

Jyri Manninen



LIFE

ON
THE

RUN

Life on the Run will show you how to run with greater purpose and poise as you learn to re-explore your world with a smile on your face.

For Enja

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ALL MEN SHOULD STRIVE TO
LEARN BEFORE THEY DIE,
WHAT THEY ARE RUNNING
FROM, AND TO, AND WHY

James Thurber

Who is this book for?

Life on the Run isn't just another prescriptive training book for improving your physical fitness. It also isn't aimed at getting you to look better in front of the mirror, or for helping you to beat your friends or work colleagues in a running race, although those things are quite likely to occur as welcome side-effects. It has been created to act as your personal guide to a new future as a better, safer and happier runner. It will engage you in an interesting and enjoyable, at times even humorous, exploration of the theoretical and practical concepts of running with greater self-awareness.

Life on the Run covers the most important and currently relevant topics in running, which are sure to be of interest to people of a wide range of ages, backgrounds, fitness levels and running experience. In other words, this book has been created for people just like you! Further, once you have completed the book, including the end of chapter practical exercises, you will be presented with a 5K Running Challenge, which includes a six week training program to get you ready to run 5km non-stop for the first time, or to help you improve your personal best time over the distance.

How you decide to participate and learn is totally up to you. The book's structure and content has been specifically designed to promote the effective learning of many key running related concepts, as well as their practical applications via a number of flexible learning methods, which include:

- On your own with self-directed learning
- Together with family, friends or work colleagues
- Under the guidance of your own personal trainer or coach
- In an organized running course, which uses the Life on the Run book as its course manual

Life on the Run isn't just focused on promoting active self-learning and discovery. It's just as much about encouraging the important people in your life to do the same by freely sharing your newfound knowledge and personal experiences with them. In this way, you have the opportunity to significantly contribute to the creation and development of a much greater and more social running community and support network for all.

So, whether you're a relatively new or more experienced runner, or a personal trainer or coach wanting to provide your own clients with an easy and effective way to learn the basics of running, Life on the Run will provide you with what you need. Ultimately, if you have a burning desire to feel good on the inside, in both body and mind, then this book is for you.



PART 1 DISCOVERY

CHAPTER 1 OPTIMAL RUNNING FORM

Moving forward with balance and poise

Understanding the basics of optimal running form and key practical running drill exercises to improve it

Page 15 - 42

CHAPTER 2 RUNNING AT DIFFERENT INTENSITIES

Know your limits in order to exceed them

Understanding the core concepts related to running at different intensities, including the associated benefits and possible risks

Page 44 - 58

CHAPTER 3 METHODS OF MONITORING RUNNING INTENSITY AND PHYSICAL EXERTION

Learn to listen to your body

Experiencing running at different intensities and familiarization with simple methods of monitoring the intensity levels

Page 60 - 74



PART 2 EXPLORATION

CHAPTER 4

KEY TRAINING METHODS FOR IMPROVING RUNNING PERFORMANCE

Running smarter and faster

Understanding the theory and practical applications of the most common training methods for improving running performance

Page 77 - 93

CHAPTER 5

BAREFOOT AND MINIMALIST RUNNING

Is running nude good for you?

Understanding the key principles of barefoot and minimalist running, including their association with the Pose and Chi Running methods

Page 95 - 114

CHAPTER 6

RUNNING IN DIFFERENT ENVIRONMENTS AND TERRAINS

Re-exploring your world with a smile on your face

Understanding the fundamental concepts related to running in different environments and terrains, and how they can be applied to improving the quality of running and life

Page 116 - 141



PART 3

5K RUNNING CHALLENGE

The 5K Running challenge is aimed at preparing you to complete a 5km or 30min run non-stop, or in a personal best time, by following a 6 week long comprehensive 5km running program, which incorporates all the key principles covered in Life on the Run. This will include being able to effectively use additional helpful tips and suggestions to optimally participate in and complete the challenge. In addition, you will become familiarized with some of the basic principles of how running programs are designed.

Page 145 - 163

How to use this book

Book structure

Life on the Run is comprised of six main chapters, which are divided into two parts, **Discovery** and **Exploration**, each with three chapters. The chapters cover a range of interesting key subject areas and topics related to running.

Each chapter includes theory content, as well as a practical running workout. The practical exercises are designed to effectively put the learned theory into practice with the aim of facilitating a much deeper understanding of the theoretical concepts covered.

Each chapter ends with a specific challenge task to be completed at a time when you feel ready to do it. The aim of the end of chapter challenges are to motivate you to continue your learning and development in a fun way, either while working through the book, or after it has been completed.

A set of short self-assessed review quizzes is also available to ensure that you have understood the key points presented in each chapter. This review quiz set is available as a supplementary download from the Life on the Run website (www.lifeonthe.run) and is free to all who have purchased this book (upon verification of proof of purchase).

