



GO-180 FITNESS ... Make Your Turn Today!!

“I know the price of success: DEDICATION, HARD WORK and an unremitting DEVOTION to the things you want to see happen.” –Frank Lloyd Wright

A few tips for your beginning runs...

- Eat a small snack about an hour before our runs, and drink a glass of water. Since we’re meeting in the am, you should have already had a good breakfast and some hydration to start your day, too.
- HYDRATE like it’s your job! Use water bottles to measure your intake, and push for 4, 6 (this is the minimum I recommend), or 8 bottles/day. 100 ounces a day is the best! You need more if you drink caffeine, as it is a diuretic!
- ALWAYS warmup, and ALWAYS cooldown. ALWAYS stretch a muscle when it’s warm, but be sure to warmup your problem spots before you start every run (hips, Achilles, ankles, etc.). Don’t skip the pre and post workout movements to strengthen your legs!
- Think about our P4...Posture, Power, Placement, and Pattern!
- Run with a small, forward gait, landing softly and quietly in the mid-foot. No slouching—you muscles in your entire core (back, chest, abs) should be engaged. Be alert to sounds of friction, shuffling, or stomping... ESPECIALLY near the end of your runs! When you’re tired, you need the MOST focus on posture and good form!
- You don’t need special “running” clothes, but it important to have great breast support, well-fitted socks, thigh friction prevention, and an outfit that is cool enough...think removable layers. Your shoes are the one area I encourage you to spend time and money on...Invest in new shoes or a gait analysis if you’re not sure what to buy.
- NEVER skip your post-workout stretches!
- Walk briskly, and run slowly. Most injuries happen by overtraining in the beginning. Your goal is to FINISH, not win, so focus on running the full time, but go as slow as necessary to finish.
- Listen to music...or audio books...or the radio...ANYTHING to keep your mind engaged if you’re running alone. When you’re almost finished with a rep but want to quit, start counting backwards from 100 slowly.
- Remember, ALWAYS warm up with a good 5 minute walk and very gentle stretch...ALWAYS cool down with a good 5 minute walk and purposeful stretch!
- Try running in some new areas—use mapmyrun.com to scout out some new spots!
- Take JOY in the fact that you have the ability to do this!!

A special thanks to the C25K program for the basis of this idea and training plan. If you want to follow them precisely, they have a great 9week program app, and online guidance at C25k.com, but we have changed it quite a bit, due to its rapid acceleration, and are following a path to run/walk training...easier on the joints AND the mind.

Thinking about training with me? See my website for rates and information, at GO-180.com. Also, consider training with a friend, or just taking a nutritional training course to augment your new exercise program. You’ve never seen the groceries on the shelf like you have with a trainer at your side! I challenge you to SHOP TIL YOU DROP (10 lb.)!! And then we have weekly diet reviews and advice: 50” sessions jammed with nutritional recommendations and tips to make your eating healthy, with practical, easy changes. Remember, change your habits...change your life!

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