

SAMPLE CONTENT

Walk Jog Run

For good physical and mental
health and happy longevity



Dr. P. S. Ramani





PREFACE

Introduction

The aim of this book is to give advice and a programme schedule to all who would like to walk, jog or run minimum three times a week for 20 to 40 minutes to start with and then gradually increase the distance, time, pace and improve stride.

The practice, eventually, should involve getting one involved and participating in some formal competitive event, not so much to win a prize but to be associated by participation in jogging. The book concentrates more on health aspects of jogging by recreational participants but it can be of benefit even to established runners to freshen their attitude or make good for some lapses. The book outlines the principles which in fact, are the same for both fun and competitive jogging.



They can be used to achieve further competence in the sport.

Motivation

Everything in life needs a motivation to get anyone involved in any activity and it links one immediately to goal setting. In today's world there is no other goal which is better than to maintain good health, loose weight, reduce risk of heart problems, improve fitness, general well being and finally the enjoyment associated with this sport.

Jogging or running is one of the hardest sport and one needs strong motivation to get involved in such a sport. It cannot be expected to give results overnight and there are no short cuts. The project of jogging is not short but it could last life long depending on health conditions and the training itself is the process of adaptation. During jogging, our muscles sustain micro trauma to its fibers. During periods of rest, the damage is repaired and at the same time the muscles become stronger and are able to resist more load. This is called adaptation. Similar adaptation occurs in cardio vascular system and other systems including bones and makes one more stronger and more active and agile. But it is not a short process. It is a slow process and several months will have passed before one starts feeling the benefits.

A person who has not jogged before must start walking first and feel confidence in this exercise after at least one hour of continuous walking.

Benefits

The benefits are manifested in a variety of ways like better sleep, less tension, improved ability to cope with day to day activities, increased energy and there are claims of increased vitality for sex.

Just keep your eyes closed, if you are a beginner, do not

ask many questions and go through the first three months of arduous task before there is feeling of benefits and start observing the obsessive joys of jogging. Follow the book carefully and it will become your regular manual to follow while jogging.

While you are jogging, keep the habit of making some notes of benefits, difficulties and schedule of the week. Later on, when you analyze them you will yourself wonder on the progress that you have made.

With these words, all that remains to be done is to put on light clothes, good shoes, go out in the open slightly early in the morning and take the first step into the new and most rewarding and yet cheap lifestyle.

The Striders

I am a member of Striders jogging group in Mumbai.

At striders, we all enjoy jogging four times in a week. We work religiously, sincerely and arduously and when opportunity comes we participate in several Marathons round the year and around the world. And in spite of this enthusiasm, we are not a competitive group. We are not preparing to win a prize or medal or find a place in the merit list. We jog for pleasure and it is heartening to note that people of several age groups participate in our jogging program.

Over the last three years, what I have observed is that while many new friends join the group, many have also dropped out. Possibly they have not realized all the benefits of jogging.

The world is divided broadly into two categories. The developed or rich and developing or third world or poor. Over the years the economy is improving everywhere in the world resulting in rich becoming richer and poor having more spending power. Affluence brings in laziness, knowingly



or unknowingly. Today obesity among rich and poor is the biggest problem in the world. The incidence of early diabetes, hypertension, heart attacks, brain hemorrhage and cancer has not only increased but getting out of control. Ailments like indigestion, constipation, acidity, restlessness, depression, stress, sleeplessness etc. can now be seen at the young age of 40 years. Alzheimer's disease which corrupts the machinery of life itself can now be seen at an early age. I am convinced that activity like jogging can solve most of the problems remembering the fact that 70 per cent of the ailments are psychosomatic where doctor finds himself helpless. Only 30% of the diseases need the help of doctors, hospitals and good medicines for cure. The remaining 70% is the result of fast moving world and technology, competitiveness, corruption, short cuts, irregular habits and imbalanced diet. The solution to these problems does not lie with the doctor and not knowing what to do or where to go, our emotional society rushes to sadhus, gurus, saints, preachers, temples, churches

and worshipping places which have and are flourishing in our faith driven Indian Society.

