Training tips and general information

Tip 1

Strength training and exercises

Run healthier and faster with strength exercises. For adequate propulsion during running, we need sufficient leg strength and - in order to convert this into an efficient forward movement - a certain degree of core stability. Strength training is also important to stabilise and therefore protect our joints, back and entire musculoskeletal system. This includes a stable leg axis to protect the knees and hips, for example, as well as a strong torso and back to prevent you from falling into an overarching back during the forward movement.

Tip 2

Stretching / mobility exercises

Sufficient flexibility is important for an upright, ergonomic and efficient running style and for better movement sequences. In conjunction with strength exercises, stretching/mobility training is of preventative importance to counteract muscular imbalances.

Tip 3

Regeneration

Do not forget to rest! The body needs time to regenerate. (Constant) (over)exertion should be avoided, as this has a negative impact on our health and our immune system. Regeneration does not have to mean abstinence from training, but can be utilised in various ways, e.g:

a) **Cool-down**: 5 minutes of slow running or walking can stimulate regeneration processes.

b) **Refill empty stores**: Eat a banana or drink an apple juice straight after training. It is also important to ensure sufficient protein intake.

c) **Take time outs** after a (personal) "competition"! "Competitions" or peak performances in training should definitely be compensated for with regeneration. A rule of thumb for more advanced runners states: every 10 km of competition requires one week of regeneration (after a marathon, up to 4 weeks of (active) regeneration are necessary). This means that even after a fast personal 5.5 kilometre run, at least 2-3 days rest should be planned.

d) **Active recovery through gentle and alternative exercise programmes**: For example, slow swimming or cycling or something as simple as a walk.

e) **Passive recovery** through conscious relaxation (e.g. autogenic training or progressive muscle relaxation according to Jacobsen). But also, saunas or (self) massages (e.g. the sole of the foot with a hedgehog ball/tennis ball or working with fascia rollers), and for the "hard" relaxers: cold showers/alternating showers to increase blood circulation and muscle relaxation.

Tip 4

Drinking and eating

Your body needs water, so drink enough. You should drink 0.5 - 1.0 litre of water per hour of training.

A balanced, fibre-rich mixed diet as a basis is an important part of supplying the body with energy, vitamins and minerals. Immediately before running, you should only eat light food...
and/or let some time pass before training. You should never eat anything before a competition or a run that you have not already tried in training.

Tip 5

Dealing with pain or injuries

You've already got the date for the campus run firmly marked in your calendar, started a well thought-out training plan (maybe ours) and maybe you've already proudly completed the first few weeks of the training plan and suddenly your shins start to hurt or you twisted your ankle in your last training session.

Even if you really want to take part in the competition, you should step on the brakes. Firstly, you should take care of the acute pain, cool the area, take it easy and, if in doubt, consult a doctor. Simply running with the pain can exacerbate the injury or lead to chronic pain conditions.

Nevertheless, in some cases it does not have to be the end of training for you. You should never train with pain and always follow the doctor's instructions, especially in the case of acute injuries, but it may be possible to remain active with other forms of exercise such as swimming or cycling. But only if these forms of exercise are completely pain-free.

Do you have specific or individual questions? Please send us a message:
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