

Nov I 2017

JST IN

Distance running fortnightly

OTHER HIGHLIGHTS

- Tata Steel Kolkata 25k 2017 Goes International!
- Tips for Race Recovery
- How To Start Running

WORLD CHAMPIONS KIRUI AND AYANA TO RUN AT THE AIRTEL DELHI HALF MARATHON 2017

The 10th Edition Of ADHM To Bring World's Best Athletes To Delhi



TOP 5 ELITES THIS YEAR

Personal Best

Personal Best

59:38

Geoffrey Kirui



1



Almaz Ayana

Debut

59:37

Tamirat Tola



2



Worknesh Degefa

66:14

58:48

Jorum Okumbo



3



Paskalia Chepkorir

67:17

58:51

Alex Korio



4



Netsanet Gudeta

67:31

59:19

Yigrem Demelash



5



Helah Kiprop

67:39

ADHM COURSE RECORDS



GUYE ADOLA

59:06 (2014)



DEEPCHAND SAHARAN

1:04:00 (2009)



MARY KEITANY

1:06.54 (2009)



LALITA BABAR

1:10:52 (2015)

Tata Steel Kolkata 25k 2017 Goes International!

INTERNATIONAL ELITE ATHLETES TO COMPETE THIS YEAR

CATEGORIES

THE 25K (ELITE AND AMATEURS)

CHAMPIONS WITH DISABILITY (4 KM)

SENIOR CITIZEN'S RUN (4 KM)

ANANDA RUN (6 KM)

OPEN 10K



CLICK HERE to register

Last date for registration : 30th Nov 2017

© Initium Productions, 2017

JST ANOTHER RUNNER

This section will feature amateur runners to motivate you to run



- Age - 37
From- Gurugram (New Delhi)
- Started running in 2012
- Personal Best Time in Half Marathon:
1:37 (Rock n Roll, Las Vegas, 2015)
- Personal Best Time in Marathon:
3:26 (Tokyo Marathon, Tokyo, 2016)
- A podium finisher at multiple prestigious events such as SCMM, ADHM, TSK25K, TCS W10k Bangalore, Wipro Chennai Marathon and Pinkathon

Tips for Race Recovery



Hydrate before, during and after your run.



To reduce soreness and help your training, add recovery to your race routine.



Avoid alcoholic drinks as it can impair muscle recovery.



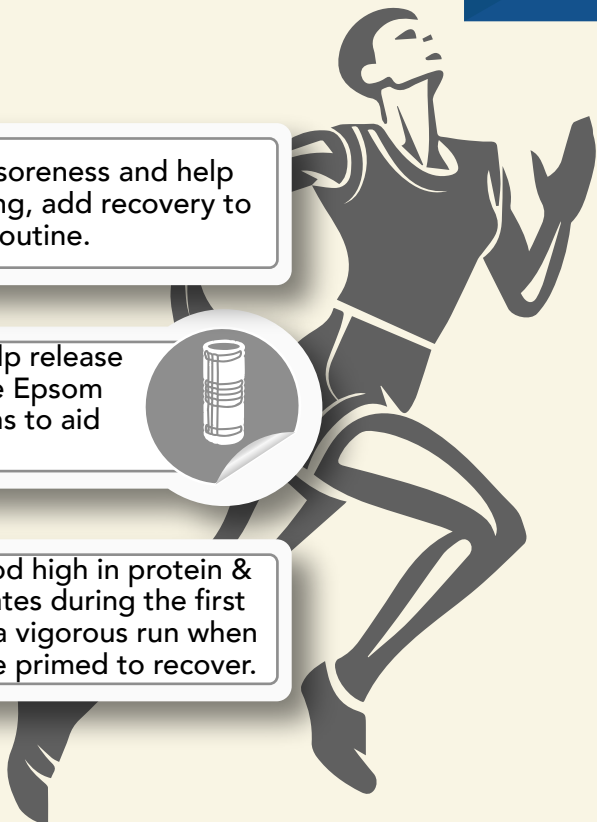
Use foam roller to help release muscle tightness. Use Epsom salt soak and ice baths to aid muscle repair.



Post-race, slow your pace and keep exercise light. Consider yoga to help with stretching.



Choose food high in protein & carbohydrates during the first hour after a vigorous run when muscles are primed to recover.



© Initium Productions, 2017

How To Start Running For People Who Think They 'Cannot' Run

WORKING YOUR WAY UP TO RUNNING FOR 30 MINUTES STRAIGHT

- Before each workout, walk briskly for 5 minutes to warm up.
- After each workout, walk for 5 minutes to cool down.



TOTAL RUNNING / TOTAL WORKOUT	6 / 12	9 / 15	12 / 18	16 / 22	20 / 26	30 / 36	30 / 30
	2 / 2	3 / 2	4 / 2	8 / 3	10 / 3	15 / 3	30
Perform 3 times per week / WEEKLY WORKOUT	x3	x3	x3	x2	x2	x2	
WEEK	1	2	3	4	5	6	7

© Initium Productions, 2017