Benefits of jogging

- 1: One has to get up early in the morning, many times much against the will, to disturb the early morning sweet sleep. When we have to go to Juhu, Thane, Borivali National Park or Aarey we have to get up still earlier. But we do it and follow it regularly. It shows our determination and resolute attitude. These two qualities are extremely important in life to remain happy when it is filled with adversities. Only a determined mind can take rational decisions in the midst of chaos and confusion. Sacrificing some sleep and getting up early in the morning has several advantages. There is calm and solitude everywhere. It is still dark. There is no one to disturb and this is the best time to sit and meditate, do breathing exercises, just think and find solutions to some vexing problems, think and innovate something new etc. All this can best be done early in the morning, undisturbed, unperturbed and this is the only time to train one's concentration power and make it strong.
- 2: As far as possible, we maintain regularity. Unless forced by circumstances, we attend the sessions regularly four times in a week when we are in Mumbai. We jog and sweat profusely in summer heat, drench to the heart's content in monsoon rain and shiver in cold of winter season but we continue jogging. It builds out power of perseverance. Each family, office, organizations, state and nation makes several plans. Many of them gather dust for lack of perseverance. Perseverance gained through jogging helps us to carry on successfully with our projects at home and in the office much more effectively than most others.
- 3: Physical activity tones all our muscles which in turn helps arterial, venous and lymphatic circulation in the body to

work more efficiently. It also gives enough exercise to the heart. It becomes strong, more vascular with increased blood vessels and blood supply. It is unlikely to succumb to heart-attacks easily. Our body muscles are toned and increased in strength and bulk. We feel hungry and eat a healthy meal. It helps to strengthen our muscles further.

- 4: We jog for hours together without doing much talking. We blend with nature and concentrate on our pace and breathing. Over a period of time the concentration of the mind increases tremendously. Knowing or unknowingly, we increase the power of meditation. Our mind becomes more subdued, less jittery and irritable and instead of taking rash decisions, our mind gets trained to be more effective, conclusive and capable of taking beneficial decisions for long lasting benefits. In today's fast moving competitive society the mind is moving even faster resulting in lack of foresight, thoughtfulness and good future planning. Most of us are more involved to elevate oneself only by day to day activities, short cuts and quick results knowing fully well that Taj Mahal was not built in one night. The jogger's mind is calm and cool and helps to orient the decision-making process in an effective and constructive manner. A cool mind is helpful to be a responsible citizen in the society.

A man with strong physique and good mentality can hardly fail in life. Contentment in life follows when these two qualities are blended meaningfully. This can be achieved by regular jogging.

- 5: We joggers are a mixed group and mingle happily irrespective of caste, creed, religion, status, age or sex. We all are friends. We talk, joke, laugh and make merriment together. The mind is relaxed and open like that of a child. At this time, we totally forget the treacherous outside world. And when birthday comes, we celebrate



it with loudness, cheers, jostling and breakfast. What a tremendous gathering and what a joyful life. It can be achieved in a group like ours who have come together with the motive for jogging. Very quietly, this attitude builds in us the power of interacting with various sections of society meaningfully. We become a social animal in true sense and start loving people which makes our society. It also improves our power of interaction and proactivity. We



becomes a useful component in the society which is filled with less worthy people. Our personality immediately draws attention and you are then sought after by everyone with love and respect. What a tremendous achievement.

Conclusion

These are only a few of the several advantages of jogging. A person who jogs regularly is the only one who gets good and sound sleep at night. Jogging when done regularly can transform one into a responsible, lovable, admirable and respectable element of the society where people look upon you for guidance, help, friendship, compassion and forgiveness.

Continue walking, jogging or running and encourage others to join.





About the author

This book is written by me utilizing my own personal experiences in marathoning. I am a recreational marathoner and not a competitive one. I have never participated in prizes or medal winning exercise and I have never won a medal. My experience with full marathon is limited. It is only half marathon or 21 Kms and 86 yards. Therefore tips from my personal experiences will be more useful for recreational marathoners.

Jogging and participation in marathons is a very big sport today. There are marathons happening in each corner of every town in all the countries in the world. It creates good health through excellent physical exercise. Advance in medicine has seen to it that our longevity is increasing all the time. Jogging helps to enjoy these extra years in good health, good spirits and good mental balance. All these characteristics can be obtained by regular jogging. People today are very conscious about their health and utilize this opportunity to promote good health. Walking, jogging and running is good health and many people participate in the marathons and just walk the distance taking their own sweet time but take the pleasure of completing the distance. It is a great achievement for them.

Another advantage of marathon sport is the fact that

anyone irrespective of age or gender can participate in the event. This is the only sport in the World where everyone is a winner, provided he or she has completed the stipulated distance. The question then remains of time and next one week goes enquiring with friends about each other's timings and then making comments like "What shall I say, I was rather slow this year and took good twelve minutes more than last year. But next year I am going to make up for the lost time." That means he has already started making plans for next year's marathon. Isn't it a wonderful feeling? Which other sport gives you that feeling ?

There are hundreds and thousands of books on jogging. I have read several of them periodically since last 54 years. Even last month I have purchased two more books. Even to day, I wish to know if there are any new techniques to improve endurance, interval training etc. Most books come from West. They all have one drawback. When you read them almost 85% of the writing involves experiences of accomplished joggers with the result that the main information on jogging gets much diluted and almost lost.

