

RUNNING SHORTS

Consistency is the key to running success

By Ken Johnson

Running is great for your health, but to progress and receive the health benefits of running, you must be consistent.

As a general rule, to maximize the cardiovascular benefit of running, run for 30 minutes 3 times a week. Obviously, this will vary between individuals, depending on your goals, level of training, general physical condition.

Occasional running (i.e. when the weather is perfect and you have absolutely nothing else to do) will not cut it. You have to be consistent.

We all know that the gyms are full in January with out-of-shape people fulfilling New Years resolutions to improve their health. The fact is that only a few are really determined and will continue to workout. Most will go back to a more sedentary life style.

The same is true for running. Some have good intentions, but never follow through with a consistent and long-term running program.

Whether or not you choose running as a form of exercise, it is important that you get some form of physical exercise daily. Cross train. If you run 3 times a week, bike, swim or lift weights on other days.

Don't look for the nearest parking space to the mall door. Park farther away and walk. Rather than riding the elevator or escalator, take the stairs. Look for ways to incorporate exercise into your daily routine.

Lose that extra weight and by all means, get rid of the tobacco habit. Your health is too important to you and your family.

If you want to start a running program, consult with your physician first.

Recent race results:

Beach to Bay Relay Marathon, Corpus Christi, May 16

(6-runner teams run a total of 26.2 miles)

Jill Blake, 36, and team 4:44:10

Herb Rodriquez, 46, and Betty Rodriquez, 17, and team 4:48:58

Salt City 5K, Grand Saline, May 16

Steve Allen, 43 22:18

Run the Woodlands 5K, The Woodlands, May 9

Ken Johnson, 73 38:41

Race for the Cure 5K, Tyler, May 9

Steve Allen, 43 23:16

Sunday Night 5K, The Woodlands, May 3

Donna Fabian, 40 24:22

Santo de Mayo 5K, Houston, May 3

Kevin Mundorff, 42 23:49

Vinessa Mundorff, 40 27:07

Matt Henke, 43 34:36

Upcoming races in Huntsville:

May 25 – Memorial Day 5K, 1-Mile, Timberwilde Sub-division

June 20 – June Bug 5K, 1-Mile, Spring Lake Sub-division

June 21 – EXTERRA Trail Run, 15K, 5K, Huntsville State Park

For more information about these races and others in the area, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.