Life on the Run also includes a **5K Running Challenge** (Part 3), which is designed to prepare you for running 5km non-stop for the first time, or for improving your personal best time over the distance.

In the appendices, you will find additional information to support your ongoing learning. Appendix I presents a list of recommended books on running, and several links to the best running apps and video analysis tools currently available. It also includes links to a number of useful running information websites. As a quick reference guide, Appendix II offers a glossary of the key terms used in this book.

Recommended learning progression

Each chapter presents a stand-alone key topic area that can be completed without having previously covered the subject matter or practical exercises in any other chapter. This structure allows participants the flexibility to read and complete the chapters in any order they desire. However, for optimal understanding and application of the subject matter, it's recommended that the chapters be completed in the order in which they are presented- or at the very least, the three chapters in part 1 should be completed first, regardless of the order, before moving on to the remaining three chapters in part 2.

For self-directed learning, or when learning under the one-on-one guidance of a qualified personal trainer or coach, completing just one chapter per week is recommended, so as to allow sufficient time to cover the theoretical concepts, to do the practical workout, as well as to complete the chapter's review quiz.

For those conducting an actual running course utilizing Life on the Run as the course manual, the suggested optimal teaching time for each chapter is 5 hours. This will allow sufficient time for teaching the theory, completing the practical group workout and review quiz, as well as enough time for a general group discussion. Therefore the optimal total course length would be approximately 30 hours to cover all six chapters. However, depending on the level and experience of the group, such as when teaching the subject matter to already qualified personal trainers who are aiming to improve or update their knowledge about running, it's quite possible to effectively cover all the content and practical exercises in 12-18 hours, or 2-3 hours per chapter. In that case, home study of the theory and completion of the associated review quizzes by the course participants prior to the group teaching sessions is required. Each group session would then mainly be comprised of a short initial review session before moving on to the practical training session. Sufficient time should also be allowed for a final group discussion to finish off each chapter.

Life on the Run ends with a final 5K Running Challenge. The aim of this challenge is to prepare participants to complete a 5km or 30min run non-stop, or to run 5km in a personal best time. It can be done either in a race situation or as an independently conducted 'test' run. To meet this challenge, a comprehensive 6 week long 5km running program has been provided (see Part 3). There are in fact two

programs available to cater for different levels of fitness and running experience. Many helpful tips and suggestions are also provided for additional guidance and support. The ultimate aim of the challenge is for all Life on the Run participants to put everything they've learned from the book into action.

Are you ready to head down this new trail together with me? Of course you are, so let's go!



About Jyri

As a lifelong coach and educator, I've always been driven by the desire to help people to find their personal sources of happiness. Running, rather obviously, is one of the vehicles that I use to assist others, in addition to myself, to more effectively undertake those journeys of self-discovery.

I was originally trained and worked as a physical therapist in a number of countries around the world, before shifting my focus towards exercise physiology and sports coaching. In the process, I managed to earn a Master's degree in health and sports science, as well as becoming a qualified running and triathlon coach. I even



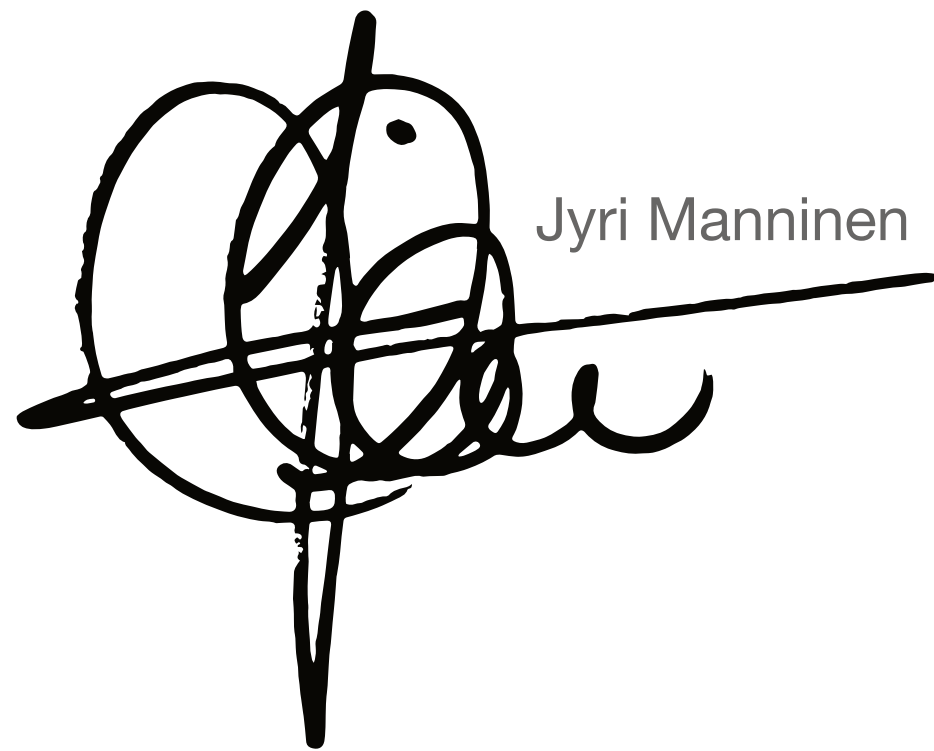
taught scuba diving in Thailand for a while back in the late 1990s, which in turn taught me how to communicate effectively with a shut mouth. During the past 15 years, in addition to running my own coaching business, I've worked as a university lecturer in health and sports in New Zealand, and as the director of education for one of Finland's premier personal training education institutes. More recently, I became formally qualified as a life coach, although I have to admit that I absolutely detest the title. In no way do I wish to have it misunderstood that I'm somehow specially qualified, or ever could be, to tell anyone how they should live their lives. It's my firm belief that all forms of coaching are about helping people to become more aware, to make their own decisions, to act freely, and to take responsibility for the consequences of their actions, whether that be in life or running.

