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IRONMEN 2022 OF HYDERABAD



SEPTEMBER 2022

www.hyderabadrunners.com

MESSAGE FROM THE PRESIDENT

Dear Runners

This is an exciting time for the running community across the world! Events galore in store for the runners and runners excited to participate. We are in a happy place!

With the Comrades 2022 over last month, the action has now shifted to Berlin for the 25th Sept race. Berlin, as you all know, is The place for establishing World Records and the 2022 event does promise edge of the seat excitement. Two of the world's best - Eluid Kipchoge and Guye Adola would be competing for the top honours. While Kipchoge would be eyeing to beat the WR (set by himself), Adola would be aiming to beat Kipchoge to break the tape first, with memories of the close finish in 2017. In any case, we are definitely in for a treat! And I am guessing that by the time this issue of RunDzvous is in your hands, rather, on your screens, you will already have known the result.

Back to India for now. I am also happy to inform you all that Nikhat Zareen, the face of our NMDC Hyderabad Marathon powered by IDFC FIRST Bank, was recently at Kaun Banega Crorepati along with another Commonwealth winner Mirabai Chanu.. She has decided to donate her earnings at the KBC to Hyderabad Runners Society(HRS) for use in a deserving cause. It's a proud moment for us here at HRS for the faith shown by Nikhat, but it's also a humbling moment and a matter of great responsibility to assist her in her aim. HRS congratulates and salutes Nikhat Zareen on this gesture.

The festive season is around the corner and I wish all of you a great time ahead. Do enjoy the Dasara and Deepavali festivals with family and friends and spread cheer around.

Regards,

Abhijeet Madnurkar

President,
Hyderabad Runners Society



FROM THE EDITOR'S DESK

We have had a successful NMDC Hyderabad Marathon 2022. It returned to its regular slot on the last Weekend of August and with a new title sponsor, NMDC Ltd. The IDFC First Bank Ltd supported the event as the Powered By Sponsor. Fittingly, the September Issue features a report of the event by the Race Director, Prashant Morparia. Litty Thomas who ran the Full Marathon in the event gives her story in the Review Section.

While on the subject of Marathons we have a big story about three Hyderabad Endurance Athletes who did the Full Ironman in Kazakhstan. Quite an accomplishment indeed! And topically, Run-titude features the Marathon Mindset. Our best friend in endurance events is the humble running shoe which takes relentless pounding. We have a small pithy Ode to running shoes in Hrunimations.

The last in the Yoga article on Back Strengthening Asanas is featured in this issue. Kettlebell exercises are the subject of the Train-Like-A-Pro feature while Groin injury is the subject of the Physio feature.

We had the Commonwealth Games recently and the Crossword features clues based on the CWG 2022. And the Botanical Garden Runners are featured in the HR 3Sixty5.

Enjoy the Issue and we look forward to your inputs and your Running stories.



Vadali Prasad

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COVER STORY

THE SPIRIT OF HYDERABAD MARATHON

27TH & 28TH AUGUST 2022

By Prashant Morparia

"If you are losing faith in human nature, go out and watch a marathon", said Katherine Switzer, the first woman to officially run the Boston Marathon. To understand the depth of what she said, one just needs to be at the finish line of any marathon. You would see a range of emotions on the participants' faces, but the one thing common to all would be their determination and grit. And that's the motivation for race organizers to keep organizing the race year on year.



The NMDC Hyderabad Marathon 2022 powered by IDFC FIRST Bank, organized as the flagship event of Hyderabad Runners Society (HRS), has been Hyderabad's salute to the runners' spirit! Organized as a 2-day event on the 27th and 28th August 2022, the event saw over 15000 runners assemble at the start line. From a "come-back from Covid" perspective, these were encouraging numbers. Encouraging enough to gather over 2000 volunteers for the event, about 200 HR (Hyderabad Runners) buddies and almost 20,000 spectators. Not to forget the people who cheered the runners enroute and the bands and entertainment teams that kept the runners engaged.

participants					
		15038 Runners		75% Men 25% Women	
		2000 Volunteers & Logistics support		600+ Policemen & RAXA Security staff	
		50+ Elite Runners		25+ Media Personnel	
					10 Participants with special needs

The Numbers

For those statistically inclined, the race category numbers were as follows

- Full Marathon – 1000+
- Half Marathon – 3200
- 10K – around 5500 and
- 5K – around 5500



15038
Runners



2065
Volunteers

80 % of the participation was from Telangana State with the balance 20% coming from other states in India and abroad. The race saw about 100 Elite athletes participate and compete for a total Prize purse of about Rs. 20 lakh. This year became the debut year for a money prize to the non-Elite age category runners with about Rs. 4 lakhs of prizes.



₹24 lakhs
Prize money



30 zones of
Entertainment

There were a total of 29 Aid-stations on the route and at the start/end points for the assistance of the runners. Medical stations, manned by CARE Hospitals personnel were almost similar in number. 30 Entertainment zones were marked out to keep the runners engaged and more than 600 police cum security staff helped set a clear passage for the runners.

