

THE JOGGING KIT

Stanford Heart Disease Prevention Program

This kit will get you walking, then jogging (or running, which is really the same thing). If you've never jogged before, the kit will tell you what you need to know to start safely, and get fit gradually. If you are already a jogger (or runner) you may not learn much that's new to you, but the kit might help you to run more regularly.

The trouble with many exercise programs is that people start out with great enthusiasm — but miss one session, then another, and wake up one morning to find that they have accidentally quit.

This kit should help you to overcome that problem, keeping you to your resolve for long enough to get you properly hooked on exercise.

WHY JOGGING?

Why did we choose jogging as the subject for this kit?

- Jogging is relatively simple and inexpensive.
- It lends itself well to this type of kit format, in which you progress from one step to the next at your own pace.
- You can mix in other forms of exercise if you like, alternating jogging with bicycling, swimming or aerobic dance.
- Although jogging is not everyone's idea of a good time, millions of people really do enjoy it.

YOUR GOAL

We suggest that at least for the duration of the kit, you concentrate on the *time* spent exercising and its *intensity* — not yet on your speed. Your goals will be to exercise:

- At least three times a week, or every other day
- At least 20–30 minutes at a time
- At a level of intensity (whether walking or jogging) that will gradually increase your powers of endurance

And the benefits will be great. Even for those who are middle aged or more, exercise can be safe. And it really can:

- Lengthen your life
 - Strengthen your bones
 - Cut the risk of heart disease
 - Help you control your weight
 - Make you physiologically younger than non-exercisers your age
 - Help you cope with stress
 - Make you look and feel younger, more alert, sexier
-

HOW THE KIT WILL WORK

The kit consists of four main steps; you complete each one before you move on to the next.

The first step is a quick one; its job is to help you find the right speed to start at. After that, your progress will depend on your particular body. You may be ready to move on to the next step in less than a week, or you may need to stay on one step for much longer, building up your strength and stamina gradually.

When you come to each new step, first read the “Get Ready” side. Then turn over to the “Action Side,” and check off the actions as you deal with them.

MEDICAL CLEARANCE

You will be starting this program very gradually, and monitoring your heart as you go to make sure that you don't strain it. So if you are under 35 or 40, and are in reasonable physical shape, and are not greatly overweight, and have never had any whisper of heart trouble or high blood pressure, and come from a family without heart disease, there's no need for a complicated medical check-up (though you might want to talk to your doctor for your own peace of mind).

If you are over 40, *or* have heart disease in your immediate family (parents, brothers, sisters) *or* have any of the medical problems mentioned in the last paragraph, then show your doctor this program, so he or she can check the built-in safety measures before giving you clearance.



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WARM-UP SHEET

Spend one or two minutes on each exercise. Do them slowly, with no bouncing. And if anything hurts—back off. *Note: Some of these stretches have been updated to give you an improved warm-up that reflects the latest research.*



WALL STRETCH (Start with Step 1)

Stand about 3 feet from a wall. Lean forward, with your hands against the wall at shoulder height (don't bend at the waist). Put one foot forward keeping both heels on the floor and the back leg straight. Lean in slowly towards the wall, and hold the stretch for 10-20 seconds. Repeat 3 times with each leg.



HAMSTRING STRETCH (Start with Step 1)

Put one foot on a curb, car fender or something else at a comfortable height, toe pointing upwards and leg straight. Bend the other knee slightly and lean forward at the hips, keeping head up, and back straight. Hold a moment then switch legs.



QUADRICEP STRETCH (Start with Step 2. This stretch is an updated version of the "Knee Hugs" mentioned there)

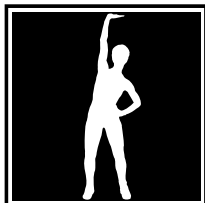
Balance on your left leg, with your left arm up, thumb back. With your right hand, hold your right foot. Gently push it into your hand, and hold. Repeat with left foot. (If you can't balance, hold on to something.)



ARM CIRCLES (Start with Step 2)

Hold your arms straight out. Draw a circle about one foot across with both hands at once.

Repeat five times in each direction.



SIDE STRETCH (Start with Step 3. This stretch is an updated version of the "Side Bends" mentioned there)

Stand with your feet 18 inches apart, hips centered. Raise one hand, palm upwards, fingers pointing inwards. Stand straight, or bend just a few inches. Feel the stretch in your side. Repeat with other arm raised.



