

BECOME A BETTER & happier RUNNER

By Lis(t)a Coaching



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01

IMPROVE
YOUR
RUNNING
PERFORMANCE

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80/20 RULE

A lot of runners make the mistake that they are running way too fast too much of the time. Therefore the 80/20 rule is a very useful tool to ensure that you are building your base and also increase your overall speed.

The 80/20 rule is about going 'slow' 80% of the time and giving it 'your all' 20%. In the 80% of the time, you really need to respect your heart rate and try to keep it in the lower zones.

I know this is often very frustrating in the beginning, but it will pay off. Because the better your basic endurance is, which you build when training in these zones, the more efficient your body will work to go all out for the remaining 20%. During these training sessions it is key to really go 'all out', to make sure you push yourself enough to also get the desired results. Applying this training technique will set you up for success in no-time and will also help you to keep improve long-term.

THE 4 R'S



REST

This is one of the most underrated ways of recovery, but one of the cheapest & most effective ones. During our sleep, our body will focus on repairing the damaged tissue, balance our hormone levels & improve our mental health. Stretching is also a very effective way of helping your muscles recover, because it will improve the blood flow and thus oxygen to your muscles. If you want to learn more about this, don't forget to **check out this video.**

RESTORE

When you are running, you will be losing fluids (even in cold weather you sweat). Our body is 70% made out of water, so it is key to ensure a proper hydration before, during and after a race. Focus on drinking enough to improve your recovery and if you feel like you need a bit more than water, don't hesitate to add some electrolytes (or salt & lemon) to your water.



REPLENISH & REPAIR

Our main energy source are carbohydrates and during exercise you deplete this source. Knowing that you need carbs not only for exercising, but also for your brain to function, it is crucial to replenish your body with the lost energy.

When you are exercising, your body will create little muscle tears and by eating enough protein, your body will be able to repair these tears and prepare you for your next training session.



CONSISTENCY & CROSS TRAINING

Training on a regular basis and building your building gradually is a key to keep improve and to also stay injury free (more about that later). Incorporating cross-trainings into your routine will ensure that you don't get bored AND will also help you stay injury free.

Consistency is one of the most important things when it comes to running. Once you have build-up your mileage slowly, it is also important to keep running. If one day you decide to stop running for a couple of weeks/ months, you will notice that a lot of your progress will be gone. So showing up to your training sessions is one key element in order to improve your running performance.

Sticking to a routine might become boring so try to keep it interesting with incorporating cross-trainings into it, such as strength training. Including strength training has a numerous of benefits, which I am explaining more in depth in [this blog post](#).

Don't focus too much on only running, but make your training schedule fun so it's easy to stick to it.



CHAPTER

02

NUTRITION
FOR
RUNNERS

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THE BASICS

Many runners, including myself in the beginning, make the mistake of only focusing on the healthy aspect of food. For obvious reasons, this isn't bad, but if you are a runner and more especially if you are training for a (half) marathon, your body will need more than just 'some healthy food'.

As a runner, you use a lot of energy. If you don't fuel your body enough, you will end up being injured or you won't have enough energy to do your training sessions. Furthermore, food is needed for recovery purposes. Think mostly about food such as blueberries and salmon which are high in antioxidants and in omega-3 (improve recovery).

And let's not forget about our immune system; As a runner, you are more likely to be suppressing your immune system during heavy training weeks. In order to not get sick, it is really important to focus on getting in enough fuel to fight off (bacterial) infections.

But what to focus on when you shouldn't focus on just healthy food?

Easy, and you have already read it: fuel enough. This means that before, during and after a run you need to think on how you can best fuel your body. The primary source of fuel are carbohydrates and they can also be found in fruits. So you don't always need to eat sandwiches with honey/jam before/ after a workout, but also a banana or an apple will give you the needed fuel.

A RUNNERS PLATE

The plate below is an example of how a runners meal can look like. Overall you should focus that 50-60% of your macro nutrients come from carbohydrates, 20% of protein and the remaining of fat. Don't forget that vegetables and fruits are also important to get in all the needed vitamins & minerals.



MINERALS & VITAMINS

As a runner, you put a lot of stress on your body, and this can cause a depletion of minerals and vitamins. Minerals and vitamins play an essential role in your overall health and can have a significant impact on your running performance.

