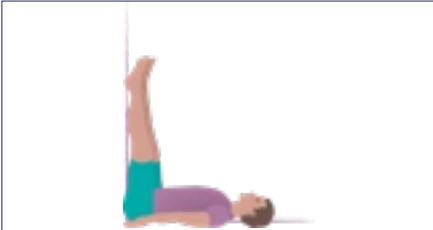


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MESSAGE FROM THE PRESIDENT

DEAR RUNNERS

Wishing you all a Happy New Year 2022.

The year gone by has been very different from the past many years and in many ways has also been a salute to the “never say die” attitude of the human race. Hurting from 2020, we stepped into 2021 with anxiousness and worry, but the developments in 2021 have brought with them a lot of hope and positiveness..... or let's say 'cautious positiveness'. The Covid 19 vaccinations started last year and India has been able to achieve a record number of vaccinations. We also saw the come-back of events, albeit in a modified format. At Hyderabad Runners, it has been no different. All our events conducted in 2021 have been organized with extra care and precautions.

The recently conducted Airtel Hyderabad Marathon 2021 -our 10th edition of the Run, was different in many ways too. We had a change in Date, a change in Route, a change in Venue (for the 5K) and a change in Format (Virtual runs introduced). However, what didn't change, is the energy and enthusiasm of the runners, volunteers and the organizing team. We were also able to provide better on-route entertainment for the runners and saw runners achieving new Personal Best timings. My salute to the participants and volunteers for their spirit!

The Airtel Hyderabad Marathon 2021 – 5K run, was also the graduation run for our 'Kouch to 5K' runners, with as many as 900+ enrolling for the K25K program. Many of them have now progressed to training for the 10K and are targeting the Club Run 2022 for this. As usual, we have our training plans with mentors and trainers in place and I would urge the runners to take full benefit of those. I wish you many more runs in the year ahead. As I mentioned earlier, 'cautious positiveness' should still be our mantra in 2022. So do run, train and stay healthy..... but stay safe as well.

Regards,

Abhijeet Madnurkar

President,
Hyderabad Runners Society



FROM THE EDITOR'S DESK

The New Year is upon us with new hopes and new challenges. COVID continues to rule the new year too. Let us stay safe and ride it out. In the meanwhile we have a bigger edition of the Rundezvous with a new Feature: HR 3Sixty5. This celebrates the many running groups under the HR umbrella who perform the task of promoting running among their communities. While the AHM was a big event, the Kouch To 5K Graduation Run and the accompanying 5K Run in the University of Hyderabad the Sunday preceding, were also big occasions in the HR Calendar. The cover page features a write-up on the Kouch To 5K program. And to go with the 5K theme, we have the chronicles of an LB Nagar Runner who did 365 days of 5K run through the Covid times. We also have an enlightening article on the thinking behind the design of Finishers' Medals for the last 3 editions of AHM editions. The Nutrition article features a kind of New Year's Resolution for healthy diets.



Vadali Prasad

Editorial Team:

Ravi Setlem, Revathi Turaga, Sagarika Melkote, Sam Sudhakar, Sujai Antony, Sunder Nagesh

Feedback and Contributions welcome.

Email: newsletter@hyderabadrunners.com

COVER STORY

DREAM BIG, START SMALL – HR’s Kouch to 5k Program

By Sagarika Melkote

“Running teaches us that we are capable of so much more than we ever imagined” – Pattisue Plumer, American long distance runner and Olympian.

True, that. The memory of finishing an “official” first run remains etched in one’s memory forever, whether it was a 5km run or a marathon. The disbelief, the realisation, the inevitable runner’s high and finally the sense of achievement are feelings every runner will identify with.

While not everyone may have it in them to be a marathoner, the smaller, more do-able distances like 5km and 10km can be easily accomplished with proper training and within a time frame even by someone who has never run before.

Hyderabad Runners have always believed in inclusiveness. With the mission statement being “to make running the most preferred form of fitness”, the focus has been to get people to run, irrespective of age, gender, social strata etc. Starting trouble is something everyone experiences before embarking onto new ventures. Lack of self confidence is another, and let’s face it, just the thought of taking up running can be intimidating.



The Kouch to 5K (K25K) program, a brainchild of Hyderabad Runners, is a carefully thought out, 6 to 8 week program designed to target the

“non-runner” – meaning even someone who may have never tried running or even walking before. With a mix of strength training exercises and gradual increase in distance, the participant will be able to complete a distance of 5km, with ease, by the end of the program. A “Graduation Day Run” for all participants, complete with a finishers certificate and medal marks the end of the program.

Since its inception in 2015, the K25K has always seen enthusiastic participation, because of the very nature of the program itself. Led by experienced runners of the HR society, who are the mentors, the feedback from the participants has been encouraging, to say the least, and for a few years, the HR society has had to plan two sessions of K25K in a calendar year. Spread over thirty locations across the twin cities, this program has grown by leaps and bounds in terms of popularity and numbers. Traditionally, the K25K Graduation Day Run of 5km has been planned on the day of HR’s Club Run, within the verdant green environment of the Hyderabad Central University. The newbies also have a chance to interact with the more experienced Club Run participants who do 10km or a Half Marathon.



With the onset of Covid in 2020, and running events across the world being cancelled, the first session of K25K could not be held in the early part of 2021. Fortunately, the opportunity to conduct our flagship event – the Hyderabad Marathon in December 2021, meant there was a window to plan a K25K program for 2021 and to have the Graduation Day Run as part of the Hyderabad Marathon. It was almost like people were waiting for the announcement to happen. With over 950 enthusiastic participants signing up and raring to go, the 2021 session of K25K kicked off simultaneously across 36 locations in Hyderabad and Secunderabad in November 2021. With three physical training sessions a week by the mentors and three days of training to be followed according to the mentor’s instructions on one’s own, the six week program was structured in a way that the Graduation Day Run would be held a week before the Hyderabad Marathon, on the 12th of December 2021 and in the Hyderabad Central University, as always. The 5km run was also open to

all, as we have always had a 5k fun run as part of the Hyderabad Marathon, to encourage participation by families, senior citizens and the like.