NECK STRETCH (Start with Step 3. This stretch is an updated version of the "Head Circles" mentioned there)

Clasp hands behind your neck, and look along your left shoulder. Slowly tilt your head down and to the front, as you look at your toes. Then continue the movement smoothly until you are looking along your right shoulder. **Don't tilt your head back.**

In addition to doing these exercises, warm up by starting your exercise sessions slowly—and end them slowly to cool down.



GET
READY

THE JOGGING KIT

GET
READY

PREPARATIONS

In this session, you'll take one diagnostic walk/jog to find out the most appropriate stage for you to start at. You'll learn a couple of warm-up exercises — and get some suggestions on clothes and shoes.

SHOES AND CLOTHES

Shoes are extremely important. Don't even think about running in old tennis shoes. If you don't already have running shoes in good condition, buy some from a store you can trust. Make sure they have a thick sole, plenty of support around the heel, and enough room for your toes. Try the shoes on with thin socks. Run around in the store to see if they're comfortable (don't be shy — everyone does it).

Clothes are less important, but don't ever run in rubber suits or other garments that prevent sweat from evaporating. You could become dangerously overheated. Dress in layers that you can peel off.

YOUR HEART RATE

Your heart rate can tell you whether you are going *fast enough* or maybe *too fast* for safety.

When your large muscles are working hard, your heart speeds up to supply extra oxygen; it gets a great workout, which helps it to increase its efficiency. If your heart-rate goes over a certain speed, however, you could be straining the system, and should slow down immediately.

Ideally, your heart should beat at a speed that is within the *target heart range* for someone your age. If you are mathematically inclined, first subtract your age from 220: your "target range" will be between 65% and 75% of that figure (at least in the beginning). Or use this chart:

| Age | 20 | 30 | 40 | 50 | 60 | 70 |
|-------|---------|---------|---------|---------|---------|--------|
| Range | 130-150 | 123-142 | 117-135 | 110-127 | 104-120 | 97-112 |

For a quick check, count for ten seconds, and keep within this range:

| Age | 20 | 30 | 40 | 50 | 60 | 70 |
|-------|-------|-------|-------|-------|-------|-------|
| Range | 23-25 | 22-24 | 21-23 | 19-21 | 18-20 | 17-19 |

When you are ready, turn to the Action Page.



ACTION
PAGE

STEP ONE

ACTION
PAGE

Check off the boxes as each step is completed.

- Get your doctor's OK (if needed).
- Check your shoe supply, and buy a new pair if necessary.
- Get hold of a watch which gives you the seconds.
- Write your "target heart ranges" here:

Between _____ and _____ a minute

Between _____ and _____ for ten seconds

Plan a 20-minute *test* walk/jog (to help you find out what stage to start at). Pick a time before a meal, or at least two hours after one.

WARM UP

- Before your walk/jog, do the first two exercises on the warm-up sheet.

WALK/JOG

- Have your test session:
 - Walk at a fairly slow, comfortable pace for five minutes, to warm up your muscles.
 - Then walk briskly for another five minutes, swinging your arms freely.
 - Check your pulse to see if it's within the target range. (Count it at your wrist or at your neck, an inch or two to either side of your windpipe.)

If your heart rate is
above your target range:

You will start at STAGE 1 in the next session. (Meanwhile return to a slower walking speed for the last 10 minutes of your walk.)

If your heart rate is
within your target range:

You will start at STAGE 2 in the next session (and carry on with brisk walking for the remaining 10 minutes of this session.)

If your heart rate is
below your target range:

You will start at STAGE 3 in the next session. (And you can alternate 4 minutes of walking with 1 minute of slow jogging for the remaining 10 minutes.)

When you have checked all the boxes, move to Step Two

2

GET
READY

THE JOGGING KIT

GET
READY

STAGES

This step will take you through two exercise stages:

- You'll start at the stage that you found was best for you in Step One.
- When your heart rate (and other indicators) show you are ready, you'll advance by one stage.
- After that, the next time you are ready to progress by one stage, you will advance to Step Three.

Depending on your age and condition, you might be on this step (Step Two) for a few days — or a couple of months. Don't rush it!