ENTERTAINMENT

500+
College students

10
Live performance stages

10
Music stations

10
Community Cheer Zones

30
Entertainment zones on the way

What the Numbers don't reveal: The numbers do say a lot... but there's something which goes beyond numbers, and that's the speciality of the Hyderabad Marathon. It's the enthusiasm and the energy which every stakeholder gets to the event and to the task at hand. Ask any runner who ran the race, he/she is sure to mention the exuberance of the Entertainment zones.



There were bands playing at places, team and solo dances at some places and school children cheering the runners at others. This energy is surely contagious and did rub off on the runners., especially on those at the Gachibowli flyover (the last one on the route) and gave the needed push to those tiring feet. The aid-stations were well stocked with everything a runner would want – water, Fast and Up, cut-fruits, salt, biscuits, as well as ice blocks and sponges at special Full Marathon stations. The volunteers there were well apprised of the runners' needs and ready with a smiling face and a cup of water or electrolyte to assist. And as runners neared the finish line, happy faces welcomed them into the beautiful Gachibowli athletic stadium track with medals.



There were 22 shuttle buses provided to help runners reach their parking points or the nearest Metro/MMTS stations so as not to tax those hurting feet any more.

Some new initiatives

The Entertainment team had put up a **city guide** for the benefit of the out-station runners and a **spectator guide** for the friends/family/supporters of runners who wanted to view and cheer the race. There were Apartment communities who came out in big groups to motivate the runners and provide their energy infusion. This Marathon had an **abridged race guide** too,

to ensure that runners had all important information at their closest reach. One new initiative at the NMDC Hyderabad Marathon 2022 powered by IDFC FIRST Bank was the **inclusion of 10 NGOs in the 5K** race who were doing development work in various areas for the under-privileged – be it orphanages, blind schools, society for the deaf and dumb, rescued children, etc.



The organizing team did an end-to-end provision for them to facilitate their participation in the race. While the joy of the 300 participants who came there was a pleasure to see, it was a moving and emotional experience for many.

Weather vs. the Runner Spirit

Any talk of the Hyderabad Marathon this year would be incomplete without a mention of the weather, which is notorious for playing spoilsport at times. The challenge faced by the runners here is both physical and mental. This Marathon day, after 2 rainy weeks, the temperatures soared and so did the humidity.



One wouldn't be blamed for saying that this was the cruellest weather that the Hyderabad Marathon has seen in the past 10 years and did keep our medical volunteers on their feet. But..... this didn't stop the runners. They battled on, challenged the weather and emerged winners. There were course records created by the runners in the Half-Marathon and 10K races! And the Marathon (Women) too!

The Marathon aftermath

The Gachibowli Stadium, where the runs culminate, was a sight to see and behold. Runners animatedly discussing their run timings, some conducting clinical dissections of their race performance and some others vying for the best post-run expression they could afford to take memorable photos with their medals and their running buddies. Running groups from various cities stayed huddled together, while long lost runner friends embraced warmly, irrespective of their sweaty t-shirts. Surveys conducted weeks after the race revealed that 99.6% of the runners promised to be back for the 2023 event.



This, my friends, sums up the Marathon this year for us at Hyderabad Runners – the serious athletes, the amateur runners, the fun runners, the volunteers, the spectators, the organizing team, the sponsors and partners, the civic authorities, the Police and many more groups involved. Each of them gave their invaluable contribution to the race and exhibited various positive virtues. If this is not an ode to human nature, what is?? Thank you, Katherine Switzer, for those unforgettable words.

ODE TO MY SHOES

By NV Anand

*These two friends of mine,
Served my feet very fine.
My best thoughts they brought out,
On our many runs far out.
They were the reason for my glee,
In the last years three.
It's hard to say goodbye,
To friends who never cry.*



HR 3SIXTY5

FEATURED GROUP

Botanical Garden Runners

What sets Botanical Garden Runners apart?

It has a 3 KM of beautiful muddy (almost) flat running track and in spite of being right in the busy corent of the city, is covered with woods and shady trees on either sides. Also, the garden and sand area is a great place for strength training, yoga, meditation, stretching or just watching the flora and fauna around you.



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

Amazing thing about Botanical Garden (or BG as it is popularly known as) is the second home to several runners. From amateurs struggling to run a mile and pros breezing through half marathon distance without breaking a sweat. Dhoti runners, Saree runners, Chatty runners, photography runners, selfie runners, silent runners, and walkers and benchwarmers feeling pity on all the runners, are all part of the BG family.



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

Other than the famous 3.3 km loop, one can get adventurous and take several bylanes within this trail and go deeper in the woods. Watch out for wild animals though (kidding..those are only runners).

HRUNIMATIONS

IRONMEN 2022 OF HYDERABAD

By Amritha Chandramouli

The trio from Hyderabad went to Kazakhstan after a rigorous training and brought home the prestigious title of "Ironman". The timing could not have been better- right before the Indian Independence Day where they showcased the Indian style, swag, and grit.

An Ironman is a series of long-distance triathlon races organized by the World Triathlon Corporation (WTC), consisting of a 2.4-mile (3.86 km) swim, a 112-mile (180.25 km) bicycle ride and a marathon 26.22-mile (42.20 km) run completed in that order. It is widely considered one of the most difficult one-day sporting events in the world.

