

# Running Farther, Faster and Fitter



**It's time to dust off your running shoes and start enjoying the Colorado sunshine. Whether you are training for a half marathon or just trying to be healthier, here are a few running tips:**

- Make sure your shoes fit correctly – most local running stores can help.
- Can you remember when you bought your running shoes? If the answer is no, it's time to buy a new pair. Running shoes should be replaced every 300-500 miles.
- Work on your core strength – planks and walking lunges can add strength to your run.
- Cross training is important. Walking, hiking, biking and swimming are all great ways to get some cardio while giving your running legs a break.
- If you are trying to get faster, try a hill workout to mix up your routine and improve your speed.
- If you develop pain when running, try walking for a few minutes. If the pain returns when you try to run again, stop for the day. If the pain continues, take a few days off and try again. If pain persists, see a doctor.
- If you develop a limp, definitely time to see a doctor.
- Don't underestimate the power of stretching.
- A short run is better than no run. If you wanted to run four miles, but only have time to squeeze in two miles. *Go for it!*
- Don't skip on nutrition when training for a big event. If you don't take in the proper amount of calories, protein and carbohydrates; you can really hurt your performance. Save weight loss for when you are not training for a specific event.
- Rest days are important.
- *Have fun!*



## **Dr. Jennell Kopp**

A native of Colorado, Dr. Jennell Kopp is board-certified in family medicine and sports medicine. She received her bachelor's degree in Kinesiology from the University of Colorado in Boulder and her medical degree from Lake Erie College of Osteopathic Medicine in Erie, Pennsylvania. Upon completion of residency at St. Anthony's Family Medicine Residency in Westminster, she furthered her education through a sports medicine fellowship at the University of Kentucky in Lexington.

When it comes to treating patients, Dr. Kopp believes in helping her patients live as active of a lifestyle as they can. She enjoys helping her patients pursue their life's passion with the best health they can achieve.

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