Almost from the same time that I am interested in Marathoning, I have finished climbing each hill from Sahyadri range several times, But travelled to the north only a couple of times for hiking. I have now completed seventy six years of my life and running into the 77th year.

I am still very active in jogging and running three half marathons and couple of 10 Kms every year. 1. I have been running Mumbai Standard Chartered Marathon since its inception very regularly, 2. Since that year I have also started my own Marathon in Goa which has attracted attention of even International runners who come willingly and joyfully participate in my marathon. 3. For the third Marathon I travel anywhere. In the past I had been to USA. Two years back I went to Amsterdam and this year I managed to run successfully the

most difficult Satara Hill Marathon where one has to go up the hill for 10.5 Kms and then come down. I am a member of jogging training group in Mumbai, “The Striders” with several branches in many parts of the city.

Over the years I have finished running several thousand kilometers, changed my shoes from New Balance to Adidas to Nike and settled for Asics.

By virtue of my ever - inquisitive mind, intelligence, substantial dedication to training and participation in recognized and unrecognized Marathons, I have gathered several tips which are and will be useful to beginners and even who are well versed in running. It is mainly targeted for recreational half marathoners but can be used by full marathoners and professional marathoners. I have read it



myself after it was completed I do not find much difference in literature coming from the west as far as knowledge is concerned and it is spiced with conditions prevalent in our geography. Our eating habits are different from westerners and giving examples from our diet makes the book more interesting and more appealing. What it lacks is the glamour of the west which I deliberately wanted to avoid in an attempt to focus on tips that I wished to give particularly to our Indian joggers. I do hope it will satisfy many jogging enthusiasts wherever and whenever they read the book.

I am trained as a doctor first, then a Neurosurgeon and finally a Neuro Spinal Surgeon but my teaching abilities has won me (the only Asian) Paul Bucy Distinguished Teacher Award from Chicago University in USA. It is therefore clear that the reader of this book can accept what I have written with confidence. It is secure in knowledge and my advice will be useful for them in their day to day running because it has come from my trial, tests, successes and failures in the field of jogging.

The book is written for you. It is up to you, now, to follow it.





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1

Basic knowledge for joggers

Each jogger must have basic knowledge of certain terms used by joggers. They also must have knowledge on pattern of jogging for different occasions. While commencing any programme, one must have clear idea about certain words, nomenclature and patterns.

Aerobic versus anaerobic exercises

Aerobic exercises are very much in vogue in the modern world in the cities. People are conscious of overweight and wish to reduce it. Best option for them is to indulge in aerobic exercises either in the gymnasium or buy a DVD by Jane Fonda and do the exercises at home looking at television screen.

Aerobic exercise means while doing the exercises the oxygen that one breathes in just enough or a little more but definitely not less. Normally, when we breathe silently we just breathe enough oxygen to carry out regular bodily activities. But when we do exercises, whatever may be the nature, we need more oxygen and we breathe in more oxygen. We breathe deeper and faster but not to become uncomfortable. If we do become uncomfortable, that means oxygen taken in is less than required for consumption and then we go into

anaerobic stage. This stage is not good when one follows aerobic pattern.

When oxygen is less, lactic acid is produced in the body which irritates muscles and cause fatigue. The exercise then cannot be continued for a long time.

However, in body building exercises in gymnasiums, anaerobic phase is deliberately used as short controlled period of training above the aerobic range. It produces dramatic strength in the muscles of exerciser.

Walking, jogging, running, swimming and cycling are all examples of aerobic exercises. Here it is necessary to define one more term and that is “Endurance”.

In walking, jogging or running, one talks of doing the exercise for a long time like one hour, 2 hours or even 10 hours depending on one’s aim. Aerobic exercise done for hours together must be done without feeling short of oxygen or one must feel comfortable throughout. This feeling can only come with long lasting persevered practice. It is only then that one can complete a given marathon with ease and joy. This is called endurance.

Important

Aerobic exercises besides toning and shaping the body musculature also develop heart and lungs. It strengthens the cardio vascular system making it more efficient. That is how, it is one of the best ways of reducing the risk of heart disease. Who is not afraid of heart attack!

Pros and cons of walking, jogging and running

It is interesting to note that in this sport, there are very few disadvantages and they too disappear with practice.

The sport is hard and it takes time for our body to adapt to it. During the early days, one will find this sport slightly painful, rather monotonous and slow. The complaints are genuine and

directly related to the jogging. One must remember that in jogging there should not be any actual pain but in beginners, there is a feeling of dull pounding in the muscles and an exertion of heart and lungs. These complaints settle very soon and one then start getting engrossed in the game.

There are several benefits

One can do this exercise anywhere and as such there is no need to travel. One can jog anywhere in the city centre, in the suburbs, on the hills, beaches, countryside etc. One can also jog on a variety of surfaces, like road, sand on the beaches or on the tracks. There are no limits. The only cost is good shoes but they last eight months or practically one season.