Dr. Ashwin Ayingar, a kidney specialist in Apollo Hospital Secunderabad, Sai Harsha Kalburge who is in Human Resources, and Dr. Srikanth Pilli, a homeopathy doctor were excited when the Ironman finally happened after the standstill of the pandemic.

They strongly believe that anyone can do it. The three of them enjoyed the endurance rather than focusing on timing. The ironman is just a perfect fit for people who enjoy the endurance of the sport balanced with reasonable timing that comes with good training. Each of them having a unique background, with different beginnings into fitness and different areas of strength, they share their insights in such a simple way that it stands testimony to their belief.

For the runners who have enjoyed running to a point that it still keeps us on toes, one can only wonder what lies beyond this where one has endured long distances in open waters, in the cycling route and then the full marathon. The trio simply loved it!

The most beautiful thing you will notice when you talk to them is the abundant rush of positivity that can make long distances and long durations seem obsolete. The deliberate choice to embrace challenges and ignore limitations would most likely resonate well with the passionate ones among us. When you come across them, do catch up and get your dose of positivity, and fun.

Simple Beginnings:



Dr. Ashwin Ayingar was into sports since childhood having represented Maharashtra in Basketball. He had also been a part of some athletic sports. His first 10K was in the Airtel Hyderabad Marathon 2015. He took up cycling in 2018, which became his favourite and his strength. He casually registered for the Goa Half ironman and comfortably finished it in 8 hours. At which point he seriously considered a full ironman and signed up for the full ironman at Kazakhstan.

Sai Harsha used to swim since childhood. It was not with athletic vigour but for fun and as a survival skill. He was a chubby kid and enjoyed cross country runs organized by his school that allowed him to miss classes if he ran. He kept running to lose fat. His first triathlon was in 2013. Since then, he has completed 6 triathlons till date.

Dr. Srikanth Pilli was looked down upon for his structure and called "Chinna" and was never taken in any team in serious sports or ones for fun. His fitness journey started when he was 37. Marathoners who started at 65 years of age and hit Boston at 70-71 were an inspiration to him. He started running, and slowly picked up the other two disciplines for cross training and eventually put them together.

Training:

One cannot afford to report to work tired after training. So, their training was well planned so that they could go to the work that they enjoy and be with the family that was very supportive of their project. They trained just enough each day to prepare for the race day yet go back with the endorphin rush that kept them happy, productive, and efficient in other areas of their life. They set reasonable goals that accommodated all possible disturbances.

Dr. Ashwin Ayingar initially contemplated if such a training was practical for people with 6.25 days' work weeks like his. A few weeks into the training, he found it doable and kept at it regardless of challenges. In retrospect he finds the schedule scary. With much humility he says that he is just as busy as anyone and not more simply because of his longer work hours. He did his cycling and running in the mornings before getting ready for work and swam at nights after work. He relied on a simple balanced diet and did not take any supplements.



Sai Harsha says that being disciplined was his fourth discipline that proved to be his asset. "Out of 24 hours, the 22 hours of what you do is more important than the 2 hours of training. To improve from one session to the other you can't have damaged muscles. Sleep, nutrition, and lifestyle in general is more important. I became disciplined in general. It is a lifestyle even if you take it at an amateur level." Being in Human Resources, he adds that the corporates have a better perspective on health and wellness and promote such training better these days. His discipline served him well to train without taking leave or compromising on his work. With the breathing techniques in swimming, he would be meditative and thoroughly enjoy it.

Dr. Srikanth Pilli never trained to 100% capacity, so he never felt the strain. He never trained so hard that he went home and crashed or fell asleep. There was barely any soreness at the end of the day. The next day was another sport which acted as a recovery to the previous day's work out. Foam roller massages, Strength training helped him relax completely. Regularity was key to his good training. He doesn't set unreasonable goals. Simplicity and happiness are his mantra. As soon as he crossed the finish line, he recovered! He never took supplements. As a non-vegetarian, he was getting literally all the nutrition that he needed.

Setbacks and glitches:

If the ironman and its training were as easy as they put it, we wouldn't be applauding them this much. They had their own share of setbacks and glitches.

Dr. Ashwin Ayingar had a setback due to the knee surgery which kept him from running for two years. Further, his training had been affected by one month each due to two Covid infections. He could not catch up with others to swim in the open waters due to his work timings.

Race day is race day. It is probably the playground of all of Murphy's Laws. When Sai Harsha had an amazing timing in the Orissa ironman, he met with an accident when two motor-bikers collided with him, landing him with severe injuries. In the Ironman Kazakhstan, he was in the best shape of his life, yet he started cramping 600 meters into the swim. He had severe cramps during the swim, during the cycling and during the run.

Dr. Srikanth Pilli had an adventure with his cycle just before the event. Although he had trained perfectly and charted out an impeccable plan for the race, it was only this glitch that pushed him 30 minutes from his plan. He had to repair his cycle locally before the race.