The elation at crossing the finish line after any run, be it a 5km or a marathon, is unmatched and so it was no different for the K25K participants, who experienced it at their “graduation”. Some even confessed to having earned their life’s first ever medal and certificate! Read about what some of the participants have had to say about the program –

Harshad, 45, a software engineer by program and a resident of My Home Jewel, Miyapur (incidentally, this location had the largest number of participants in the K25K for 2021) was putting off getting started on a fitness activity for various reasons. Encouraged by his wife who had participated in a K25K program three years ago, he finally signed up in 2021. For someone who couldn’t run 500 metres, he still cannot believe he ran 5km! He calls the program “Amazing” and credits the mentors for everything. Harshad especially appreciates the mentor’s approach of “positive reinforcement” which he says



led him to challenge his limits constantly, believe in

himself. Though he had pain in one of his knees on the day of the Graduation Run, he still managed to complete the 5km without realising it and has taken the next step towards long distance running by signing up for HR’s “Train and Shine” program.

Another resident of the same housing community, Srilatha, 44, and Operations Head of a Prep School calls the program “awesome”. She experienced bouts of ill health in the middle of 2021 and wanted to get fitter and stronger. Srilatha was always a regular walker in her community and she chanced on a session of K25K that was taking place there. Driven by curiosity, she enquired about the program and signed up for it. She found it a very “happy place” to be in and loved the “positivity” vibes. Needless to add, the mentors were motivating and encouraging at every step. She loved the “cheering” on Graduation Day and finished the run with ease. Like Harshad, she has taken the next step of signing up for the Train and Shine program and will aim for a longer distance next time.

For Prasad, 40, and a fireman with the Telangana Government the reasons for participating in the K25K were different. A resident of LB Nagar, he used to see the Hyderabad Runners train at a ground that he used to go to. From 2009, he would regularly run 5km in under half an hour to keep up the level of fitness that his job required (as part of police constable training). However, somewhere in 2017, the activity took a backseat and his weight had shot up alarmingly. He realised the consequences and re-started his jog/run of 3 to 4 km every day in 2021. Encouraged by the HR crowd at the ground, he signed up for the K25K, on the assurance that it would be a “different experience”.

Prasad acknowledges that the LB Nagar mentors were the sole reason for signing up firstly, and secondly, for all the encouragement and learning he gained during the program. His experience of the Graduation Day Run was “fun and encouraging”. He calls the K25K program “useful for runners and non runners’ and has embarked on MAF training since, running a distance of 5km every day.

Neeraja, 47, a Program Manager in an IT firm and resident of AS Rao Nagar has been a participant twice in the K25K program! Initially while residing in the IT district of the city, she completed the program and Graduation Day Run in early 2020. Moving house to Secunderabad in the same year, because of the work from home scenario, she decided to re-join the K25K in 2021 to network with other runners. Neeraja says she has never been a gym person but regular with yoga and aerobics. Prior to joining the first session of K25K in 2020, she was a regular

RUN FACTOID

By Sam Sudhakar Sole Sisters of Running

The last edition of the New York Marathon was held in 2019.



It had 22,746 female finishers, the most ever in its 50 year history. The first edition in 1970 had a lone woman participant who dropped out after 24 km due to illness. In the next edition which was held in 1972, the Amateur Athletic Union (the then governing body of track & field, distance running in US) put a strange rule - Women marathoners had to start the race 10 minutes after or before the men. It would be a separate but all equal race for women. At about 11 am, the official start time, of the 278 participants who signed up there were just six women who lined up at the start line. The gun went off. The six women – Lynn Blackstone, Jane Muhrke, Liz Franceschini, Pat Barrett, Nina Kuscsik and Cathy Miller – sat at the start line with handmade signs created that morning, a couple of which read: “Hey, A.A.U. This is 1972. Wake up.” Little did they know that they would start a running revolution for women. They sat at the start line for 10 minutes and then began running along with the men. Next morning the picture was published in all newspapers across the US and created a huge uproar. The AAU changed the rule and since then road racing has grown in the US and across the World with over 40% women participating the marathons across the globe. Could the six women who sat at the start line ever have imagined the revolution to come? “Never,” said Jane Muhrke. She’s now 81 years old and still runs.

walker. She terms the whole experience of the K25K as “wonderful” and an “awesome experience”. The guidance that she received from the mentors was invaluable and she appreciates the patience they displayed in answering every question. As the mentors were K25K participants themselves a few years earlier, she feels they understood the challenges better and were equipped to address them. She terms the Graduation Day Run “a lot of fun”, being made even more memorable because her son ran alongside with her. She is aiming at a 10k next, and has already signed up for HR’s Train and Shine program to achieve it.

As the old Chinese proverb goes – A journey of a thousand miles begins with a single step. Putting the first foot out of the doorway is the most important thing. With encouragement, motivation and determination in the right measure, there are perhaps no limits, save for the ones you set for yourself. Giving back to society in the form of mentoring can be the most enriching and rewarding experience, especially when your mentees cross the finish line, smiling from ear to ear.

There were over 1500 runners at the 2021 Hyderabad Marathon’s 5km run, including about 950 graduates of the K25K program. Year on year, we have witnessed the same familiar faces complete a 10k or a Half Marathon even, the following year. Yet some move on to being mentors in the years to come. The non competitive nature of running ensures everyone their place under the sun. The rookie runner of today may or may not evolve into a marathoner tomorrow, but will always remain a “runner”, in the truest sense of the word.



THE HYDERABAD MARATHON MEDAL

THE INSIDE STORY

By Ashish Bhojania

We at Hyderabad runners pride ourselves in giving the best running experience during our races, more so, at our flagship run, the Hyderabad Marathon. And that includes the final piece of hardware: the AHM medal.

When you reach home after a race, the first thing you probably do is show the medal to your family members. It has to mean something.

Over the last few years, we endeavoured to make medals, that celebrates both parts of the Hyderabad Marathon: The Hyderabad part and The Marathon part.

The 2018 Medal



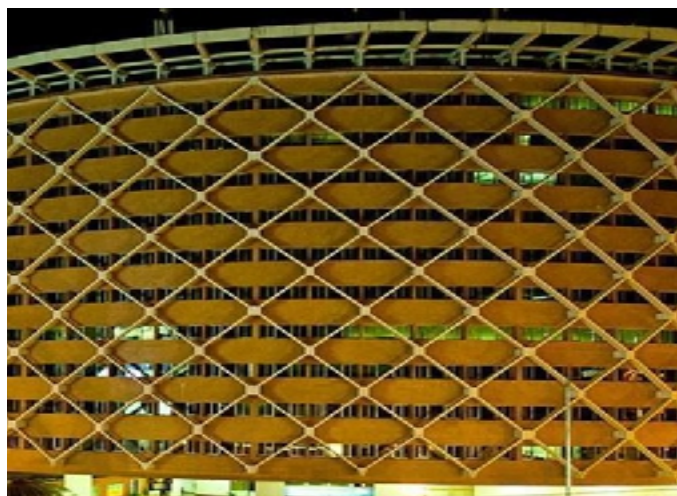
This Medal celebrated one of the most amazing parts of Hyderabad: the Golconda Fort. The medieval fort is a case study of architectural brilliance. The 2018 AHM medal salutes the most incredible piece of engineering in the fort: the acoustic arches and pillars.

