

Week 2

It's Good to Breathe!



Speed and Breathing

The most common problem new runners encounter is pace. When we start running it's very easy to begin at a pace that is much too fast. Take your time to start slow and gradually build up. As you run more you will get a feeling for the speed you can maintain as well as speeds that will over-exert you.

It is difficult to know how fast or how slow you can run and there are lots of gadgets including smart watches, apps and heart rate monitors that can help you with this. However, a simple method to gauge if you are running at your correct pace is your breathing, especially when you first start your running journey.

Beginner runners should aim to complete their run at a reasonably comfortable effort level.

If your breathing is too heavy and you struggle to talk, slow the pace down, inhale through your nose and out through your mouth, new runners breathe from their chest instead of their diaphragm, further limiting their oxygen intake. To feel the difference between a chest breath and a diaphragm/belly breath give the following steps a try:

1. place one hand on your belly, just below the ribs and the other on the rib cage.
2. First, try to use your breath to push your rib cage up and out. This is a "chest breath". Notice your belly does not move much at all.
3. Next, try to inhale without moving your rib cage and instead let your belly push your hand out. This is a "belly breath" and is what we should be aiming for when we run

Another useful trick to help when running is 2:2 breathing. Inhale for 2 counts and exhale for 2 counts. This will help with your pace and steady your breathing, ensuring a steady flow of oxygen to your muscles.

Fact

What do lungs and a tennis court have in common? ...Their size!

It seems pretty impossible, but if the lungs were opened flat they would be so big that they would cover the size of a tennis court!



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Fact

Usain Bolt reached 27.8 mph when he made his 100m world record!



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Workouts

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Day 1 - Speed interval

Warm up: 5 minute brisk walk

Main session: 1 minute run

1:30 minute walk x5

Cool down: 5 minute walk

Day 2 - Rest

Day 3 – Aerobic interval

Warm up: 5 minute brisk walk

Main session: 4 minute run 2
minute walk x4

Cool down: 5 minute walk

Day 4 – Bodyweight circuit

40 seconds on 20 seconds off x3

- 1) Squats
- 2) Press ups
- 3) Lunges
- 4) Glute bridges
- 5) Back extension
- 6) Plank

Day 5 - Rest

Day 6 - Long run

Warm up: 5 minute brisk walk

Main Session: 2km run

Cool Down: 5 minute walk

Day 7 - Rest

Tip

Try and match the timing of your breathing to the pace at which you're running.