

Running: It's dead simple, an efficient cardio blast and good for your health. And, as any runner will tell you, it feels great – really! We've already converted one non-runner – writer Lesley Young – and taken her from zero to 10K in just 10 weeks. (You can read about her inspiring journey to the finish line below.) Next on our list: you.

BY LESLEY YOUNG

WORKOUT BY KATHLEEN TROTTER

PHOTOS BY GENEVIÈVE CHARBONNEAU

going the distance

GET READY, GET SET...

- Run three non-consecutive days a week.
- Warm up and cool down with five minutes of brisk walking every time.
- If you're running on a treadmill, walk between five and 6.5 kilometres per hour and run between seven and nine kilometres per hour, gradually increasing your running speed every week.*

WHEN MY EDITOR AT **glow** ASKED IF I WOULD BE INTERESTED IN participating in a trainer-designed program that would take me from zero to 10K in 10 weeks (and write about it), she received an immediate “Yes!” Eight years ago, I almost lost my right leg to cancer and, during my recovery, I developed a new appreciation for walking – and admiration for people who could go one better and actually run. This seemed like a golden opportunity to put my own legs to the test. I'd been working out religiously for the past year, so I figured no sweat. Turns out, I wasn't even remotely prepared for what lay ahead, including a Buick-size blister and enough toning to shave five years off my tush. Read on for the full rundown.

**This plan was tailored to the writer but provides good general guidelines for beginner runners.*

week 1

DAY 1 Run 3 min, walk 2 min x 4

DAY 2 Repeat Day 1

DAY 3 Run 3 min, walk 2 min x 5

My trainer, Kathleen Trotter, assigns me a program that's pretty straightforward: Each week, there are two shorter runs and one longer run – in which I alternate walking and running – that gradually ramp up to 10K. I decide to run on a treadmill at my gym because I'm there working out anyway. Beginner's verdict: I must be a natural. I like running so much, I find the stopping-to-walk part a bit annoying.

RUNNING REVELATION This is a cakewalk (make that cakerun). ▶

week 2

DAY 1 Run 4 min, walk 1 min x 4

DAY 2 Repeat Day 1

DAY 3 Run 4 min, walk 1 min x 5

I've been getting carried away – occasionally running when I should be walking – and I end up disregarding Trotter's number one piece of advice: Whatever you do, don't overdo it. Halfway into my second run of the week, I feel an uncomfortable twinge in my right calf (where I'd had major surgery to remove the cancerous tumour). Panic ensues. I take the rest of the week off and it heals, but I'm more aware of the toll that running can take when you push too hard. Also, I'm now behind a week. Lesson learned.

RUNNING REVELATION Enthusiasm is a killjoy.

week 3

DAY 1 Run 4 min, walk 1 min x 5

DAY 2 Repeat Day 1

DAY 3 Run 4 min, walk 1 min x 6

I should have gone for a shoe fitting two weeks ago. Instead, as a result of running in old trainers, a massive blister has formed on the inside of my right heel. My local running store “diagnoses” me with overpronation (meaning that my feet roll inward), which, if left uncorrected, could cause strain on my joints. Donning a new pair of well-fitting Asics, it occurs to me that my old shoes were tantamount to army boots.

RUNNING REVELATION Running shoes aren't just an accessory.

weeks 4 & 5

DAY 1 Run 5 min, walk 1 min x 5 (week 4); run 7 min, walk 2 min; run 5 min, walk 1 min; run 1 min, walk 30 sec; repeat in reverse (week 5)

DAY 2 Repeat Day 1 (weeks 4 & 5)

DAY 3 Run 5 min, walk 1 min x 6 (week 4); run 5 min, walk 1 min x 7 (week 5)

These weeks are all about running. Some days start out feeling harder than others, but once I get going I always end up feeling energized.

RUNNING REVELATION It does get easier.

week 6

DAY 1 Run 9 min, walk 2 min; run 5 min, walk 1 min; run 9 min, walk 2 min

DAY 2 Repeat Day 1

DAY 3 Run 5 min, walk 2 min x 8

My legs and butt are suddenly more toned than, well, they've ever been. (My husband concurs.) On the other hand, my appetite now matches his, which can't be good for maintain-

ing my new tush. Jennifer Gibson, a sports dietitian based in Victoria, warns that training for a 10K doesn't require upping your calorie intake. She encourages me to eat more carbohydrate-rich foods (I do this by working in more green veggies and switching to brown rice) and incorporate snacks (like an apple or a piece of whole-grain toast with peanut butter) between meals to keep me feeling full.

