

Track and Field



Facts about Jogging



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Train, don't strain

Jogging is a relaxing physical exercise which can be done by young or old. It is different from "running", in that jogging is performed at an easy, unpunishing pace. The motto some joggers have adopted is: "Train, don't strain".

The most important thing to do before beginning to jog is to have a check-up by a doctor, to make sure that the demands the workouts will make on the heart will not overtax it. This is important for anyone who has any type of physical problem—especially so for those who have not undertaken any type of exercise for a long period of time.

Jogging's advantages over other exercises are that it works to improve the heart, lungs and circulatory system. Most other exercises build up particular muscles and do not give these important organs enough of a workout. Jogging also allows for walking and running instead of just sprinting and stopping; walking is an exercise whose physical benefits are also impressive.

The beginning jogger should alternate walking and running. This is done over

short distances, such as 50 or 100 yards. A typical first workout would be to run 50 yards, then walk 50 yards, several times. The running portion is done slowly, at a "conversational" pace; slowly enough so the runner can talk.

The principle of jogging is *gradual stress*: building up the body over a period of time, until longer runs can be performed with relative ease. It is recommended that the exercise is done every other day; a short, brisk walk in days between jogging days is fine.

How to jog: Run standing upright, with back as naturally straight as possible. The leg action is easy, not forced. Breathing is done through the mouth. The feet should hit the ground in a rolling, heel-to-toe method. If possible, vary the routines and running courses from day to day, to combat boredom.

There are other important factors to consider before jogging: proper equipment, time of day, running schedules, etc. The thing to remember is: jogging at a relaxed pace can be done anywhere, at any time, by just about anyone.

A run through the park can be fun and beneficial