(I cannot recommend strongly enough for you to take a guided tour of the Golconda Fort with your family.)

The Octogon shape of the medal represented the 8th edition of the event.

The 2019 Medal

This Medal celebrated the modern and the new Hyderabad. The Cyber Towers represents Hyderabad's first stride (pun intended) to becoming Global Technology Hub it is today. To a Hyderabadi, this building represents a pivotal moment in the city's recent history.



The front of the medal showed Hyderabad's march into the 21st century.

The 9 windows on the medal signified the 9th edition of the event.

The back of the medal showed the city's bond with the tradition. We had the traditional rangoli/ mandala pattern on the reverse



The 2021 Medal:

This Medal ties together the past, present and the future of Hyderabad. It celebrates the architectural, ecological and cultural diversity of Hyderabad, as you run past the landmarks during the Marathon: the Buddha Monolith Statue, KBR Park , Durgam cheruvu Cable Bridge , Durgam cheruvu Lake, Cyber Towers and the Charminar.

The 2021 Medal is decagonal (10 sided) shaped, celebrating the 10th Edition of Airtel Hyderabad Marathon.



It was also the first time that we had a multi coloured medal, with 3D embossing.



The marathon medal is not just a piece of metal with a cloth. The moment you wear it, immediately after finishing the race, you know it is worth more than its weight in gold. The medal cannot be shared, bought or given. It has been earned, paid in sweat and pain.

HRUNIMATIONS

365 DAYS OF RUNNING A 5K EVERYDAY AMIDST COVID

Dr. N. Pratap Kumar

Dr. Pratap is an Assistant Professor - Neurosurgery in Gandhi Medical College/Hospital

It feels surreal now as I sit back and think about the last one year – a year that changed mankind in many ways, a year that redefined the world and a year that has changed me as a person. It takes me back to the time when I thought about doing something unique – to run for 365 days without a break. When I said that I want to run for 365 days non-stop without break, no one believed me and everyone looked at me sarcastically including a part of me.



Running by nature is an injury-prone sport and running daily is not an easy job; it needs a lot of commitment and dedication. I mulled over the thought for a few weeks and then decided to run 5 kilometres daily for 365 days after I recovered from injuries to both my legs (at different times in early 2020). Being a neurosurgeon, standing for hours is an inevitable part of my occupation, mostly due to the surgeries that sometimes run into a few hours. Add to it the multiple surgeries and consultations and a choc-a-bloc schedule. Without proper rest, I thought running would add to my physical stress.

Some people might think that running 5 kilometres per day is simple; let me tell you that it isn't. To run daily is more or less a mental game than a physical one. One day you feel very good about your body and on other days, it will trouble you like anything. Sometimes, it's just too difficult to put your leg forward to run. Here comes the importance of a group. I've had the good fortune of being associated with a very pleasant group of runners called the LB Nagar runners. They've given me a lot of support and encouragement to run. Thanks to them for motivating me to go ahead. I started running slowly during the pandemic (as the first wave was on the wane) taking proper precautions like maintaining physical distance. I believe that one has to take off the mask while jogging or running. Despite the fear of the pandemic in mind, I slowly started to enjoy these runs as they gave me an opportunity to explore myself in a different manner. I enjoyed my running at different times of the day - sometimes, I ran at 5:00 AM, at times during midday and some other times at 11:00 PM depending on my schedules. Whenever I had time, I pulled up my socks and made myself run. Sometimes I also ran in between surgeries as I couldn't find any other time. You need to have a mental makeup to run. No excuses. Only run. That's it. I believe that the best time to run is in the early hours of the day between 5:00 AM and 07:00 AM. With cool breeze all around, birds 'chirping, no traffic, not many people around, this is the best time one gets to enjoy the good company of your fellow runners. But the one thing anyone must do is to go to bed early and you should have proper sleep. So a happy run starts with a happy sleep.

Sometimes I ran in the middle of the day. I believe that there should be a gap of minimum two hours (after your breakfast or meal) before embarking on any physical activity. A physical activity at this time of the day makes one sweat more and makes one thirstier. Hydration is the key.

Evening time is also good to run but you are more tired by the time you start the run. Still, you can enjoy your run if you time it properly; the only difference is your pace may come down a little unless you run routinely in the evening time.

Running at night gave me a frightful experience. With traffic on either side of the roads, one is not clear about roads and the path to take. The biggest problem is street dogs and you have to run alone with everyone's prying eyes staring at you. After a hectic day's schedule, running at 9:00, 10:00 or at 11:00PM is difficult. Despite all this, I had to finish my run for that day before the clock ticked past midnight.

In 2020, Hyderabad saw the worst rains all over



with roads blocked all around and on some days, it rained all through the day. It's a different feeling when you run in the rain - with your clothes wet, shoes heavy, rain pelting down; water splashing all around, a slippery surface and mostly with no company around, yet the show still had to run on.

Running at different places enables us to meet new people but running in our regular place means akin to running in one's backyard. I believe that one should stick to their regular running place/track for such endeavours. During this time, I covered all corners of the Hyderabad city from East to West and from North to the South. I ran wherever I was - be it in Hyderabad or in my village, on the Hyderabad-Vijayawada highway, in Nalgonda, and in my paddy fields.

Gratitude: Life always has a way of surprising us. I was happy with everything around me and my little streak of running non-stop until one day when my father fell sick. He had to be hospitalized due to a spine fracture. I was shattered looking at my father as he was suffering from severe back pain. During this time, it became challenging to balance my professional assignments, doing multiple surgeries,

taking care of my father and my family. Yet, I didn't stop running during this time. At this time, running became my doctor.