Absolute fun:

The first thing that Dr. Ashwin said about Ironman "We had a lot of fun". He had great fun communicating with gestures while overtaking on the cycle ride and eventually talking while cycling and running which made the effort seem minimal. Dr. Srikanth finished each leg with much style and a satisfied smile. He crossed the finish line with an epic swag that is a must see! He also enjoyed dancing with the race officials and making new friends. Sai Harsha says, "I was happier than the guy who finished first". With cramps literally everywhere in his body making it thoroughly risky for his health, he completed within the cut-off time without hitting the wall. All's well that ends well!

The road ahead:

All three of them have the Ultraman in sight. They have started making necessary calculations for cost and training. Whereas Sai Harsha is first going to attend to his unfinished business in Orissa. Dr. Ashwin's goals include swimming the English Channel, to be able to run in such a way that my legs just keep going on. Dr. Pilli has some adventure sports lined up in his bucket list.

Their message to runners of HR:

Dr. Ashwin: "We should know that the human body is the most wonderful machine ever created. We can make it do whatever we want it to do. What is really needed is persistence, consistency, and systematic training. We can also run on water."

Harsha: "Running or any endurance sport for that matter is a demanding sport but it has got a psychological effect. The endorphins kick in and suddenly people get carried away with all the high of running. Be a little conscious of that. Enjoy the sport a lot, rather than running behind the number game. Definitely push yourself but be cautious of staying injury free and enjoy the sport for a longer time. If you want to enjoy the sport for a longer time, take it easy, keep natural time targets and stay injury free, you can enjoy it longer. Don't be behind the metrics too much."



Dr. Srikanth: "To any of the fitness people: It is never too late. I started my fitness journey after 35 years of age. Everyone should believe in themselves. "Let's see" attitude won't work. You must believe in yourself. This happens when you train, when you commit, when you stay consistent. First set achievable goals, then, get out of your comfort zone. Comfort zone is good for health and passion; crossing the line is good for improvement. But not too much to injure yourself. You can excel in the race if you practice well and enjoy it. Enjoyment comes with interaction with the group. Don't take running as a pressure. We are taking it to avoid pressure and get out of mundane life and monotony. Some people even get depressed if they don't get their desired result. People isolate themselves to recover from undesired results. What works for you is different from what works for others. Everyone has their own strength, their own weakness."

Hyderabad has very few ironmen. We hope that their achievement will encourage many people to be able to give it a shot as they put it across as nothing less than wonderful.

RUN FACTOID

MARATHON MONKS OF MOUNT HIEI

By Sam Sudhakar

What is the hardest physical challenge you've ever put yourself through? A marathon perhaps, or maybe few went further and did an ironman triathlon.

The Tendai Monks of Mount Hiei run 40 km a day for 100 consecutive days. In between, there is one day with 54 km. Known as the Marathon Monks (gyoja) of Mt. Hiei, Japan they take on kaihogyo, a spiritual challenge of endurance in pursuit of enlightenment.

The journey lasts over seven years and the stakes are high. If they complete the 100-day challenge, they can petition to try a 1000-day term which takes seven years to complete.

The breakdown of the seven year challenge is:

Year 1:

100 consecutive days of 40 km runs, beginning at 1:30 a.m., each day after an hour of prayer.

Year 2:

100 consecutive days of 40 km runs.

Year 3:

100 consecutive days of 40 km runs.

Year 4:

100 consecutive days of 40 km runs (done twice).

Year 5:

100 consecutive days of 40 km runs (done twice). On the 700th day, the monks undergo a 9 day fast without food, water, rest or sleep.

Year 6:

100 consecutive days of 60 km runs (done twice).

Year 7:

100 consecutive days of 80 kms followed by 100 consecutive days of 30 km.

If the monks fail to complete the 100 day ritual, they are duty-bound to commit suicide by hanging himself with the belt from his robe or through ritual disembowelment. Because of this, the monks carry a length of rope and a short sword at all times on their journey.

Only 46 monks have completed the 1,000-day challenge since 1885. Many have failed and can be found buried under unmarked graves on the side of Mt. Hiei.

YOGA FOR RUNNERS

BACK STRENGTHENING ASANAS

By Pratibha Agarwal



Founder, Director and Instructor at Anahata Yoga Zone, Pratibha Agarwal has 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.

This is the sixth and last in the series of 6 Yoga Asanas for strengthening the back muscles.

Yoga and running go hand-in-hand. You may not think that your back has a big role in running, but it plays a pivotal part in the kinetic chain that powers running mechanics.

Your core muscles—not just your abdominal, but the muscles that wrap around your midsection— support your spine and lower back. Your core, hips, glutes, and hamstrings together form one big stability machine. Weakness in any one of those muscles forces the others to take up the slack.

If you have weak hip and gluteal muscles, for example, as they become fatigued during a run, your lower back is forced to work harder to keep you upright and stable, and you become vulnerable to injury. That's why it's important to include lower back exercises in your routine.

Runners should never ignore the back muscles. Your back keeps you upright, and good posture helps you remain injury-free. The good news is that yoga can help you get rid of the pain, prevent injuries and even improve your breathing during your running sessions.

Backbends in particular are strong, energizing postures. They tap into the circulatory system by increasing blood flow throughout the body, from the head to the toes. Instant energy. Backbends can excite the nervous system, leading to an increase in energy levels and boosting your feeling of vitality.

