

# TEAM RULES!

## 1 MEDICAL

Check with a physician who is familiar with strenuous exercise. Make sure that there are no factors that would put you at risk for exercise-related cardiovascular problems. Those with the following risk factors should be checked out: diabetes, more than 50 pounds overweight, have smoked cigarettes, high cholesterol, hypertension. Be sensitive to the first signs of any cardiovascular problem: irregular heart rhythm, shortness of breath, pain in the heart area and any unnatural reaction of your cardiovascular system. If any of these things happen during any of your exercise sessions, slow down and get help immediately. Be sure you carry your ID and list any problems or contact phone numbers as needed.

## 2 COMPLETE THE RUNNING FITNESS QUIZ

Complete the Running Fitness Quiz on the next page. It will alert you to potential problems and help you determine which pace group to align yourself with when we put them together on week #2.

## 3 SAFETY

Never assume you are safe. Keep watching for traffic and jump off the road when needed. Do not follow anyone into a dangerous situation—you are responsible for your own safety.

## 4 GO SLOW

Pace yourself so that you can easily talk to the person you are running beside or yourself, if you are running alone. This is called the “talk test” and it ensures that you are running at an appropriate pace for you! The slower you run, the faster you’ll recover. The rest provided by the program is designated to protect you. Don’t run more than is noted on your schedule, and don’t try to jump back into the program when you’ve been sick or injured.

## 5 DRINKING

Drink about 4–6 ounces of water every hour you’re awake. If you’re sweating profusely, you can drink more than this amount. Avoid alcohol and caffeine as much as possible—they will dehydrate you. Electrolyte beverages, such as Gatorade, will help you replace the body salts that you lose during exercise.

## 6 WEAR YOUR SHIRT

Wear your official Running Club Training Program shirt on each of our group runs. We need this for identification purposes.

## 7 REST DAYS

Rest Days are okay and, in fact, encouraged.

## 8 SUPPORT OTHERS

Give each other support and encouragement and remember to work together.

## 9 MAKE IT FUN

Everything else will come.

## 10 TRAINING PACE

Slow means a pace that you can do easily. The slower you run, the faster you recover. Faster, harder stuff will come later in the program for those who want it.

## 11 IF YOUR PACE GROUP IS TOO FAST, SHIFT TO A SLOWER GROUP

## 12 WORK TOGETHER

Become a strong unit of support, spreading positive energy. The energy you put into the program will bring you many times the return.

