



BREATHE DEEP

RUNNING AND AIR QUALITY IN NYC

10 RULES OF TRAINING

STAY HEALTHY AND FIT THIS SEASON

TRAINING FOR SUCCESS

MAKE A PLAN AND STICK TO IT FOR GREAT RESULTS



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Calendar of Events
Presented by

CITY
SPORTS

Achieve Running Competence

Just as you train your body to run more miles at a faster pace, you can train your mind to be connected to your body and achieve better running form.

Learning how to replace ingrained bad habits with programmed good form starts with understanding the following four-stage process. Using your arm swing as an example, and assuming that it would benefit from correction, determine which stage is your starting point and work through the stages.

Stage One: Unconscious Incompetence. You are not thinking about what is being done incorrectly. If you do not think about your running form, or if do not have an awareness of your body, it will be difficult to know if you are achieving good form. Do you know if you are holding your arms in the proper position?

Stage Two: Conscious Incompetence. You realize what is being done incorrectly. Now that you are aware of your arms being held improperly, do you know how to correct them? If you work with a coach, he or she can point out what you are doing incorrectly and help you to work through it.

Stage Three: Conscious Competence. You know what is being done correctly. Once you have worked on having better arm swing, continue to work towards mindfulness and wherewithal by doing body-checks while you run.

Stage Four: Unconscious Competence. You do not have to think about what is being done correctly. You have corrected your form and no longer have to think about it.

Once you reach Stage Four, run a race and hear the spectators cheer, "Looking good!" knowing that you really do.



Mindy Solkin is the owner and head coach of The Running Center (therunningcenter.com), NYC's first and only training facility

for runners. She is a USA Track & Field Level 3 educated running coach and an American Council on Exercise certified personal trainer. Since 1992, she has coached 9,000 runners from beginners to experienced marathoners.