RUNNING REVELATION Running tops all other cardio when it comes to improving the rear view.

week 7

DAY 1 Run 8 min, walk 1 min; run up a slight hill (3% incline for 2 min on a treadmill), walk 1 min x 4; run 8 min

DAY 2 Run 10 min, walk 1 min x 2; run 5 min, walk 30 sec x 2

DAY 3 Run 10 min, walk 1 min x 3; run 5 min, walk 30 sec x 2

I'm feeling increasingly resentful of my run schedule. I'm downright hostile about it at times, and I seriously snap at my husband at one point. (Sorry, honey.) Still, I have to admit that once I get going, all that fades away. I'm now reaching that fabled place called the “runner's high.”

RUNNING REVELATION A finish line demands a (sometimes brutal) degree of dedication.

week 8

DAY 1 Run 8 min, walk 1 min; run up a slight hill (at a 3% incline for 2 min on a treadmill), walk 1 min x 5; run 8 min

DAY 2 Run 10 min, walk 1 min x 3

DAY 3 Run 10 min, walk 1 min x 4; run 6 min, walk 30 sec x 2

Many runners will tell you that they love the convenience of running outdoors. After my first attempt – about 2K on a freezing-cold morning in early spring – the windburn and snotty nose were enough to send me back to the treadmill. But I haven't sworn off outdoor runs – it will just need to be a warm, sunny day before I hit the pavement again.

RUNNING REVELATION It's unwise to run outdoors in Canada without gloves – at least between September and May.

week 9

DAY 1 Run 10 min, walk 1 min for 6K

DAY 2 Run hard 3 min, run light 2 min x 4; walk 2 min; run 10 min

DAY 3 Run 10 min, walk 1 min for 8K

This week passes in a blur of anticipation. I

wish I'd planned to do an organized race for my first 10K instead of my usual treadmill routine. **RUNNING REVELATION** I really am going to be able to do this!

week 10

DAY 1 Run 10 min, walk 1 min for 7K

DAY 2 Run hard 4 min, run light 2 min x 4; walk 2 min, run 10 min

DAY 3 Run 10 min, walk 1 min for 10K

I did it. It felt so good during the run that I only walked twice. It took me an hour and 14 minutes, which I think is pretty good for a beginner. (I hear that many seasoned runners aim for the 60-minute mark.) Overall, I feel a huge sense of accomplishment. I'm fitter than I've ever been, and I feel great. But would I do it again? No way. A day after the big run, I'm slightly sore and shocked to realize that the biggest thing I feel is relief that it's over – my training program had become too big of a time commitment. But I'm not packing away those fancy sneakers yet. I will keep running shorter distances but only once or twice a week. I now realize that I like running best when there isn't a finish line in sight.

MY ULTIMATE RUNNING REVELATION I love running, but I don't think racing is for me – even when it's just against myself. ▶

on the run

Seven gym-bag essentials



VASELINE WHITE PETROLEUM JELLY, \$3.50 **APPLY A GENEROUS LAYER ON "HOT SPOTS" – PLACES ON YOUR BODY WHERE THERE'S FRICTION WHEN YOU RUN, LIKE UNDER YOUR ARMS OR BETWEEN YOUR THIGHS – TO CUT DOWN ON CHAFING.**



STYLIZE ACTIVE HOLD ELASTICS, \$7 **THESE NO-SNAG ELASTICS WILL MAKE SURE THAT YOUR PONY WON'T BUDGE.**



LIFE BRAND ZERO CALORIE VITAMIN AND MINERAL ENHANCED WATER, \$2 **STAY HYDRATED BETWEEN RUNS WITH THIS SUPER-TASTY, CALORIE-FREE DRINK.**



LIFE BRAND EPSOM SALTS, \$10 **STIFF MUSCLES ARE INEVITABLE WHEN YOU'RE PUSHING YOURSELF. ADD A SCOOP TO A HOT BATH TO EASE WHAT ACHES.**



MARCELLE CLIMATIK OUTDOOR SPF 30 LIP BALM, \$7 **FORMULATED WITH SPORTS ENTHUSIASTS IN MIND, THIS NO-NONSENSE BALM SHIELDS AGAINST SUN DAMAGE AND PREVENTS SKIN FROM CHAFING.**



