



**EASY WAYS
TO IMPROVE
YOUR NEXT RUN**

By Matt Gummer
Running Coach at Run Light



At Run Light, we are passionate about running light.

For us it means running with a free mind, listening to your body and connecting with the environment. Being playful and creative in the way you move, flexible and adaptable in the way you think, and feeling a sense of flow more frequently.

It is about accepting who you are and where you are at. From this place, there is limitless potential.



We hope you find these 3 easy actions help you on your next run.



Set a Clear Intention

Setting a clear intention for your running session can significantly help you avoid overtraining or stagnating in your physical development.

This is especially true when you notice that most of your sessions are generally either performed at one pace or you just find yourself pushing hard every session. These sessions are where your heart rate is often elevated but not at peak intensity, an RPE (rate of perceived exertion) of around 6-7 out of 10. This can even feel good at the time but too much of this type of session in your training programme will often lead to a plateau in your progression.

Before each run we would encourage you to decide what you want to achieve (or better still follow a bespoke training plan, click [here](#) to find out more).

Is the adaptation your are looking for

- muscular endurance
- speed development
- recovery
- or improved running economy (to name a few).

Having a clear purpose helps you focus your effort and prevents aimless overtraining or junk kilometers.

During your run, maintain a mental check-in.

Are you sticking to your intention for this session?

This mindfulness can help you adjust your effort if you find yourself overdoing it, or not holding yourself to fire during those interval sessions.



2

Pre-activation Exercises

Before every run, and particularly on cold days or after you have been sedentary for some time before running, it is beneficial to incorporate pre-activation exercises into your session.

Pre-activation exercises help to improve performance and reduce the likelihood of injuries.

These exercises begin to prepare your body for the physical demands of the prescribed session. This can include engaging in dynamic stretches, such as leg swings and walking hamstring stretches. Also movements such as squats, multidirectional lunges, high knees, bum kicks, and walking on your tip toes help to increase blood flow and mobility.

This sequence of exercises should only take around 5 minutes once you have it dialled and will save you time down the track rehabbing from injuries.

Keep an eye on our [blog here](#) for interesting stories and for lots more tips to improve your running





Strides

We will often program strides after an easy run (for example, 60 min easy run + 6-8 strides). Strides are an important way of improving your running economy (which means reducing the amount of oxygen you require to maintain a set speed) by reinforcing efficient running form.

Strides involve increasing your pace GRADUALLY.

- Starting from a standstill, build up from a jog to around 90% of your max effort, and then gradually slow to a stop.
- One stride should take around 20-30 seconds.
- Complete 4-6 strides and take at least 90 seconds walking in between strides to recover.

When completing strides, exaggerate good running form – ease into it, then drive your arms, keep your head and eyes up, cadence and heel lift high.

Running strides is NOT a workout so don't rush them (you get zero additional benefit by shortening the recovery period).

Strides are about making a habit of good running form and building comfort at high speeds.



Do you want to learn more?

Are you needing some support?

**Or maybe you want to take your running
to the next level?**

We can help...

Visit us at runlightcoaching.com for lots more information on how to get the most out of your running.

We are here to support you on your running journey - from beginners to seasoned runners, we would love to run alongside you.

[See our website to learn about our coaching services.](#)

**Goodluck with your next
run!! Be sure to reach out to
us to let us know what
worked for you - we would
love to hear how you got on.**

**Cheers,
Matt**