General Recommendations:

Practicing the following back strengthening asanas is beneficial for anyone who sits for long durations, suffers from chronic back pain, or loves activities that don't incorporate a lot of spinal rotation, such as running, cycling, and hiking. Breathe deeply as you wring out your spine, and enjoy the added mobility, strength, and pain relief you experience in your back as a result.

Keep your breath long, smooth, and steady. The deeper you breathe, the more length you'll gain in your spine.

Dhanurasana (Bow Pose)



Benefits:

The Dhanurasana or the Bow Pose is an energizing asana. It stimulates the adrenal glands, helping you fight fatigue. It also increases blood flow to your digestive system. Furthermore, it may help to build confidence and empowerment. It strengthens your back muscles, the back of your thighs, and buttocks (glutes).

How to Do It:

1. Lie on your belly on your mat, with a blanket under your pelvis, if needed. Press your toes into the floor and then bend your knees, keeping the toes active.
2. Grab the outer edges of your ankles with your hands and flex your feet strongly.
3. On an inhalation, lift your rib cage and shoulders toward your ears. On an exhalation, lengthen your tailbone and kick your legs back into your hands as you hold on firmly.
4. From here, lift your head and chest. Gaze forward. Press down through your thighs to lift your chest.
5. Stay in the position for 5 breaths.

TRIUMPHANT RUNNING THE PHYSIO WAY

GROIN PAIN, GO AWAY...

By 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.

Groin pain, go away... Let me run another day...

With a knife-stabbing pain that takes our breath away with every step, groin injury can start with a simple SNAP sound while running, followed by severe or moderate pain in the inner thigh.

This usually occurs due to a **pulled or strained groin or inner thigh muscle**, when the upper attachment of hamstring or adductor muscle or oblique muscle in the abdomen over-tenses.



Impact on Running

Groin and inner-thigh pain affects marathoners and sprinters equally. Though it can arise from a number of factors, it usually results from overuse and often persists unless properly identified and subsequently treated.

Causes of Groin Pain

The most common cause of groin pain in athletes is a muscle, tendon or ligament strain. It might occur immediately after an injury, or pain might come on gradually, over a period of weeks or even months.

Some causes include:

- Insufficient or excessive pre- and post-run stretching
- Inadequate mobility in the lower limb joints
- Imbalanced core muscle strength
- Running on a slippery surface.

Also, over-pronation and supination -- inward and outward rolling of the foot, respectively -- can create a foot imbalance, stresses the muscle to keep running balance.

Grades of Strain

Groin pull can be explained in 3 grades, depending on the degree of severity:

1. First-degree strains hurt with mild pain, but don't reduce strength or range of motion.
2. Second-degree strains are more serious with moderate pain and can cause some level of strength or tissue damage.
3. Third-degree strains are the most serious and are really tears, causing severe pain. With severe loss of strength, it can reduce or eliminate functionality.

Recovery for Runners

Many runners with groin pain simply assume they have a pulled muscle. Recovering from groin injuries usually involves taking some rest from running and doing some low-impact, pain-free cross-training.

To get back to running and preventing groin pain, runners should implement the following practices:

Rest

1. Though it's not what most runners want to hear, but staying off the roads is the best weapon for recovering inner thigh pain.
2. For third-degree strains, it might take 6-8 weeks, or sometimes longer.
3. However, active rest (taking up an alternative sport that involves less adductor involvement) helps in keeping the injury blues away.

Fomentation

Ice application in the first 72 hours moist heat application helps to manage pain and inflammation.

Rehab

Thorough assessment to find the root cause followed by customized rehab program by your physio helps in recovering better and faster.

Remember, if the above-mentioned preventive measures and exercise don't help if you feel too high pain/discomfort, do not experiment and get help by walking in to your physical therapist, with or without a doctor's note.

TRAIN LIKE A PRO

KETTLE BELL WORKOUTS FOR RUNNERS

By Leena Roy



Leena Roy is a professionally certified fitness trainer, marathoner, certified multi-style yoga teacher, 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.

Kettle bells... the secret weapon for runners!!! They are the perfect antidote for the notorious group of muscles that, if not strengthened, succumb to injury in runners.

Running long distances can cause a lot of impact on the body each time the foot strikes the ground and wears down the muscles and joints over hundreds of miles. Kettle bell training specifically targets the hamstrings, glutes, back, and core while creating cardiovascular conditioning all at once. So, kettle bells and runners seem like just made for each other, right? 😊

Kettle bells and runners

Though it is very common to find a lack of muscular strength in endurance athletes, adding kettle bell workouts once or twice a week into the strength program will enhance running by developing;

- muscular endurance
- strength
- power
- cardiovascular capacity



How kettle bell workouts help

Kettle bells differ from dumbbells for their unique shape and size. One should know a proper technique to hold the kettle bell. Kettle bells come in various sizes and weights, usually in multiples of 2, i.e., 4kg, 6kg, 8kg, 10kg, 12kg, and so on.

Kettle bell workouts target many muscles by doing just a few different exercises. For example, kettle bell swing alone (American/Russian) works for the glutes, quads, core, shoulders, pecs, lats, and a few more. They enhance the range of exercise movement through forward, backwards, and lateral pathways.