NEUTROGENA ULTIMATE SPORT SPF 70, \$17 **BLOCK OUT UV RAYS WITH THIS SWEATPROOF, WATERPROOF LOTION. DON'T FORGET THE BACK OF YOUR NECK, THE TOPS OF YOUR EARS AND YOUR SHOULDERS.**



BAND-AID ADVANCED HEALING BLISTER CUSHIONS, \$8 **THESE WATERPROOF GEL PADS CUSHION BLISTERS TO EASE PAIN AND PROMOTE HEALING.**

THE LONG RUN

Take this, naysayers: A team at the Stanford University School of Medicine studied a group of runners over a 21-year period and found that they had better bone mass, a reduced risk of disease and better memory function – among other health benefits – than non-runners.



the beat goes on

There's a reason why you can't imagine hitting the treadmill without your MP3 player in hand: Studies show that the right song can quicken your pace and inspire you to keep going, says Costas Karageorghis, co-author of *Inside Sport Psychology* and deputy head of research at Brunel University in London, England, who specializes in the psychophysical effects of music. So what should you download to rev up your next run? Karageorghis's research shows that songs with empowering lyrics and tempos that match your running pace yield the best results. We asked our editors to share what's on their playlists.

"The Time (Dirty Bit)," The Black Eyed Peas

"I really need energetic music when I'm running, and this song is upbeat and fun."

– *Stevie Gorrie, associate art director*

"Gossip Folks," Missy Elliott

"I like songs that have a dancelike feel to them so that my workouts don't bog me down. This one always keeps me moving."

– *Jillian Vieira, editorial assistant*

"Stronger," Kanye West

"The lyrics are great for when you're trying to power through the last five minutes."

– *Megan Kirkwood, associate beauty editor*

"Borderline," Madonna

"I first started to run in the Walkman era, and my favourite tape was *The Immaculate Collection* by Madonna. 'Borderline' is a super-fun song with a moderately fast beat."

– *Maureen Halusbak, health editor*

"Beat It 2008," Michael Jackson featuring Fergie

"This song packs a powerful and constant beat that keeps me going when I start to feel tired."

– *Tania Kwong, beauty editor*

"Only Girl (in the World)," Rihanna

"I love poppy, dancy tracks like this one – especially for morning runs, when I need extra motivation not to cut my route short."

– *Karen Robock, associate health editor*

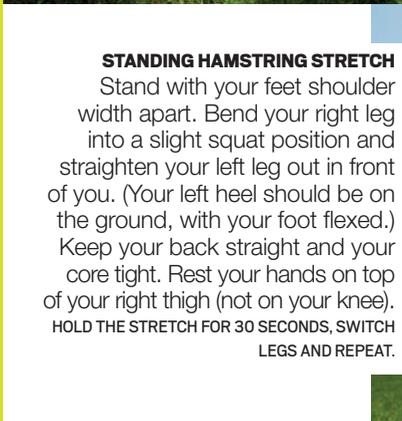
STRETCH IT

Toronto-based trainer Kathleen Trotter shares her essential post-run stretches. (Note: New research shows that there's no benefit to stretching before you start out.)



STANDING CALF STRETCH

Stand with your hands planted against a wall or tree. Step your left leg forward, with your knee bent. Keep your right leg straight and your right foot planted about three feet behind your left foot. Press your right heel into the ground as you transfer your weight forward. Feel the stretch in your right calf. **HOLD FOR 30 SECONDS, SWITCH LEGS AND REPEAT.**



STANDING HAMSTRING STRETCH

Stand with your feet shoulder width apart. Bend your right leg into a slight squat position and straighten your left leg out in front of you. (Your left heel should be on the ground, with your foot flexed.) Keep your back straight and your core tight. Rest your hands on top of your right thigh (not on your knee). **HOLD THE STRETCH FOR 30 SECONDS, SWITCH LEGS AND REPEAT.**



LUNGE HIP-FLEXOR STRETCH

Start with your left leg forward, knee bent, and your right knee, shin and foot resting on the ground. Transfer your weight forward so that you feel a stretch down the front of your right leg. **HOLD FOR 30 SECONDS, SWITCH SIDES AND REPEAT.**