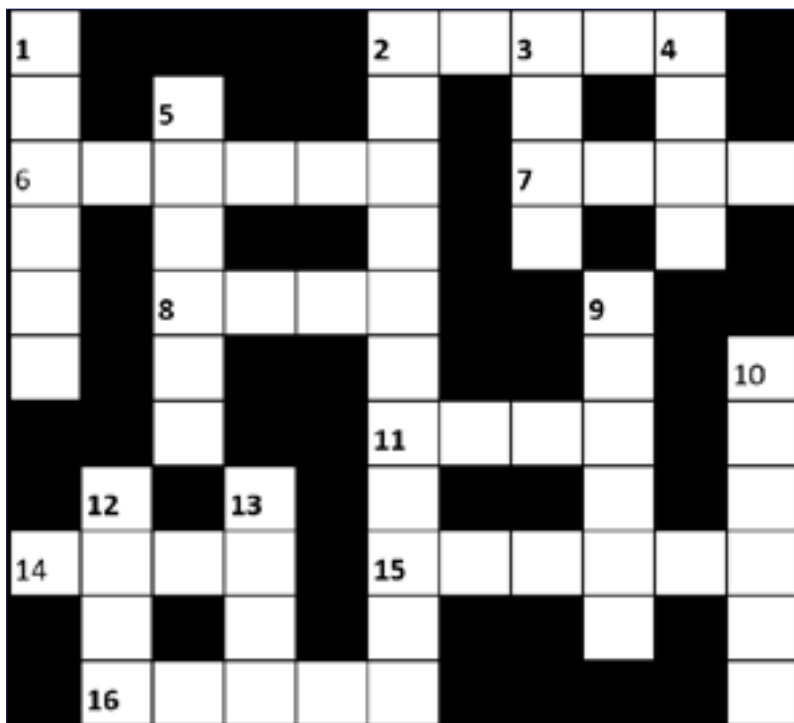
My medical condition: I am a known patient of chronic allergic sinusitis. It is only to cut down these attacks that I started running. When I was tested Covid positive, I was worried and tense. During these days (as I was isolated), whenever my body felt ok, I ran on the terrace. Being a doctor, I know that physical activity induces hypoxia and increases oxygen demand. I believe that running helped me to build my fitness levels. I came out of the COVID-19 without any problem.

Note: HR doesn't recommend exercising while unwell with any infection.

The last Hurrah: My running saga continued irrespective of my personal issues, professional commitments, pandemic issues et al. No matter what, I made myself run. Fitness is a journey throughout one's life and there are no stops. You are the only traveler here and you've to motivate yourself to move forward in a healthy way.

CROSSWORD

SPORTS MOVIE SPECIAL



ACROSS

- 2. See 2 Dn.
- 6. The Flicker Singh movie. (6)
- 7, 14 Ac & 13Dn. This actor gave the mantra "Chak De". (4,4,4)
- 8. Mike Tyson's one time promoter. Has a movie made after him. (4)
- 11. The country from where Polo is said to have originated from. (4)
- 14. See 7 Ac.
- 15. The martial art which has been the theme of many movies. (6)
- 16. Kangana says "Hu tu tu" in this movie. (5)

DOWN

- 1&5. The Dutee Chand inspired movie. (6,6)
- 2&2Ac. The Flying Sikh movie. (5,6,5)
- 3. The 1981 Italian comedy on Poker. (4)
- 4. A British Sports drama or an Indian Film....the aim is the same. The Dream Begins, Dhan Dhana Dhan. (4)
- 5. See 1 Dn.
- 9. The Phogat family sport film. (6)
- 10. The film on McElrathbey joining the Clemson Tigers. (6)
- 12. Watch Tom Hanks run and run far with this last name. (4)
- 13. See 7 Ac.

YOGA FOR RUNNERS

Passive Yoga Stretches For Post-run Recovery By Pratibha Agarwal



Founder, Director and Instructor at Anahata Yoga Zone, with over 11 years of experience in teaching and propagating the science of Yoga to individuals, corporates and celebrities. Her teaching philosophy is that yoga can benefit all body types. In her classes, along with Asanas, she focuses on breathing techniques.

Running is an endurance sport where the muscles, joints, tendons and ligaments take a pounding with each step. In the process some muscles and joints get over-used making them prone to injuries. Post-run yoga asanas help reduce pain, stretch those tight muscles, and help in recovery. They help strengthen, lengthen

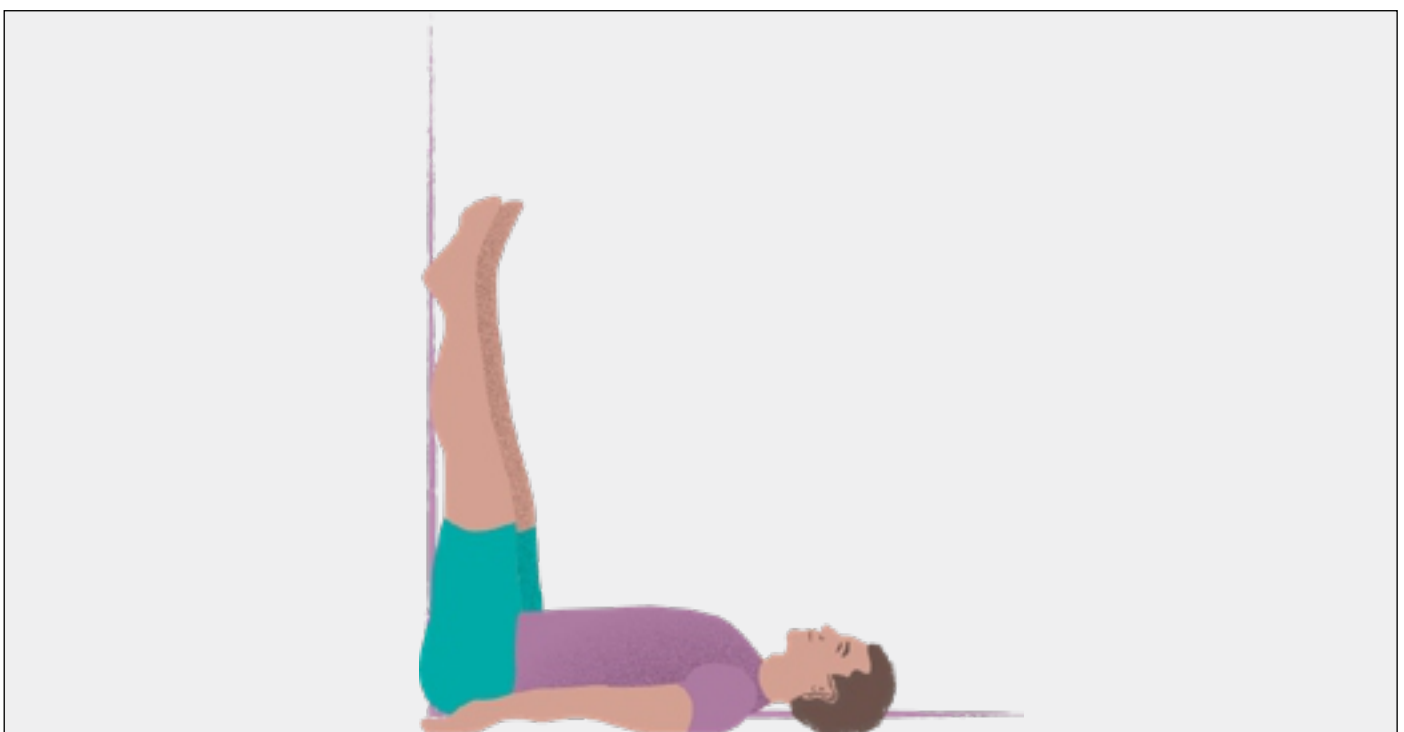
and open up areas which get shortened during running. As a result the different parts of the body regain balance and start working again in unison. This is the seventh in the series of nine Asanas for post-run recovery. Remember these stretches can be done at any time, but are particularly useful after running. They need a slow and passive approach incorporating a lot of deep breaths and mindfulness. Aim to hold these postures for at least 3 minutes. You will reach there with practice and patience. Where required, use necessary props.