Other benefits include:

- build unilateral strength
- increase efficiency
- move one's body's center of gravity
- improve Vo2 Max level
- increase mobility
- enhance balance and stability

Kettle bell swing develops power in the hips and glutes, which a runner uses the most, especially when running fast or on hilly terrain.

Sample Workout: Dirty 30

Warm up 10 mins (mandatory)

- World's greatest stretch
- Good morning
- Superman
- Hamstring swap
- Repeat the above warm up three times

Main Workout: (5 seconds to switchover from one to another workout. Three minutes break after two continuous sets. 30 reps for each workout.)

- Russian swing
- Hollow plus chest press
- American swing
- Frog jump
- Squat swing
- Sit-ups and press (use both hands)
- Swing jacks
- Bridge overhead reach
- Lunges swing (hollow) move the kettle bell inside the knee
- Russian twist

Cooldown with some active stretching.

Watch out a few points...

Kettle bell movements are not user-friendly, especially for beginners

- There is a specific way to grip or hold the kettle bell
- Do not perform kettle bell exercises without proper gym/sports attire
- Ensure you are not barefoot and wear a good gripped shoe to avoid slipping
- Always practice good form when using kettle bells
- A good warm up is very important before a kettle bell workout

Kettle bells are touted to be a stand-out tool for a serious leg workout while requiring significant core engagement, too. Kettle bell training is an effective, appropriate, and time-efficient way for runners to prevent injury and improve performance.

**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.*

RACE REVIEW

NMDC HYDERABAD MARATHON 2022

By Litty Thomas

How I ended up signing for NMDC Hyderabad Full Marathon

My first FM experience in 2018 at Bangalore was not good due to lack of training and I had almost decided that running an FM is not my cup of tea. However, when my coach insisted that I sign up for the NMDC FM, I couldn't decline. And so there I was trying my best to follow the prescribed FM training plan, which demanded a lot more time than what I usually spend for my daily runs and strength sessions. Though it was very challenging considering the already busy schedule I had with a demanding IT job and being the mother of two school going daughters, I still gave my best at meeting the daily targets throughout the 20 weeks of training.

One day before the race

It was all mixed feelings. "Will I be able to finish strong tomorrow?", "What if I get cramps?", "Will I end up with DNF?". With all such crazy thoughts, I ended up with a tension headache and had to take my routine migraine tablet to get away with it. As advised, I was very cautious of whatever I was eating and hydrating, taking as much rest as possible.



The race day

With everything from the checklist ticked, there I was at the start point, ready for my second FM and the first one on my home ground. Having done a couple of dry runs on the race route gave me that much-needed confidence. Given that my goal was only to finish strong and enjoy the run with no time target, I started at my comfortable pace between 7:15-7:45 and was able to maintain the same until the 27th km. After that, as it started becoming too hot and humid, the tired and drained out feeling started slowing me down.

However, those familiar faces waving and greeting while running by, encouraging words by a few fellow runners (unknown) and the entertainment points blaring with music and dance were so refreshing and that kept me going. The claps and loud wishes from cheerful school kids and the hydration points filled with the much-needed refreshments boosted my power to keep moving on. I was glad to meet my colleague and fellow runner with whom I ran 3-4kms while crossing the DC flyover and the cable bridge and so didn't feel the pressure of those elevations en route. Managed to run comfortably until I reached the most terrifying Gachibowli flyover.

As I slowed down and started walking, by chance I could strike a conversation with a Bangalore based HM runner which helped me do a steady jog until the junction where I had to part ways to take a left to proceed on the FM route. Based on the experience shared by seasoned FM runners, I was mentally prepared to run alone on deserted roads for the last 10-12kms in the scorching sun, but as luck was in my favor, I met a couple of fellow runners from my training

group. Running with them all the way chatting, with the intermittent cheering words from the cycle marshals and those cold water sponge dips were so refreshing and energizing that I hardly felt the pain covering the last leg of the race.

To summarize, in spite of those cramp feeling in my right and left calves at 25th and 40th km respectively, and later throwing up at the 41st km due to overhydration, I still managed to finish strong and enjoyed most of the race. As promised, my family was waiting to cheer me at the 42nd km and the cherry on top was my training group buddy doing a swanky dance as I crossed the finish line.

By far, this has been the most fulfilling race where I have put my heart & soul in and enjoyed it thoroughly. Looking forward to more of such races in my running journey.

As they say – ***"The finish line is just the beginning"***. 😊



RUNNERS' NUTRITION

VEGANISM AND RUNNING

By Dr. Lahari Surapaneni



Lahari is a nutritionist and wellness consultant.

If there is a word which is often found trending across platforms, borders and amongst people, this year and since the last few, it could be 'vegan' or 'veganism'. What we eat undoubtedly plays a paramount role in maintaining good health. Diet also influences the performance outcomes whether you are an amateur runner or a competitive athlete. There is abundant research showing that diets that are predominantly plant-based, offer innumerable health benefits and also help improve athletic performance. So, what is a vegan diet? It is one that involves eating exclusively plant-based food and completely avoiding anything obtained from animals, including all meat, eggs, dairy, honey and any other foods which contain animal product derivatives.