One reason as to why these are so important for runners is because of their energy production. Minerals such as iron and magnesium, and vitamins such as vitamin B12 and B6, play a critical role in energy production. These nutrients help convert the food you eat into energy that your body can use during exercise.

Another benefit of them is that they help with your muscle function. Calcium, potassium, magnesium and vitamin D help regulate muscle contractions and prevent cramping.

And lets not forget about the role they play in optimising your immune function. Zinc, selenium, copper, vitamin C & E help support your immune system, which can be weakened during intense exercise.

As you can see, minerals & vitamins can have a significant impact on running performance so don't skip them and try to eat a variety of food that include them.



CHAPTER

03

INJURY
PREVENTION
FOR
RUNNERS

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STAYING INJURY FREE

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NEVER FORGET



WARMING-UP

Nowadays it is very common to be seated all day and then, when the time comes to finally be active again, people start working out without a proper warm-up. But because your muscles have been in a static position for a prolonged period of time, changing them to a dynamic situation too abruptly can result in injuries. A warming-up doesn't need to be long, as you can see in [this video](#).

LISTEN!

If your body is giving you signals of a possible injury, listen to those signals. Don't keep pushing, because you are more likely to make it worse. Have pain? STOP. Feeling too tired to workout? STOP. If you want to have long-term results, you need to learn how to work with your body instead of against it.



PATIENCE

I am not the best to say this, but patience is what will help you achieve all your goals. Progress isn't made in one day, but through consistently showing up and putting in all the work (training well, fuelling enough, taking your recovery serious, ...).

Give your body time to adapt to new training impulses and learn to also enjoy the progress instead of only focusing on the end result.



SOS INJURY: WHAT NOW?

Even if you followed all my previous tips, an injury can always happen. But that doesn't immediately equal the end of the world. If you take it well, you can even improve because of your injury.

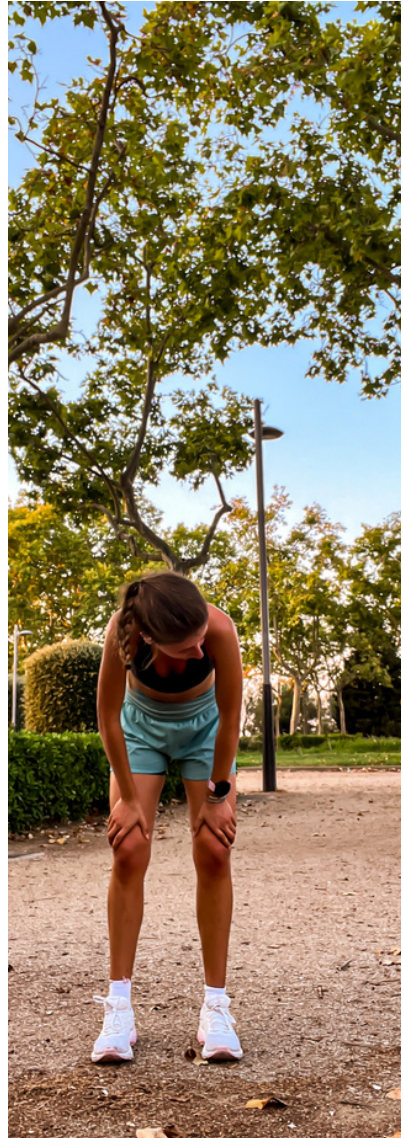
We as runners often make the mistake that we are too focused on only running. However, running puts a lot of force on your body and your body needs to be strong enough to also carry this force.

One thing that you can do to make your body strong enough to carry all this impact is through incorporating strength training into your running routine.

Another complimentary sport is cycling. This sport will allow you to broaden your basic endurance, without putting too much extra force on your body.

Lets not forget about sports such as yoga and pilates that will help your muscles stay flexible, or swimming that puts almost no impact on your body.

Try to look for other sports that will make you stronger and you will see that the comeback to running (& the results afterwards) will be amazing.





HOW I CAN HELP YOU IMPROVE?

Easy! Follow my IG page [@listacoaching](#) or my Youtube channel [@listacoaching](#) and if you are ready to take the next step in your running journey, you can always **contact me** to see if we would be a good fit for coaching.

Hope to hear from you soon and good luck on your running journey!

xo Lisa