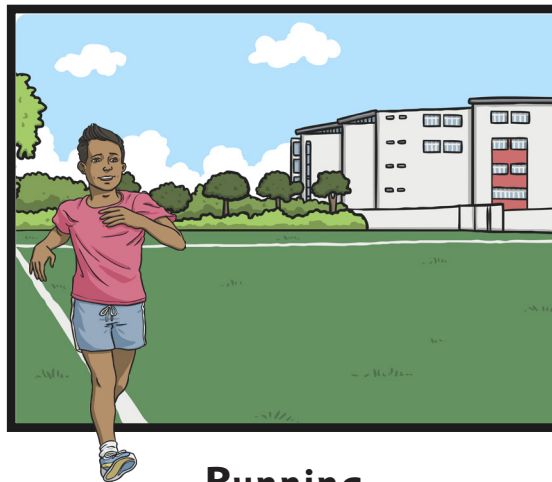


# Reading Booklet

Sample 2016 Key Stage 2 English Reading Booklet - Non-Fiction

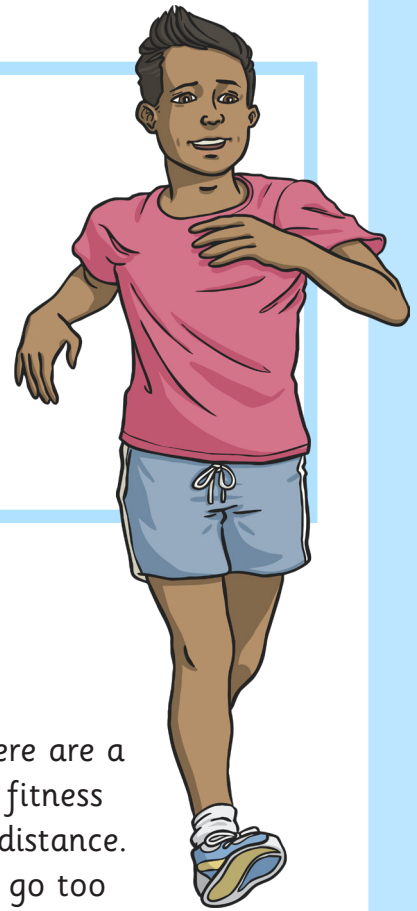


Running

# Running

## Introduction

Running is free, you can do it almost anywhere and it has many potential health benefits. Suitable for adults and children, it can improve your fitness, reduce your risk of illness and help to maintain a healthy active lifestyle. It's no wonder an estimated six million people in the UK are now going jogging at least once a week.



## Beginner's Guide

If you've never been a runner and are thinking of giving it a try, there are a few useful tips for beginners. It is always a good idea to build your fitness gradually. The key is consistency and a slow increase in speed and distance. Try to run regularly - a few times per week – but there's no need to go too far or too fast straight away.

Begin each run with a gentle warm-up for at least five minutes.

1. If you're totally new to running, start by walking for any amount that feels comfortable from about 10 to 30 minutes.
2. When you can walk comfortably for at least 30 minutes, include some short running intervals of one or two minutes.
3. As time goes on, make the running intervals longer and the walking sections shorter until you're just running the whole way!
4. Keep an upright posture, smooth stride and aim to have your arms and shoulder relaxed with elbows bent.
5. Always give yourself time to cool down properly when you finish a run by walking and gently stretching for at least 5-10 minutes.

# Staying Motivated

**Goals** - Set yourself regular targets of either time, frequency or distance. You don't need to be involved in a race to be in competition. Sometimes, competing with yourself can be just as much of an exciting challenge.

**Clubs and Company** - Run with a friend or local group. Most clubs cater for all ages and ability levels, including beginners, and are usually a very friendly bunch. According to research, you're more likely to stick with regular exercise if it's a sociable activity that you do with someone else.

**Diary** - Keep a training log of your runs. This could include as much or as little detail as you like. You could note your route, distance, time and how you felt. If you ever feel like you're not making as much progress as you wanted, look back over your past achievements!

**Variety** – mix up your routes and distances to avoid the same old routine becoming boring. Doing other forms of exercise is known as cross-training. Swimming and cycling are other great ideas to support and improve your running, as well as being enjoyable exercise too.

## Different Distances and Types

<b>Track Running</b>	Usually involves athletes running over specified distances on an oval running track. Events are generally categorised as sprints, middle distance and long distance, plus hurdles races.
<b>Road Running</b>	Anyone can enjoy road running and even compete in events with measured courses over an established distance. This could be running safely along pavements or in an organised events roads may have special permission to be closed to all vehicle traffic. These events normally start at 5km or 10km, ranging up to half marathons (13.1 miles) and marathons (26.2 miles).
<b>Cross Country Running</b>	Also similar to Fell running or Trail running – this usually takes place over open or rough terrain which may include grass, mud, woodlands, hills or even water.

# Specialist Gear and Gadgets

Running doesn't have to require much equipment but a good pair of running shoes are an essential investment in order to reduce the risk of injury. Specialist running retailers can give advice and fit running shoes to individual runners, based on your ability and goals. Running shoes should fit snugly to avoid slipping and sliding that can lead to blisters. A good design allows your foot to strike the ground properly, reducing the amount of shock that travels up your leg. They should be replaced over time, typically every 300 miles.

When you get started, you can wear whatever feels comfortable to run in. After a while, you may choose some clothing with more technical sports fabric, which is designed to draw the sweat away from your body.

As your running advances, you may decide to use a digital sports watch to record and monitor your runs or even a heart-rate monitor to check your effort level is where it should be.



## Running for Kids

Running does not have to be about being the fastest or completing the furthest distance. It can be a rewarding and enjoyable activity without any competition. Always make your first rule to be running for fun!

Remember these other golden rules too:

1. Choose the correct running shoes that are flexible and light.
2. Eating healthily is a priority. Plenty of fruit, vegetables and a balanced diet will help no matter what!
3. Make sure you rest well. Always aim to have a good night's sleep and if you feel any pain from running or other activities, try to rest rather than make it worse.
4. Smile and enjoy your running!