Viparita Karani (Legs Up the Wall)

Benefits: Relieves tension in legs, feet, and back; stretches hamstrings and glutes

How to Do It:

1. Sit facing any walled surface. Turn to the side and shift the left or right buttock as close to the wall as you can.
2. Sit facing any wall surface. Turn to the side and
3. From here, swing the legs up the wall and lie down with the buttocks as close to the wall as comfortable. Rest here from 10 breaths to 10 minutes.
4. You can make this pose even more restorative by using props. For example, try placing a bolster or rolled up mat underneath the sacrum. This will really help get rid of any lower back pain or soreness you may be feeling



RECOVER THE CRYO WAY TRIUMPHANT RUNNING: THE PHYSIO WAY

Dr. Shruti Desai



Founder of The Panacea Centre with over 11 years of experience. A certified yoga & Pilates instructor, and Hyderabad's first NKT certified practitioner.

Run. Stretch. Foam roll. Ice. Repeat.
Sound familiar? For a runner diligent about recovery, that's most certainly the schedule. For a few decades, these practices have been the sum total of treatments – until recently.

Now, sports-specific rehab centers offer the option to deep-freeze your whole body aka **WHOLE-BODY CRYOTHERAPY** [WBC] or a specific joint or muscle aka **LOCAL CRYOTHERAPY**.

What Happens During Cryotherapy Treatment?

The device used is Cryosauna. Your head and neck area are not covered by the chamber and exposed to room air above the device. A fine nitrogen mist is sprayed onto your body to lower its temperature. With WBC, the body is exposed to extreme temperatures of up to -150°C for up to 3 minutes during which time, the average skin temperature drops to near zero whilst the core body temperature remains unchanged.

What Happens During Cryotherapy Running?

In a Cryosauna, the sudden exposure to extreme cold causes severe vasoconstriction of blood vessels in the dermal layer of the skin. Blood is directed away from the skin and targeted to protect the vital organs. This stabilizes the body's core temperature and enriches the blood with hormones, oxygen and healing enzymes as it flows to the internal organs. Once outside, blood

vessels do the exact opposite – they dilate and enriched blood flows back to the rest of the body. Faster blood flow enhances the effectiveness of the lymph system. Studies show that WBC can modify many important biochemical and physiological parameters in athletes.

Benefits of Cryotherapy

- **Faster recovery:** 11 athletes were tested after two workouts, one including a cryotherapy recovery session and one without. It was found that WBC "improves acute recovery during high-intensity intermittent exercise," possibly due to enhanced oxygenation in the muscles and reduced cardiovascular strain.
- **Reduces Inflammation:** After a long run/hard workout, most runners experience inflammation which makes the muscles sore. Cryotherapy stimulates the immune system and the response reduces inflammation and tissue damage.
- **Can fit into any schedule:** Cryotherapy is ultra-flexible and easy to fit into busy schedules. It can be done anytime – including immediately before or after a run! If finding time to focus on recovery has been tough, the flexible nature of cryotherapy is the answer.
- **Helps feel exhilarated and run faster:** Cryotherapy may not only improve running performance but the experience can make one feel fantastic. The additional rush of 'feel good' endorphins helps combat the effects of fatigue which may leave runners feeling refreshed and exhilarated.

Remember to get yourself checked by a physician to rule out any other health issues which might be contraindicated for cryotherapy.

If your pain/discomfort is too high, do not experiment. Consult your physical therapist, with or without a doctor's note.



HIGH INTENSITY INTERVAL TRAINING (HIIT) FOR RUNNERS

By Leena Roy



Leena Roy is a professionally certified fitness trainer, marathoner, and a motivator for women in fitness. A fitness enthusiast and seasoned long-distance runner herself, she enables individuals to workout challengingly and comfortably through her unique and personalized programs.

Ever wondered why it is that when we just want to "run", fitness trainers make us focus on intense strength workouts???

That is because HIIT (High Intensity Interval Training) is the best way to build lean muscles, arm up cardio, avoid muscle loss, prevent injury, and improve athletic performance for experienced as well as beginning runners!

What is HIIT?

HIIT means short bursts of high intensity workout followed by recovery (a break) to make the body work harder than it does during steady state cardio. HIIT is what really kick starts your metabolism, burning fat and building lean muscle mass for up to 36 hours after a workout.

1. Main Workout (total 3 rounds / 45 seconds for each exercise / 15 seconds rest between each exercise)

- a. Jumping jacks (4) + high plank jacks (2)
- b. Spot sprint

HIIT beats continuous moderate intensity exercise when it comes to releasing brain-derived neurotrophic factor (BDNF), a protein that protects nerve cells. This promotes plasticity (the forming of new connections, which aids learning and memory) and may even help regulate eating, drinking and body weight.

A sample HIIT workout series

HIIT can be performed on any gym equipment such as treadmills, rowing machines, static bikes, weights or even via exercises with bodyweight.