It is always beneficial to run with other co-joggers but the training session must be tailored to your own needs. Just because you are running with others with 5 pace it does not mean you have to run faster to catch up with them and soon feel breathless.

You can run at your own 7 pace. (pace means the number of minutes one takes to run one kilometer or the constant speed with which you run each kilometer). It is this attitude that makes the sport a social event.

The progress can be judged within months by 1: Increase in distance (endurance), 2: lowering of heart rate or 3: improvement in time of a given distance.

The sport, at your own will, can be undertaken anytime during early hours in the morning or late hours in the evening.

Early morning is the best time and a great opportunity to begin the day enthusiastically. The air outside is clean and fresh and filled with ozone. If one is living by the sea side, early morning is the good hour before it starts getting humid.

Lunch time jogging is not bad. It can relieve the morning stress and skip lunch but it can leave you tired, not to concentrate well on the afternoon work. One needs time to

get to jogging place and then one has to look for a shower.

Evening is the easiest time of the day. Even on a warm day, temperature starts cooling down and is more useful for people who live with stresses all the time. Jogging makes them feel relaxed and are assured of good sleep.

But many people feel tired and exhausted in the evening from day's work and do not feel like jogging, causing interruption in the programme.

Starting steps for beginners

The principles are the same as those for any other exercise. Jogging must be started gradually but consistently to allow for adaptation. At times, there should be deliberate overwork and then extra time for recovery. This step will help progression in jogging.

To start with, the enthusiasm is bounding and one may feel he is able to do much more but one must be cautious or else, excessive fatigue occurring next day may discourage you. Initially, 20 minutes jogging should be adequate so that one still feels fresh to come again next day.

Increasing the pace

The key to increase pace does not lie in the legs but in the hands. Actually, legs move at the speed of arm movements. Bending arms at elbows allow a faster swing with relaxed shoulders and the neck muscles. Mouth should be slightly open and lower jaw relaxed.

Breathing

Understanding breathing while jogging specially long distances is most important. Expansion of chest is not breathing. It amounts to only 30% of breathing. Using diaphragm to expand lower chest helps to fill the remaining 70% of lungs. Learn slow deep breathing first at home.

Do following exercise at home: Lying supine, keep a small diary on abdominal wall below rib cage and above the umbilicus. Look up.

Breathe in by first pushing the stomach out so that the diary is as high as possible in the air keeping the back on the floor.

Then expand rib cage to fill the upper lung and hold for couple of seconds.

Now breathe out slowly till diary comes down. Ensure all the air is out and hold for couple of seconds.

This exercise when practiced at home will teach how to breathe during long hours of jogging and remain relaxed.

During jogging, “breathing in” can be done through nostrils and mouth. Breathing out is to be done with mouth.

Motivation

Motivation is always very useful. When one decides to jog, it is better for a few days to open sports channel on television and watch world class joggers either practicing or jogging to win a medal. Show tremendous surprise when you see someone finishing comrade marathon (90 Kms) in 10 hours or less. Then go out in the morning and stand by the roadside and watch other recreational joggers jogging merrily past you. In places like Shivaji Park in Mumbai at 6 am in the morning one can watch hundreds of joggers in different shapes and varied age groups jogging and sweating joyfully.

With this effort, there is no way but to get motivated to start jogging as early as is possible.



There is no doubt that we are living our elders. This is due to advance in medicine and in the years to come, we can expect to live still longer. Most unfortunately, if the body is not healthy and mind is not sound, unpleasant guests like arthritis, diabetes, high blood pressure, coronary heart disease, forgetfulness, etc stick to you without invitation. Does this mean that the extra years that medicine has gifted are going to be spent consuming day in and day out tablets and lying in bed in a miserable condition? Certainly, advances in medicine did not mean this. We are at a fault. Right from the beginning we do not take proper care of our body as we are too much pre occupied with our perceptions and ego.



Jogging regularly is a gateway for healthy life.

Till now, hundreds of books have been written on jogging. Most of them come from the west and 85% of them narrate in detail the experiences of renowned runners. They do not contain, in detail, all the requirements that are required for a person to start jogging. Besides, our circumstances are different, the climate is different and our food habits are different. It is interesting to note that jogging as a sport has picked up so fast that today in cities like Mumbai, the youngest ones, even below 5 years, and the oldest above the age of 80 years have developed passion for jogging. Most of these people are recreational runners and do it purely to maintain good physical and mental health. The book describes all the details required for jogging keeping in mind our circumstances, our lifestyle and our food habits. Also mentioned in this book are several encouraging examples of recreational runners who have achieved excellence in jogging even after starting the practice of jogging late in life.

It is hoped that this book not only gives information but also inspires the readers to start the practice of jogging.



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