STAGES CHART

Check your starting point and the next stage up. Those are the two stages that will concern you while you are on this step:

- Stage 1: slow walking for 20 minutes
- Stage 2: brisk walking for 20 minutes
- Stage 3: 4 minutes walking...then 1 minute jogging (to make a total of 20 minutes)
- Stage 4: 3 minutes walking...then 2 minutes jogging (to make a total of 20 minutes)

SAFETY TIPS

In addition to checking your heart rate from time to time, take the “talk” test. If you ever find yourself too breathless to hold a conversation easily, slow down. That's one of many excellent reasons to exercise with a friend.

Also *stop immediately* if you have any dizziness or pain in the chest.

MAKING PROGRESS

Don't force yourself to make progress from one stage to the next. There are two good ways to tell you when you are ready:

- Check your pulse
- Ask yourself if your body is ready to go faster: in other words, do you feel that you have breath and energy to spare?

Now turn to the Action Page



ACTION
PAGE

STEP TWO

ACTION
PAGE

Check off the boxes as each step is completed.

PLAN

- Plan three times that you will exercise the first week that you are on this step, and check when you have done so:

| Day | Time | √ |
|-----|------|---|
| 1. | | |
| 2. | | |
| 3. | | |

- As a reminder, write your target heart rate here:

One minute target: between _____ and _____

Ten second target: between _____ and _____

- Write down your two “stages” here (e.g., “4 min walk, 1 min jog”), and check them off when that speed no longer raises your heart rate into your target range:

Starting stage _____

Second stage _____

WARM UP

- In addition to the two stretching exercises you learned in Step One, do “Thigh Stretch” and “Arm Circles” from the warm-up sheet.
- Always go slowly for the first few minutes, to warm up your muscles.

COOL DOWN

- After each session, walk around slowly for at least 2 - 3 minutes to cool down. Don't sit down, or go straight into the shower:
- more blood than usual goes to your legs while you walk briskly or jog. Walking around slowly will help redistribute the blood. Otherwise you might feel dizzy because of a shortage of blood in your brain.
- Move up by one stage when your current speed *no longer raises your heart rate into the target range*. When this happens on the second stage that you have checked:

Move on to Step Three



GET
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THE JOGGING KIT

GET
READY

HOW ARE YOU DOING?

If you are in excellent shape, it's possible for you to have reached this point in only a week or two. If you are an average type of person who has had little exercise for years, however, it may have taken you several weeks to reach this step — and that's fine too.

We hope you are enjoying your walking/jogging. If you don't like it, then you might be one of those people who were not born to jog. It happens. You might do better to switch to another type of exercise, such as bicycling (stationary or real), rowing (on water or with a machine), "aerobics," or swimming.

EVEN IF YOU LOVE IT...

Even if you really enjoy your jogging/walking, stay on your guard to keep it from accidentally slipping away from you. All too often, people find they have an excuse (an excellent one, of course) to miss one session. Then something comes up and they miss another. Then it's hard to get back into the routine, so they miss a couple more. They fully intend to start up again very soon — but somehow they don't.

THE REMEDIES

We suggest that you do three things to help you stick with your exercise program.

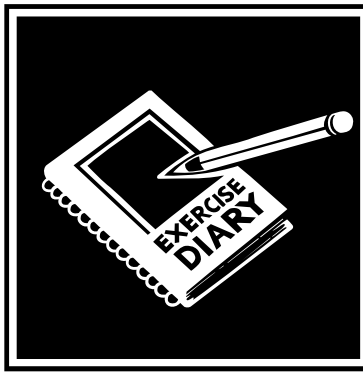
- Find another person to exercise with. Now that you know exactly what stage you are at, find someone who will want to go at the same speed. You're much less likely to put off an exercise session if someone else is relying on you.
- Avoid physical discomfort, by following the basic rules that you'll find on the "Action Side."
- Continue to make written plans for a week at a time.

STAGES

Now mark the two stages you will complete in this step (you shouldn't be here yet if you're not yet ready for "Stage 3"):

- Stage 3: 4 minutes walking...then 1 minute jogging
- Stage 4: 3 minutes walking...then 2 minutes jogging
- Stage 5: 2 minutes walking...then 3 minutes jogging
- Stage 6: 1 minute walking...then 4 minutes jogging

Now turn to the Action Page



ACTION
PAGE

STEP THREE

ACTION
PAGE

Check off the boxes as each step is completed.

PLAN

- Write down your planned “stages” here, and check them off when that amount of effort no longer raises your heart rate into your target range:
 - Starting stage _____
 - Second stage _____
- On plain paper, draw up your exercise plans, a week at a time. At the beginning of the week, write down the *three times* you will exercise that week, for at least 20 minutes:
 - Post the sheet where you can see it easily.
 - If you miss any of the exercise times, write your excuse on the sheet — and write in a new time.