A vegan diet eliminates a few of the food groups that are traditionally considered to be part of a wholesome diet. Animal-based products such as meat, poultry, eggs and milk are usually good sources of protein, vitamin B12, vitamin D iron, zinc, and calcium and omega-3 fatty acids. An improperly planned vegan diet can create shortage of these nutrients and in some cases lead to deficiency disorders as well. But, a well-balanced vegan diet with the support of some supplementation can ensure that all the nutrient needs are met even in the case of athletes.

Endurance runners need a substantial amount of energy to support their training regimen and to even manage their weight. As most plant-based foods are relatively lower in calories compared with foods of animal origin, new vegans or endurance runners with

high training volume might see unwanted weight loss if the calories consumed are insufficient. How can this be addressed? Calorie intake can be increased by including energy-dense healthy options such as nuts like almonds, walnuts, cashews, peanuts and seeds like pumpkin seeds, melon seeds, sesame seeds, chia seeds, flaxseeds etc. Not only do these nuts and seeds offer calories but also provide protein, calcium, zinc, copper, selenium and essential fatty acids.

Body composition and weight have long been established as factors impacting an endurance runners' performance. Protein plays a crucial role in both weight-management as well as altering body composition. When combined with strength training, consuming adequate amounts of protein can help in reducing percentage body fat, managing weight and increasing muscle mass. Foods of animal origin have been touted as superior sources of protein because of availability of all essential amino acids and bioavailability of the protein. However, in appropriate combinations, plant foods also can provide complete protein with all the essential amino acids. Combining lentils and beans with cereal grains like millets, quinoa, wheat and rice can make a meal a source of complete protein. Also, foods derived from soy like tofu, tempeh, mealmaker(soya chunks) are complete protein sources even by themselves. The point to be noted is that there is no shortage of protein in a vegan diet when it is planned right.

Vegan diet also has the added advantage of being rich in phytochemicals, antioxidants, fibre and such which are good for preventing heart diseases, high cholesterol and even certain kinds of cancers. The antioxidants especially are helpful in assisting speedy recovery after that high intense activity or a strenuous long run. Faster recovery means better training regimen that directly translates into improved performance. To obtain all the health benefits of a vegan lifestyle, it is important to choose minimally processed and whole foods rather than highly processed junk foods and food devoid of adequate nutrients. It must be borne in mind that people with certain health conditions like digestive disorders, allergies and intolerances to certain foods might need extra help of a professional when venturing into the world of vegan diet.

RUN-TITIDE: MINDSETS OF A MARATHONER

RUN WITH A GROWTH MINDSET

By Revathi Turaga



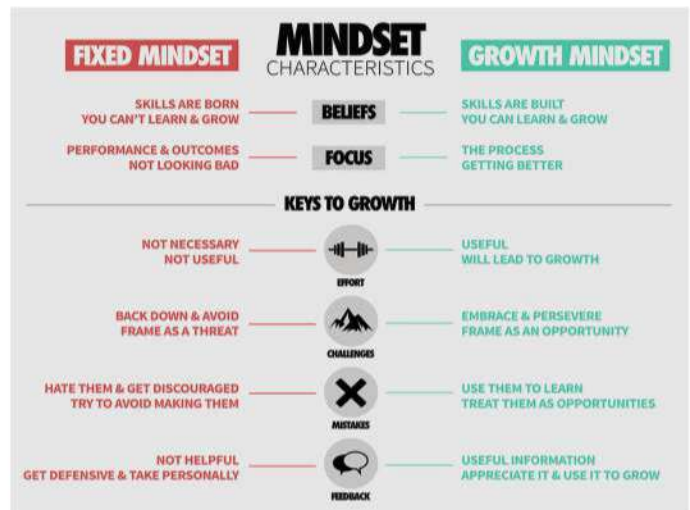
Revathi Turaga has 23+ years of experience as a Leadership & Team Coach across India, Middle East, and the USA. She is a psychologist, an author, and the Founder-Director of LearnSprint.

According to Carol Dweck, there are two main mindsets we can navigate life with: **growth and fixed**.

Having a growth mindset is essential for success in any area, including running. Let us explore how to develop the right mindset to improve our running acumen.

When we cross the finish line, we celebrate; when we have a DNF, we learn. Sounds cliché, but there's truth to it. By developing a growth mindset, runners can make the most of the races and training runs that don't go to plan by allowing them to learn and review future decisions. Simply put, a growth mindset is about how you/we look at ourselves. Do we believe that our talents and abilities are fixed, or do we believe that we can improve through effort and focused practice?

For us runners, the answer is a no-brainer ... we believe we can improve from every race, from every training run ... we unconsciously have a growth mindset, and it is time to make it conscious and deliberate.