Here is a sample HIIT series:

1. Warmup by Short jog and Dynamic workout
2. Main Workout (total 3 rounds / 45 seconds for each exercise / 15 seconds rest between each exercise)
 - a. Jumping jacks (4) + high plank jacks (2)
 - b. Spot sprint
 - c. Mountain climber
 - d. Squat floor touch
 - e. Backward lunges
 - f. Renegade row (2) + push up (2)
 - g. High plank with shoulder tap
 - h. Burpee
3. Cool down with some active stretches

Kickstart your HIIT

HIIT is considered safe for most if correctly prescribed although it may raise coronary (heart) risk if someone is sedentary (inactive) or new to exercise. I usually recommend you to start off with 6 weeks of continuous lower intensity training before transiting to sessions of 3 to 4 moderate reps. In case you can manage 6 to 10 reps sessions of high intensity, then you can offset to continuous lower intensity sessions and add strength training to maintain muscles.

However, my recommendation is to consult a physician before you start any form of HIIT.

How safe is HIIT?

Given that we are talking about high intensity workouts that can cause pressure on the heart, a few important points to keep in mind:

- Always do HIIT under proper guidance and supervision
- Listen to your body and modify as needed
- Complete each movement with proper form if you are doing yourself

To sum up, losing muscle mass from running is not only a possibility, but is almost unavoidable if you are only running and not doing strength workouts. Strength workouts are the key to maintaining muscle mass which can improve your metabolic rate, functional capacity, fitness and athletic performance. So, keep strength training!

**Remember, if at any time during strength workouts, you feel high pain/discomfort, do not experiment and get help by consulting your physical therapist or doctor/physician*

RUNNERS' NUTRITION

12 NUTRITION TIPS FOR 2022

Dr. Lahari Surapaneni



Lahari is a nutritionist and wellness consultant.

1. Eat mindfully- Before reaching for something to eat, pause. Take a moment to understand why you want to eat that particular food. If it is not for hunger & nourishment, put that item down. Pay attention to the food with full awareness to every bite. Eat intentionally, keeping all distractions away.

2. Eat whole grain based foods – Whole Grains are minimally processed. They are great sources of complex carbohydrates, fiber, vitamins B and E, antioxidants and phytochemicals. They help maintain steady blood glucose levels and regulate cholesterol. Include a variety of wholegrains such as brown rice, red rice, whole wheat, buckwheat, unpolished millets, oats, barley, quinoa etc. to obtain the unique nutrients each of these grains offer.

3. Increase fruit and vegetable intake – Fruits and vegetables are great sources of fiber, antioxidants and phytochemicals. A diet rich in these can reduce risk of lifestyle disorders such as hypertension, diabetes, heart diseases, certain cancers and even help in weight management. 2 servings of fruit and 3-4 servings of vegetables in a day is recommended.

4. Include a portion of protein in every meal- This helps in keeping a meal balanced and keeping appetite in control. Choose various sources such as lentils, lean meat, milk, curd, eggs as per preference. Supplements are only necessary when your diet cannot provide adequate amounts.

5. Eat good fats –Get the good fats from sources like nuts, seeds, eggs and fatty fish. Foods that contain good fats are also usually good sources of vitamin A and E. Good fats are essential for optimal functioning of the endocrine system too. Use cooking oils sparingly and choose a variety of oils rather than sticking with just one kind.

6. Regulate added sugar, deep fried food, junk food – Cutting down the frequency of these foods by even half to start with will show great benefits. Reducing added sugars and junk foods reduces inflammatory load on the body and helps in maintaining good health.

7. Drink adequate water – Help your body get rid of the toxins generated in various biochemical processes in the body. Water can also be included in the form of soups and smoothies, provided healthy recipes are being used and salt is being regulated. Pale yellow to almost water like urine is an indication of adequate hydration.

8. Follow portion control – This helps in good digestion, managing weight and regulating blood glucose levels for steady sustained energy throughout the day. Appropriate portion control curbs imbalance of nutrients.

9. Follow meal timings – Timely eating can help regulate hunger and improve digestion as well as metabolism. It can reduce the risk of developing lifestyle related disorders in future.

10. Fast at least once a month- Fasting for more than 12 hours, at least once a month has benefits like reduced visceral fat, reduced inflammation, reduced risk of asthma, stroke and Alzheimer's disease.

11. Get adequate rest – Rest is when the body relaxes, repairs and rejuvenates. There is no replacement to a good night's sleep. Chronically inadequate sleep is associated with increased risk of diabetes, heart disease, dementia and also increased sports related injuries.

12. Stay active throughout the day – Non exercise activity thermogenesis (NEAT) is the energy we expend in doing anything that is not structured physical activity, eating or sleeping. Staying active throughout the day plays a significant role in active metabolism and is a critical component in weight management.

CITY MARATHON REVIEW

THE AIRTEL HYDERABAD MARATHON 2021

About: Review By Ramesh Kanjilimadhom

Ramesh Kanjilimadhom is the co-founder of Soles of Cochin and is the race director of the picturesque Spice Coast marathon ! A prolific runner, he has run the Boston Marathon thrice and has participated in numerous running events around the world. He is a frequent participant at our Airtel Hyderabad Marathon as well. Presenting his take on our AHM 2021 edition."

"The last hill!": I was telling myself the all-so-familiar lie that the runner hears from the spectators. It should work because I knew the course all-so-well, or so I thought. Surprise! The monstrous "Microsoft" hill in all its triumphant glory beckoned my aged and tired body owing to the last-minute course change (thank you University of Hyderabad, NOT!). "You're doing very well, just less than 3k to go!" – egged on Josh, my steadfast, loyal biking companion. The "josh" his words gave me was enough to push me up that hill. A few minutes later, I merged with the half marathon crowd and as I made the final turn to the familiar stadium, all I could think of was how much I missed this event.

"Bitten by the bug #1": For some of us from Kochi, who ran it first in 2013, with tall egos (pooh-poohing the tagline "toughest city marathon in the country") got some reality check at even taller hills. We swore off this race from our list as we headed home. Little did we know that we caught an infectious bug, this itchy love for what this race gave us – for, it was not just the hills, it was the magic of meticulous race organization, the daring point-to-point course, the beautiful roads with some curious onlookers, but most importantly, the vociferous, boisterous,

passionate, sincere and enormous volunteers! Belonging to the religion of running, since then it became an annual pilgrimage that we take to the mecca of marathons in India.