WARM UP

- In addition to the stretching exercises you learned in previous steps, do the “Side Bends” and “Neck Stretch” from the warm-up sheet.

AVOID ACHES, PAINS, AND OTHER PROBLEMS

- Always do your stretches. Then warm up by starting your exercise slowly; cool down by walking around slowly after you’ve finished the vigorous part.
- If possible, walk/run on a soft surface — especially if your *shins*, *knees* or *ankles* hurt.
- Jog or run in a style that seems natural, without lifting your feet too high.
- Don’t exercise when the temperature is above 90 degrees.
- Exercise before meals, or at least two hours afterwards.
- In hot weather, drink plenty of water before and during exercise:
 - Don’t take salt supplements; you get more than enough salt in your food, even if you sweat heavily.
 - Don’t bother with fancy drinks; plain water is as good as anything (though don’t guzzle too much too fast).

When you have checked every point, move to Step Four

4

GET
READY

THE JOGGING KIT

GET
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CONGRATULATIONS!

By now you will be jogging much of the time, or even most of it. And good things should be happening. Here's a reminder of the benefits that will come your way within a few months:

- Your heart will become stronger and your lungs will be more efficient.
- You should feel more alert and energetic, with less depression or stress.
- You'll be able to eat more, without gaining weight.
- Your muscles will have started to firm up, and become more dense; this might mean that you lose inches before you lose much weight, since muscle weighs more than flab.
- Your bones will become stronger.

STAGES

This step could take days, weeks or months to complete. Indeed, it could last forever. Stage 9, when you get there, could be the launching pad for a lifetime of running that will get you to the peak of fitness. Or you might prefer to keep your jogging at a moderate level; you will still reap tremendous health benefits.

For now, mark your starting stage for this step, and all of *the stages* that you plan to reach within the foreseeable future:

- Stage 5: 2 minutes walking...then 3 minutes jogging
- Stage 6: 1 minute walking...then 4 minutes jogging
- Stage 7: jogging nonstop for 20 minutes
- Stage 8: jogging nonstop for 30 minutes
- Stage 9: jogging/running for as long as you like

TRAIN, DON'T STRAIN

Remember that there are two essential requirements for a good exercise program:

- It should be fun.
- It should be appropriate for your body.

In other words, let your body pick the rate at which it wants to progress comfortably. Don't push yourself so hard that you can't hold a conversation, hurt your muscles, have evil thoughts about exercise, or feel tired for a long time after you have stopped.

If you want to measure improvements in your speed, you could start timing yourself on a track, or over a route you've measured in your car. But don't force it!

When you are ready, turn to the Action Page



ACTION
PAGE

STEP FOUR

ACTION
PAGE

Check off the boxes as each step is completed.

PLAN

- Continue to draw up your exercise plans a week at a time. Now, write “plan exercise” on the Monday space of your regular calendar/diary every week for the rest of this year.

PROGRESSING

- Continue to progress stage by stage, as your heart rate and your body’s other indicators tell you that it is safe.
- After you have been on Stage 8 (or Stage 9) for a few weeks, consider speeding up to 80% of maximum heart rate (220 minus your age multiplied by .8). In the beginning, keep up this speed for only a few minutes at a time. Slow down immediately if:
 - You feel any pain in the chest
 - You are too out of breath to talk

WARM UPS

- Continue to do the six stretching exercises on the warm up sheet before (and ideally after) each exercise session. Do them slowly, with no jerks — and no pain.

FUEL AND MAINTENANCE

- As you exercise more, try to increase your intake of complex carbohydrates, such as bread, potatoes, rice, corn, pasta, vegetables.
- If you strain a muscle, apply ice immediately and rest. If you can’t run for a week or so (because of injury, or for some other reason) try and stay in condition by other means — bicycling, swimming, or using a rowing machine:
 - Physical conditioning cannot be stored. If you don’t use it regularly, you soon lose it.
 - If you are forced to take a break of more than a week, start back at a lower stage.

THE FUTURE

It’s simple: if you enjoy running after a six-month trial period, you will probably keep it up. If you don’t, you won’t. So give yourself the best chance you can to have fun while you run: run with friends, or a group. Think about signing up for a short race. And enjoy!