The below 6 parameters help us stay with a growth mindset instead of a fixed mindset:

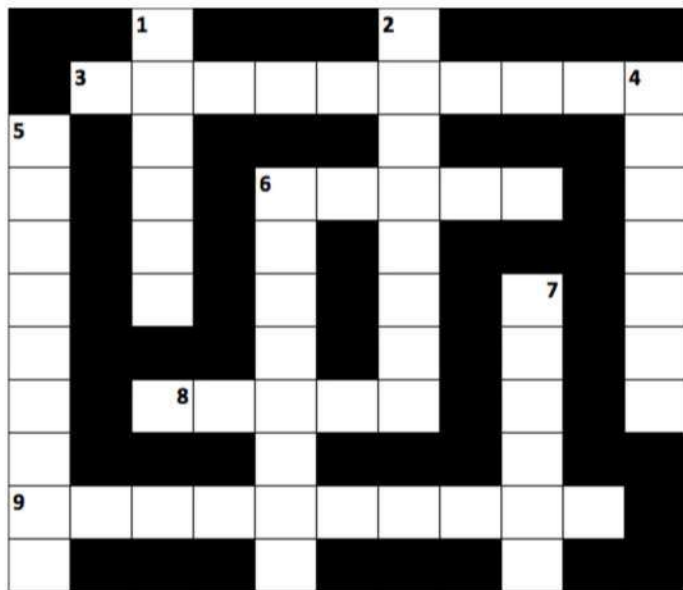
1. **Believe** that running and strength training skills including pace and distance are built, and we can learn and grow them over time, to get better than where we were earlier
2. **Focus** on the learning and progress rather than choosing to focus on the results and success or failure of a training run or a race event
3. Know that **effort** is always useful and will lead to growth in some format of either strength or endurance or pace or distance, etc.
4. Take on **challenges** and embrace opportunities to run faster or farther any time you can, rather than trying to stay within known zones so as to know we can succeed... risk failure!
5. Look at **mistakes** as opportunities to learn and grow rather than feeling discouraged or embarrassed or humiliated by them
6. Take **feedback** from yourself as well as from other senior runners and use it to better your running form, posture, as well as to adapt your training strategies, etc. rather than just focusing on what you do well and staying with your own strategy.

Carol Dweck calls this the power of **yet**. To say at any point of time when we want to say we are not good at any aspect or running or intelligence or life, just add the word **yet** at the end which means that we can get better by learning the same 😊

Remember that every **race or session is an opportunity to learn, as opposed to an exam to pass or fail!**

CROSSWORD #12 (SEP 2022)

COMMONWEALTH GAMES 2022 SPL



ACROSS

3. Venue of the Commonwealth Games 2022. (10)
6. The currency to pay with while at the venue. (5)
8. One of the official languages of the Country winning 61 Medals. (5)
9. Gold winner of the Men's Singles Badminton. (7,3)

DOWN

- 1&7. Gold Medal winner in the Women's Light Flyweight category Boxing. Also face of the NMDC Hyd Marathon 2022. (6,6)
2. Neeraj Chopra didn't do it here. But she did! Got a Bronze in the event. (4,4)
3. One time rival and now idol of 1Dn. Her Olympic qualification in 2019 was challenged by 1Dn, who ultimately lost the match. (4,3)
5. This outdoor team game played on grass, which has a 'jack' or 'kitty'. India won one gold and one silver. (4,5)
6. Another Hyderabad girl who did us proud with gold at a net game. (1,1,6)
7. See 1Dn

Created By: **Prashant Morparia**

Prizes to be given for the first three correct solutions. Winners will get Hyderabad Runners Memorabilia

Email to: newsletter@hyderabadrunners.com

CURRENT HR ACTIVITIES

TRAIN & SHINE MARATHON TRAINING

Sign up now for 6 months Train & Shine training program and get 10% discount on Stadium Run 2022 or Club Run 2023.

Join the Hyderabad Runners Train & Shine Program to learn proper runner drills 7 techniques, build strength, improve flexibility and endurance.

Hyderabad Runners Train & Shine program offers you

- Basic and intermediate weekly training schedule for 10K to Marathon distance.
- Progressive hip mobility routines: Poor hip mobility can inhibit your glutes. We'll help fix that.
- Stability exercises for all levels: Develop hip stability and core control.
- Running technique drills & cues: Learn how to run using your glutes more effectively.
- Develop strength to run strong from start to finish.
- Proven training techniques that prepare you to pace yourself, cross train, tackle the hills, train your gut & work on your strength.
- Guidance to help you make more strategic decisions and avoid costly training errors.
- Runners on a similar journey are the final ingredient.

Training Centers

1. Aparna HillPark + Lake Breeze + Silver Oaks + Boulevard
2. KBR Park
3. Sanjeevaiah Park
4. Shilparamam Uppal
5. BHEL International Club
6. Botanical Garden
7. BVB School Grounds Sainikpuri
8. My Home Vihanga - within the premises (Only for residents)
9. My Home Jewel - within the premises (Only for residents)
10. PBEL City
11. L&T Serene County (Only for residents)

To learn more about the Train & Shine program & to register, please [click here](#).

SUNDAY LONG RUN (SLR)

Start Time: 6:00 (Staggered)

Oct 09: OU Runners 10k / 18k
Location: Arts College, OU

Oct 23: Botanical Garden Runners 16k / 24k
Location: Botanical Garden Main gate

Oct 30: Starlite Strides 5k / 10k
Location: Gachibowli Stadium

Check email / announcement from Hyderabad Runners prior to the run for full details. All runs are subject to change. Runners should follow Covid-19 protocol rules.

Hyderabad Runners Society

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