"Bitten by the bug #2": Entrez Covid-19, the achilles tendonitis for the world, that stole away a couple of racing seasons from us. Then, like a panacea, AHM came back from hibernation and gave us that shot in the arm. The "sea-link of Hyderabad" was a spectacular addition to the course (and so was Josh, for me personally!). The entertainment along the course, the volunteers and their support and the post-race food & festivities were all as stellar as always. The challenges to Hyderabad Runners were many-fold, and being able to engage so many volunteers was arguably the biggest of it (not to diminish the effort behind the 11th hour course change, re-measuring and re-assigning aid stations). Also, my personal favorite that was NOT provided by the organizers: the weather!

"And the award goes to...": My sincere kudos to everyone behind this awesome race and being able to pull it off at the most challenging of times deserves another significant applause. Keep running, folks!

"Footnote": They say a race is the celebration of your training. Whoever said that was most likely talking about AHM

HR 3SIXTY5 FEATURED GROUPS

1. Peeran Cheruvu Runners

What sets Peeran Cheruvu Runners apart?



Apart from having some really exceptional runners with achievements to boast, the culture of mentorship is probably unique to PCR. New mentors are mentored to take over the reins of training newer runners. You will notice that PCR is one of the few groups where the K25K mentors change every year (by design)

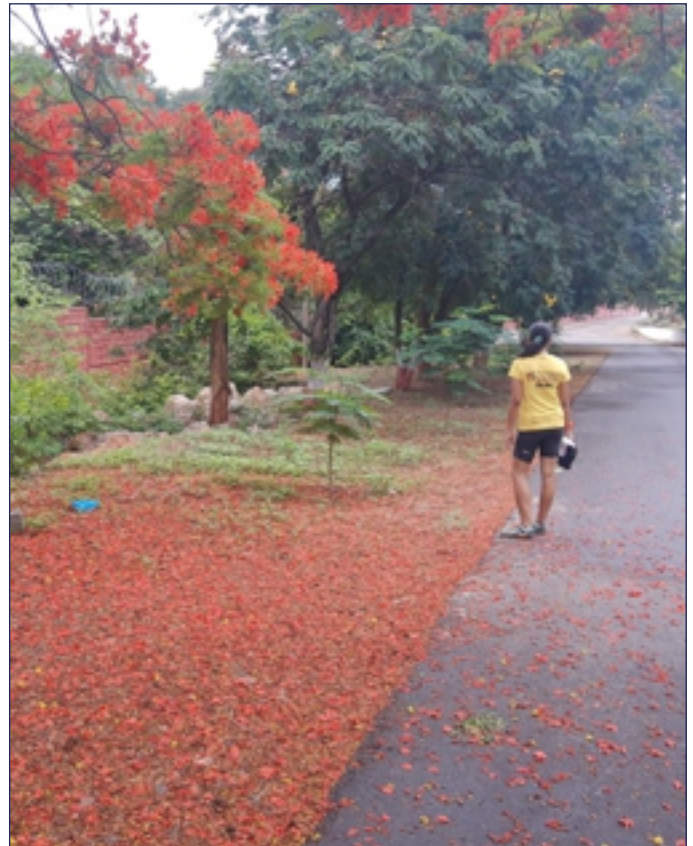
The location is another unique aspect for the group; the terrain and the proximity to lakes, hills and trails is something we all enjoy.

The Winter Half is the event we all hold with a lot of pride. The sense of volunteering from each of our runners who spend a lot of time to ensure that participant runners enjoy every aspect of the run.

Who are your regular runners and who are the jokers of the pack?

Some of the usual suspects are - Amarbir Palta, Archana, Balaji B, Chaitanya, Deepak S, Dhananjay Kushagra, Madhu K, Manisha T, Manju F, Piyush, Praveen V, Rajani, Rajanikant, Rajender, Rakesh R, Sameer (He is a prodigy and the Joker) Sanjay F, Sanjeev M, Satish (This one will be contested by the guru himself, but we will stick to this) Shailendra, Subir (Entertainment unlimited), Sushma D, Utkarsh, Varsha S, Venkat

Is there a running trail that one can't miss in your neck of the woods?



Himayatsagar

Greyhounds trail (not really available now)

Machleshwar temple hill trail

Golconda and surroundings

Around the Peeran Cheruvu (Seems to be becoming a thing now)

Snehita hills (good for crazy runs, some romances and photos)

Who should the newcomers reach out to?

Shailendra Singh Bisht +91 90141 86419

2. Kokapet/Gandipet

What sets Kokapet/Gandipet Runners apart?



Kokapet/ Gandipet might be the proverbial new kid on the block but we have an ace up our sleeves. Preetham Akula finished the recently concluded AHM in 3:20.

The K25K program graduates are joining the running community and very soon we shall have a vibrant group of runners treading the trails of Kokapet / Gandipet. If you are a newcomer in this part of town and moved to Rajapushpa or NCC or Istana Villas – do buzz me.

Who are your regular runners and who are the jokers of the pack?

Preetham Akula (Of course), Jyothi, Vamsee, Sanjay, Snehith, Sravan, Srinivas R , Snehith Allamraju, Tulja Mishra, Sravanti Duvvuri, Sunil Dutt, Nimish Nerlekar, Divya Iyer, Jyoti Khera, Rohit Nagpal, Rajat Arora, Saurabh Zade, Harkirat Singh, Rakesh Ravi, Mani ganapathy, Shiju narayanamoorthy, Prathap Adusumilli, Ritesh chaturvedi and yours truly



Pallavi School Road towards Gandipet. One can enjoy the calm and green mornings on this road. Morning temperatures in general at Gandipet are much lower than other parts of the city.

Who should the newcomers reach out to?

Srinivas M - 9700174949

3. Aparna Grande Running Community What sets Aparna Grande Runners apart?

What sets Kokapet/Gandipet Runners apart?

Aparna Grande Running Community has given rise to some exceptional runners within a short span of time.

Our runners have gone on to do massive ultra runs, got marathoner tag, graduating from couch to 5K, and from newbies to podium finishers.



Who are your regular runners and who are the jokers of the pack?

Our regular runners are Santhosh, Vish, Arun, Shalini, Sindhu, Vinayak, Sumeet, Jayant, Sankar, Babu, Pankaj, Anusha, Venkat, Vivek, Deepak amongst others. Jokers - We love to run and have fun and in our group all are jokers in a way, some are intentional while others unintentional :-)

Is there a running trail that one can't miss in your neck of the woods?