From my early childhood, I've always been 'in the mix' in many sports, which have included competitive badminton as a junior, and full contact karate as a young man. As a result of a severe knee injury, I turned to cycling as a form of physical rehabilitation. One thing lead to another, and this rehabilitation transformed into a serious focus on the sport of triathlon. However, once I inevitably became sick of cleaning my bike after training rides in the wet, and with my ongoing aversion to swimming in cold water not helping

matters, it was time to take the next, almost obvious, evolutionary step. Jyri, the endurance runner, was finally born. As it turned out, my newfound devotion to this one simple and primitive form of motion ended up helping me to find my purpose in life. Less really did end up becoming much, much more for me.

As a serious recreational endurance athlete, I've officially completed over 50 triathlons and running races over all distances, including ironman competitions, marathons, and even several ultra-marathons. The most notable to date was the 2012 Marathon des Sables race over 246km in the Moroccan Sahara. Unofficially, I've completed many, many more ultra-distance efforts in my own personal training sessions, but I just haven't felt the desire to keep any accurate records. For me, the memories themselves are more than enough. However, I wish to make it perfectly clear that I'm not even close to being an elite athlete, if that's defined in terms of VO_2 max and race performances. In that respect, I never was one - nor will I ever be - unless it's ok to maybe consider senior citizen age group results in future years. However, I can confidently, and without any degree of arrogance, say that I have walked the talk, and I will continue to do so for as long as I'm able. After all, if I don't myself experience what almost every other endurance runner or athlete has to at some point, how could anything I have to say be of sufficient value to be taken seriously?

In the end, I've learned how to become a happier runner over the last three decades, despite actually gradually slowing down. As I now approach my half century of life on this Earth, I've started a new and exciting love affair with trail running. While it's a tumultuous and passionate romance to be sure - with lots of ups and downs - it makes me want to see in the new day each morning. My hope is that it will keep me duly engaged and challenged for the rest of my days. I wrote Life on the Run because I want you to feel that same sense of love and connection with running, as well as with life in general. I wish you well on your own personal journey, and I strongly encourage you to help others along the way too.



Jyri Manninen

Qualifications:

- Bachelor of Physiotherapy (University of Queensland, Australia)
- Master of Health & Sports (University of Jyväskylä, Finland)
- Diploma of Life Coaching (United Kingdom)
- PADI Master Scuba Diver Trainer (retired)
- Finnish Triathlon Federation level 2 triathlon coach
- Athletics Australia level 3 accredited endurance running coach

Website: lifeontherun.community

Important

Please read before getting started

Recommended requirements for participation

- A desire to learn about running as a source of health, fitness and wellbeing.
- A sufficient level of physical health and fitness to safely complete the physical activities presented in the book, which includes some activity performed at moderate to moderately high intensity levels.

Considerations and disclaimer

- Some of the exercises presented in this book are designed to be performed at moderate to moderately high intensity levels. Participants who are not able to safely exercise at these levels can still complete the exercises, but at lower and more safer intensities. When the participant's fitness and/or health levels improve sufficiently, the relevant exercises can be performed again at the described intensities.
- The author and publishers of this material do not accept any risk or liability for any possible injury, damage or loss that may result from participation in the exercises presented in this book. This also applies to the sharing of the book's information and/or practical exercises with others.
- As a condition of participation, any person deciding to perform the exercises presented in this book does so entirely of their own free will and at their own risk and, therefore, willingly and knowingly accepts any and all possible associated risks, health and/or otherwise. This includes any and all possible risks and liability associated with any other person with whom the participant has decided to share any of the book's information and/or practical exercises with.