**♀**

girl

**­Run like a**

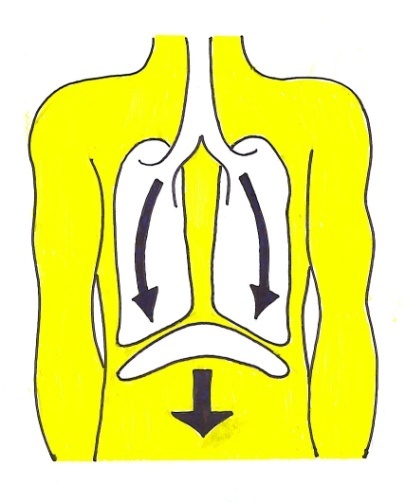
# Week 1: Breathing

## Instructors: Louise Parker (Sports Physiotherapist At The Studio- Pilates & Physiotherapy).

Medically, poor breathing patterns can lead to a number of troubles. This session is aimed a training our breathing for sports and running, however, some of you may today realise your breathing patterns need improvement. I’d be happy to help anyone who needs further input.

## Take home Summary:

* If in doubt breathe out
* Breathe through your nose for as long as possible, the exhale through a straw and inhale like your sipping through a straw
* For fun runs being able to chat is a good indicator of pacing, run at 80% of your normal speed if your new to running- it should feel enjoyable!

1. **Our breathing equipment:**

Our Diaphragm is our primary breathing muscle, providing 80% of effective breathing.

As you inhale your belly sticks out. As you exhale your belly comes back in.

Accessory breathing muscles are our second point of call when we are really pushing our selves. They are much less effective. This includes the muscles at the front of the shoulder and around the neck.

1. **Noses and Mouths .**

Noses are very important in humidifying the air we breathing and controlling our breathing. With nose breathing if you don’t use it you lose it- so practice opening up your nostrils at home. To do this, gently press beside your nostril and pull away. Breathe in through your nose and out through your mouth for a long as possible.

1. **Getting the right inflation.**

Focus when running on you out breath. Grasp reflex will always get air into our lungs easily, your job is to get all the air out.

1. **Pace:**

For beginners: you need to enjoy running if you are going to get into it. Run at a pace that you be able to chat at- it makes it more fun.

For more advanced runners: Your breathing can help with you pace. Below is a guide for how hard you push yourself. i.e. start slowly and gradually increase your pace- when you find that you are

3 to 3: three strides when breathing in, three breathing out. Very slow running.

2 to 2: good training pace. Marathons and long runs.

2 to 1 or 1 to 2: Normal tempo run.

1 to 1: sprit and fast training.

1. **Stitches- a diaphragm cramp.**

Two ideas that were presented:

* reversing your breathing so you land on the other side when you are breathing in
* relaxing and taking slower deeper breaths

## Additional Exercises you might like to try if you found it difficult to achieve belly breathing in standing:

Pump Action Breathing

Lie in the position shown in the photo.

Relax your abdominal muscles.

Place one hand on abdomen just below your belly button. Place your other hand on your upper chest.

The aim of this exercise is to assess the ability of your diaphragm to pump air to the base of your lungs. With correct pump breathing only the hand on your abdomen should be moving. If you tend to breathe through your upper chest, you may feel that your top hand continues to move.

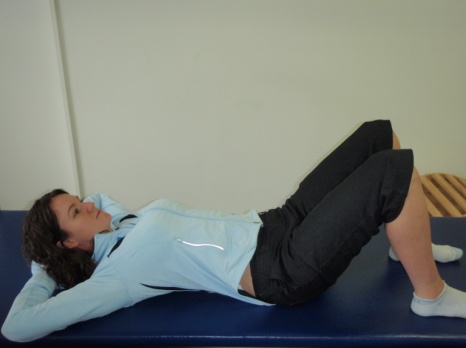
Count 1 Breathe in

Count 2 Breathe out

Count 3 Breathe out

Count 4 Pause

Try this for 10 mins

Beach Pose

This exercise is a good place to start training your breathing if you found it hard to keep your upper chest still in the pump action exercise.

Place both hands above your head as seen in the picture- this helps fix the upper chest muscles allowing the diaphragm to move.

Nod your head forward and place you tongue behind your top teeth. Say the letter ‘m’.

Breathe in through your nose and out through your mouth for five or six breaths. The next step can involve placing a light weight such as a wheat bag to increase the strength of your diaphragm.