Yes, we have some nice, unexplored trails in and around Tellapur and Nallagandla which are inhabited by peacocks and semi-wild dogs and these are a nice change from the usual routes we take.



Who should the newcomers reach out to?

Shalini Sinha (7893433788)

4. Rain Tree Park Runners What sets Rain Tree Park Runners apart?



Rain Tree Park Runners aka RTP Runners is one of the oldest RWA running groups under Hyderabad Runners umbrella. RTP Runners are unique in the following way – 1) Out of the 200 regular members, around 45% of the active members are women so it is an inclusive group. 2) We have conducted more than 25 couch to 5k training programs since inception. 3) We have an amazing running route inside the society, so we can run at any time – many runners run late mornings (after 8am) and in the evening with no compromise on sleep and social commitments (read weekend parties)

Who are your regular runners and who are the jokers of the pack?

RTP Runners can be divided into few categories:

Premium Regular runners (proper training and Goal Focused) - Yogendra, Vijay Tiwari, Deepak Jindal, Srinivas, Raghu, Harish Reddy, Vaishali, Dentak, Praveen Reddy, Dr. Ajay, Dr. Saritha, Dr. Sunitha, Mayumi, Manisha Hirwani, Sunil, Poonam Shrivage, and Alex.

Fun Loving Regular Runners – Ashish Maheshwari (Yours Truly), Vishal Mani, Devendra Malhotra, Priyanka Malhotra, Vandana Maheshwari, Sanju, Rekha, Amit Jain, Meghana, Harjinder Singh Sarna (Mathura Wale), Sandeep Kumar, Rohan, and Soumya Rao.

Super Premium Runner – The one and only Gautham

Chitrapu (though he recently moved out). This group was formed under his guidance and motivation of him only.

We all don the hat of being Joker and make running fun so that we all look forward to the next run with the group. There is never a dull moment with RTP Runners folks around. We are the livewire of AHM volunteers party, HR yearly Awards evening, or any of the HR gatherings.

Yes, we have an amazing route inside with a lot of greenery. This route ensures two degrees less temperature and 99% less traffic compared to the outside. It has natural SAG points and provides a quick getaway for any sudden nature call.

Who should the newcomers reach out to?

Ashish Maheshwari – 9866187514. Just call for a life transformation



RUN-TITUDE: MINDSETS OF A MARATHONER

CHOOSE TO RISK

By Revathi Turaga



Revathi Turaga is a psychologist, an author, and the Founder-Director of LearnSprint with 23+ years of experience as a Leadership & Team Coach across India, Middle East, and the USA. She uses practical and inspiring techniques to enable individuals, teams, institutions, and organizations to succeed in their personal, career, fitness, and business goals.



Risk... One of those words in the English language that most people do not like to hear or encounter. Yet it is one of those words that are part and parcel of every moment for us runners! Whether we are making a decision of yes or no to a timing target, whether we are choosing one cadence over another, whether it is about how fast to run a km/mile, or about the running routes and running alone or together, every single action entails a certain factor of risk in it.

- Either which way we look at it, runners need to be open to taking a RISK! So, before plunging into that, remember to consider RISK...

- **Reason:** Know why! Know the purpose, the goal, the reason as to why you want to do what you are doing. Often, we make decisions and launch into tasks without being clear about why we are doing it. Knowing the answers to the why questions – why we make certain decisions, why we choose certain actions, even risky actions – helps us decide if the risks involved are worth it. It helps make the acceptance of the risks and hence the journey to the end smoother, easier and more effective.
- **Intuition:** This has, by many people, been equated to “listen to your heart”! ...and running is as close to one’s heart as it can get! Intuition however, is not about just listening to one’s heart. Intuition in fact is powerful unconscious logic coupled with years of experience with it. It is years of your running experience telling you in the moment that you can push past that barrier, that you can tread outside your comfort zone, that you can set a faster pace and work toward that personal best! As runners, listen to your mind’s unconscious ability to recognize subtle insights and take a risk.
- **Situation:** Understanding and assessing the current situation is very important before one decides whether to accept the risk and take steps forward. For a runner in a race, knowing the route ahead, wearing the clothes, shoes and other gear which one is accustomed to, having pacers around to help and nudge, finding running buddies they have trained with, and running at a pace that they now they can make it, are all being aware of the situation to counter any adverse effects of the risks.
- **Knowledge:** Knowing what to do and what not to do is as important as following your intuition. The urge to keep going makes many runners hit the wall. Often, in retrospect many say they were aware it would happen, but kept on anyway. Know your limits based on your training and leverage that to take the appropriate level of risk that you can on the road! This knowledge serves as the foundation for the analysis as well as the unconscious logic behind one’s intuition.

Remembering to know the reason, trust one’s intuition, assess the situation, and be aware of existing knowledge, always helps an individual make the appropriate choices with the right assessments of risks involved.

Choose to risk and run...

CURRENT HR ACTIVITIES

Train & Shine

Hyderabad Runners Train & Shine training program is about encouraging runners to follow a systematic training schedule and train to become strong & efficient runners. This training program broadly covers the scientific methods of training for any long distance runner from 10K to Full Marathon distance. Weekly training schedule has 3-4 runs (2 Easy Runs + 1 Tempo/Interval Run + 1 Long Run to build endurance) + 2 strength training sessions which are focused on Strength and conditioning, athletic drills + One yoga session to work on flexibility which

is also considered as active rest. Week on Week training schedule for the runs is being emailed to all the registered participants for three distance categories 10K, Half Marathon & Full Marathon. It also makes the foundation of a runner very strong, so that a runner can plan to run a race and gauge his performance and check improvement in himself. This training program is not just about training for long distance running but also continuing to run while staying injury free and not overdoing it. We have 150+ runners spanning across 12 locations We have launched a new training package for 3 months Jan 2022 to March 2022.

for more details please visit

<https://www.hyderabadrunners.com/training/>

SUNDAY LONG RUNS: Due to rise in Covid-19 (Omicron cases), it has been decided to cancel SLR's till further notice



ADDRESS:

Apmas Building, 3rd Floor, Hig Huda Colony,
Next to Light & Light, Tanasha Nagar, Manikonda,
Hyderabad, Telangana, 500089.

Phone: +91 97010 55611

Email: newsletter@hyderabadrunners.com

