

## Training and Group Run Guidelines

Our goal is to provide our runners with a transformational experience through training and fundraising for an athletic event that pushes us out of our comfort zone towards milestones for health and life in us and the people we serve. We are thankful for your YES and commitment to helping see the end of the water crisis in our lifetime.

The safety and health of our team is of our utmost concern. As we gather for group runs, we do so respecting and following the guidelines and recommendations set forth by local governments, municipalities, and the CDC when indicated.

### Team World Vision Training Guidelines:

- You are encouraged to get a doctor's okay before starting an exercise program.
- Participants should follow the training plan as outlined to minimize the risk of injury.
- The goal is for people to reach the needed fitness level to complete their selected event without injury.
- Pre- and post-dynamic and static stretching is recommended as part of the training process. Resources can be found online at Team World Vision, on the web, and through local fitness resource centers.
- Training includes cross training and rest days to maintain balance, strength, and fitness.
- Group runs can gather where permissible by state or local guidelines and will abide by local governance and guidelines.
- All group run participants should wear their Team World Vision jersey for identification on group long runs.
- All participants are strongly encouraged to attend group runs since data indicates there is a greater likelihood of completing your training.
- If you are not well, please do not attend group runs so as not to infect others.
- Respect community regulations of parks, tracks, and multi-use trails.
- Carry your own fluids on runs over 45 minutes to an hour.
- Be conscience of your effort levels. If you use a heart rate monitor/watch you can monitor your effort level. Marathon training should primarily be done at a conversational pace that doesn't tax your body (65% of your maximum heart rate). Conversational pace means you should be able to carry on a conversation with someone running next to you. This means without gasping for breath and short one or two-word sentences.
- Don't go out for a run or walk if you are feeling ill or have flu-like symptoms please stay home.
- Don't spit or "nose rocket" your nose in public – bring along tissues or a small towel or a good old-fashioned hanky if you need to get rid of some snot during your run/walk.

## Importance and Benefits of Physical Activity:

Exercise is critical in healthy living! Marathon and half marathon training provide a regular exercise plan to get you out the door to get fit and stay in good physical and mental health. It is well documented that physical activity – walking, jogging, dancing – improve our physical wellbeing and reduce the risks of heart disease, metabolic syndrome, and other diseases that are associated with sedentary lifestyles. Exercise also benefits your mental health and quality of life. Running/jogging is aerobic exercise that improves mood, reduces depression and anxiety, and minimizes stress. There are misconceptions about running that you must train ‘fast.’ When training for a marathon, most of your training runs should be slow! We call this a conversational pace. Your body then learns to burn fat for energy so that you can build endurance and go the distance.

## Helpful Resources:

[Health Benefits of running/exercise](#)

[Running safety](#)

[Running and Coronavirus](#)