that you will find value.

In reading this manual, please do keep in mind that each runner is unique, and so what has worked for one individual, of any level, will not, very likely, work for all runners. We all have unique bodies, from differences in height, weight, medical history, exercise history, injury history, and a host of other variables.

With that in mind, apply, adjust, and find what works for you. Should you require additional support, we suggest seeking the guidance of a qualified, health and fitness professional, whether through our available services, those available more local to you, or those with whom you’ve found a good, working relationship.

Enjoy, and happy running!

David Bohmiller, CSCS, TSAC-F | 08/18/2019 | Marathon-Running.com
10 Practical Tips for Running

In asking for contributions to our 10 Practical Tips for Running list, the response was nothing short of amazing.

We are very fortunate to have a running community of friends, coaches, athletes (recreational and competitive) who love the sport, and who love helping others.

With the amount of responses received, we're quite sure the list here is longer than just 10 tips! Lucky you!

Our list below includes suggestions from professional athletes, recreational runners, certified personal trainers, and more.

Let’s Dig In to 10 Practical Tips for Running! (In No Particular Order…)

1) Jane Says...

“My running tips are way different than most. I go by feel and not by the watch. I’m not a racer so I don’t train that way. I train to finish something. I also find that pushing 50 (I’m 47) that I run three days in a row and take two off. Recovery is different!” ~ Jane Coffey
2) Listen, Plan, & Buddy Up

“Listen to your body. When you feel good go for it. When something feels off, back off until. Sign up for something 5k to 26.2 to keep you motivated. Find people to run with, hold you accountable!” ~ Becca Pizzi, Follow Becca on Facebook

3) Keep Going

“Don’t give up. I’ve had to start and restart many times. Any run is better than no run. Mind over body. Set small goals.” ~ Jenn Kuhl

4) Approaching Pain & Inflammation Intelligently

“Avoid over the counter NSAID’s during tough periods of training. It's easy to rely on medication for pain and inflammation however it's dangerous long and even short term. Try instead natural ways of reducing inflammation such as Astaxanthin, turmeric or ginger. My favorite is a product by Astavita called 'Astavita Sport'. Using products such as Advil and Aleve merely block pain pathways and cause the body to have an abnormal reaction to inflammation if used for long periods.” ~ Joseph Gray, Follow Joe on Facebook

© 2019 Marathon-Running.com. All Rights Reserved.
5) Take Your Time

"Take care of your body. When you notice pain, rest and take your time getting back into it." ~ Shannon D. Hulme

6) Be Patient *(With Yourself)*

“If you’re a beginner, don’t get frustrated and don’t try to go from zero to 60 overnight. With anything in life, it takes time to adjust. Little by little you will succeed every day. There is no such thing as failure. The website called marathon running for a reason, because it isn’t a sprint. Make small goals preferably after your first ever run, and slowly begin to set bigger, yet attainable goals the next time. Before you know it, you won’t even think about it anymore. It will just come naturally.” ~ Mike Taverna, [Follow Mike on Facebook](#)

7) Support & Inspiration

“One that comes to mind for me is to have a solid foundation of support and inspiration. For me, I literally keep a small journal book in my racing pack and I call it "The Book of Names." The races I've
participated in are anywhere from 24 hours to 240hrs [10 days [Infinitus 888k]]. I've always gone solo, never asked for friends or family to crew. It's a personal decision- I don't ever want to snap at someone for trying to help me go beyond my limitations. There are times when I'm at my highest of highs and plenty of times in my lowest of lows. I'm far from perfect, I'm just human. When I hit my low points and I want to quit or give up; I'll literally start walking and read my book of names. It's just a book of people who I have met at some point in time and they made an impact on my life. [Side note, yes Dave, you are in the book] I may have only met them for a sec or maybe known my whole life. Time isn't important; the quality of the particular moment is. I don't list what the memories were either, the memories redevelop as I read the name. Once I'm out of that low, I put the book away and try to keep on dominating to the x-treme.” ~ Will Bradley

8) Enjoy It!

“Enjoy every run you get! Don’t view running as something you ‘have to do.’ Instead, view it as something you choose/get to do.” ~ Jesse James Jamnik, Follow Jesse on Instagram

9) Focus On Strength & Mobility

“Don't neglect strength work and mobility. Every runner should work on developing a solid posterior chain with movements like nordic leg curls, hip thrusts, lateral squats and core. Mobility isn't just rolling with a lacrosse ball or foam roller. It means moving dynamically to warm up properly and prevent injury. Getting a resistance band or two makes all the difference in the world.” ~ Miguel Guillermo Medina, Follow Miguel on Instagram and/or Miguel at Yancy Camp
10) Be Intentional & Comprehensive With Strength Training

“Prioritize single leg training (lunges, SL deadlift, etc...) and don’t ignore upper body strength training.” ~ Erika Tabur, Follow Erika on Instagram

BONUS TIP!

11) Help Others

“Surprise: Running is a team sport. People who train together, succeed together. Achieving a personal running goal feels great, but helping someone else achieve their personal running goal feels even better. And, if you’re ever stuck in your training and wondering why am I doing this, just go spectate a marathon. It brings everything back into focus.” ~ Dana Shulman, Follow Dana on Instagram

Thank You!

We hope that you have found within this list, 10 Practical Tips for Running, one or several pearls of wisdom that you’ll be able to apply today.

We are very thankful for the contributions from our friends in the running community, and we encourage you to follow their adventures,
for additional advice and/or inspiration, by way of the links (contained within the text) that they have provided.

We would also like to invite you to become participants within our Marathon-Running.com community.

You may do so through your choice(s) of the following:

Website: Marathon-Running.com
Facebook Page: Marathon-Running.com on Facebook
Facebook Group: Marathon-Running.com FB Group
Twitter: Marathon-Running.com on Twitter
Instagram: Marathon-Running.com on Instagram

About the Author

For nearly 20 years, David Bohmiller has been a practicing health and fitness professional.

During that time, he has helped men and women identify and address the pieces of the puzzle that were missing from their fitness plans.

Throughout his career, he has also been tasked with guiding the careers of hundreds of other health professionals, teaching the how and why of fitness program design.
A bit about his qualifications:

- **BS in Physical Education** with a Concentration in Exercise Science from Bridgewater State University.

- **NSCA CSCS: Certified Strength and Conditioning Specialists** are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention.

- **NSCA TSAC-F: Tactical Strength and Conditioning Facilitators** apply scientific knowledge to physically train military, fire and rescue, law enforcement, protective services, and other emergency personnel to improve performance, promote wellness, and decrease injury risk.

With his background, and his **thousands of Personal Training sessions** trained, he has become adept in designing and implementing programs for:

- Improving Running Speed, Endurance, Strength, and Power
- Relieving Back Pain
- Addressing Muscular Imbalances
- Improving Sports Performance
- Fat Loss and Weight Loss
- Muscular Gain
- Returning to the Gym following Completion of Physical Therapy
- Improving Flexibility and Mobility
- Preparing for Military Physical Fitness Testing
• 5k, 10k, Marathon, Ultramarathon, and OCR (Obstacle Course Racing)
• Snowshoe Racing
• Mountain Bike Racing
• Preventing Osteoporosis
• and, more!

Should you be seeking additional guidance via his coaching, please visit: https://www.marathon-running.com/running-workouts.html