



## **GENERAL TRAINING & HEALTH ADVICE**

### **RECOMMENDATION FOR A HEALTH CHECK:**

Before starting your training, please have a medical check-up to ensure that there are no health restrictions or risks for your running training. For this, a stress ECG with your general practitioner or a more comprehensive sports medical examination is suitable.

### **WARM-UP:**

Get your cardiovascular system going with a short warm-up program (approximately 5 minutes) before your run training. For example, you can do quick walking in place, squats, small jumps, as well as dynamic stretching and mobilization exercises for the muscles, ligaments, tendons, and joints that will be engaged. Many useful exercise examples can be found online, for example on YouTube or Instagram.

### **RUNNING ACCORDING TO FEELING:**

Very important: Do not overexert yourself during training! Try to choose a pace at which you can still hold a conversation while running, and one that you feel is "comfortably strenuous" at most. Depending on your form on the day, temperature, terrain, or other factors, your running speed may vary. If you experience persistent pain during or after training, please consult a doctor!

### **COOL-DOWN:**

Take about 5 to 10 minutes after your running training for stretching and mobilization exercises focusing on your muscles, tendons, ligaments, and joints. This can include static and dynamic stretching, but also breathing exercises or balance training. Focus on the body parts that you have particularly worked during the run.

### **RECOVERY:**

Rest is just as important as the training itself, so start your training slowly and comfortably and don't push yourself too hard at the beginning! If you practice other sports (team sports, fitness, strength training, etc.) alongside running, make sure to allow sufficient recovery time. In case of significant fatigue, it's advisable to reduce the training load or skip a training session. Make sure to stay well-hydrated and nourished before and after training. This will help you recover properly and prevent overuse symptoms and injuries.

#### Please note:

*The training and health advice serves as a guideline when starting a running training program. It does not constitute professional training guidance and/or replace the advice of a doctor.*