



STANDARD CHARTERED KL MARATHON RUNNING CLINICS SUMMARY

CLINIC 1 - PREPARING TO START TRAINING

Why should you start running?

- 1) **WEIGHT LOSS** - The MALAY MAIL newspaper on Feb 3rd 2016 reported that '*nearly half of the adult population of Malaysia were overweight or obese*'. Obesity can lead to all types of health issues including increased likelihood of heart disease, stroke and diabetes. With the exception of XC skiing, running burns more calories per minute than any other form of cardiovascular exercise. If you run 8km an hour you burn 563 calories. However, the faster you run the more you burn. If you train at 16km an hour you will lose 1126 calories in an hour. (Note - a standard portion of Nasi Lemak contains 644 Calories!)
- 2) **THE FEEL-GOOD FACTOR** – Running makes you feel good due to the release of endorphins which is a natural stimulant that is released when you exercise. It is due to this that exercise through running is sometimes used to treat clinical depression.
- 3) **IT KEEPS MUSCLES AND BONES STRONG** - Our bones are made to accommodate the demands placed upon them. Running is demanding on the body and hence it keeps your body strong. Running has also been proven to promote the human growth hormone, which celebrities have taken injections of for years to keep them looking young.
- 4) **IMPROVE GENERAL HEALTH** – Exercise through running reduces the risk of blood clots. It also encourages the use of the 50% of your lung capacity that rarely gets used. Running also boosts the immune system by creating a higher concentration of lymphocytes (white blood cells that attack disease).
- 5) **RELIEF OF STRESS** – People use the time spent running to help organise their lives or come up with ideas and solve problems. Some people use hard training sessions such as speed work as a great way of getting rid of anger and aggravation.
- 6) **HELPS YOU TO SLEEP** - Sleep studies show that runners find it easier to get to sleep at night and sleep longer. Insomniacs take note!
- 7) **IT'S SIMPLE!** – It can be done almost anywhere, anytime and with minimal equipment.

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What you should think about before starting to train?

So, you want to start to run. What should you do before commencing?

- 1) **GET YOURSELF CHECKED OUT** - Get a full medical examination just to make sure that you have no underlying medical conditions that could be complicated by the rigours of training.
- 2) **THINK ABOUT YOUR COMMITMENT** - Ask yourself, can I do this? A lot of people use the excuse of time, but you should always be able to make time for something that will increase your health and well-being.
- 3) **FIND A RUNNING BUDDY/BUDDIES** – Always better to start training with a group of friends. Take the journey together! It is harder to let someone else down than to let yourself down sometimes!
- 4) **THINK ABOUT WHERE TO RUN** - Careful of running in remote areas (especially women). Also, careful of running on the pavements in some areas of KL. A hole can appear where once there was a drain cover and it can cause serious injury!
- 5) **THINK ABOUT WHEN TO RUN** – Keep an eye on the weather. You don't want to be stuck far from home in the middle of thunder and lightning! Sometimes the treadmill is the best option even though it can be very boring.



Getting the correct apparel

Make sure that you start your training with the correct gear!

1) VEST AND SHORTS

- Wear loose fitting, light gear. The likelihood is that you are going to spend some time in the sun so try and avoid black or dark colours.
- Do not wear cotton.
- Running shorts should be short (well above the knee!) to allow free leg lift.

2) RUNNING SHOES

- Never wear new shoes on race day.
- Buy shoes from a well-known store and stick to the major brands.
- A heavier shoe is needed for heavier builds (450g-550g for over 80kg).
- When buying a new pair of running shoes make sure that you take with you a pair of running socks that you intend to run in.
- Your feet swell during the day so buy your running shoes later on in the day.
- Take your old running shoes with you so that the assistants can help gauge the correct running shoe for your foot strike.
- Forget fashion.
- Don't forget about width as well as size!

3) SOCKS

- Stay away from cotton
- Socks should be thin for running here in Malaysia. As a test, make sure that you can see your finger through the material of the sock.

4) ACCESSORIES

- Sunglasses (Best to get proper ones that have a tight fit around the ears). Very important if you are going to be running into a rising sun (i.e. towards the East!)
- Hats (Best with a brim but no top to allow heat to escape through the top of your head)
- Watch (One with a stopwatch is fine but a GPS is useful as it can gauge the pace that you are running at)