



WHAT IS A RUNNING PROGRAMME?

A running programme is a systemized running protocol with determined amounts of running on a daily and weekly basis at varying speeds and slopes to assist you to reach fitness.

HOW CAN PHYSIOONE ASSIST ME IN ACHIEVING MY RUNNING GOALS?

PhysioOne can help point you in the direction of a running coach or indeed assist you in reaching some of your running goals.

PhysioOne can provide you with advice on running technique, gait analysis, stretching, warm up and warm down. Injury prevention and strengthening for running.

Many of the running programmes follow Arthur Lydiard's formula "that long, even-pace running at a strong speed produces increased strength and endurance... and is beneficial to regular competition."

The YMCA follows this philosophy and is a very helpful organisation and has a great website in assisting you to reach your running goals – whether 5 or 10 km or half marathon or full marathon.

They claim to have never once failed to get a new member across the finish line of their first marathon or half-marathon. And have been going since 1977 so that's quite an achievement!

YMCA

<http://www.ymcamarathon.org.nz>

EVENT INFORMATION

The auckland half and full marathon is typically held in November each year, with event entries going quickly <http://www.aucklandmarathon.co.nz/>

Also off road running and cycling events in and around Auckland, such as the Xterra off road series <http://www.totalsport.co.nz/events>

Another Auckland institution is around the Bays, historically occurring in March each year. This 8.4km run is a great family day out.

<http://www.roundthebays.co.nz/>

