

TRAINING PROGRAM DRHM 2016



No Monotony, no repeats in work outs and no drop in attendance and the clan of good runners growing in numbers. The testimonials from the participants of the previous editions are evidence enough to the success of yet another "first" from the House of **Dream Runners – "The Beginners Training Program"**

Since April 2nd 2016, seven neighborhoods of Chennai have been waking up to the happy smiles and gratifying sweats of so called novices to running. Strangers – not any more, Families – come together, acquaintances - hang out here, mentors are made, steps become runs, core is strengthened and the numbers discussed are 10k, 21k. The city is getting fitter.

A well-structured program put together by some think tanks of Dream Runners with the guidance of a seasoned coach, saw the emergence of a successful training program. There is a systematic approach to the plan and the execution is done to surgical precision by the Nine zones leaders and the volunteers of the respective zones.

Two days in a week starting from April 2nd to mid July, every Tuesday and Saturday, few minutes before the clock strikes 5 in the morning, this dedicated team works tirelessly, sacrificing their own fitness regime and aid in providing a quality fitness schedule to hundreds who throng and show interest in either kick starting their running career or honing their skills in becoming a better one. Their gratification is in seeing someone run.

Fifth year in a row, we from Dream Runners are showing to the city that our focus is not just the event, and not just one time running but to help make running a healthy habit for a life time amongst all. We take immense pride in our **"Beginners Training Program"**

Dream Runners Wellness movement begins here. Well, every Beginning is important and so is this!!!

- **Rekha Sudarsan**

DRHM Training besides several other benefits removed the laziness out of our morning routine. The superb guidance of coach converted us from late risers to walkers to runners to believers. The pre and post run stretches has become a part of our running. The training not only was personal as coach would ensure each one of us did not injure ourselves but also ensured we pushed ourselves to our capacity. The group training made it so much more entertaining with friendly banter and competitive nudging. From a casual walker to being a full marathoner, the training made it completes. The difference was for anyone to see. Thanks for the fantastic DRHM training and especially to the coach. I know the coach was there in spirit by way of the training he gave us from KM 35-42 if not earlier. Thanks Dream Runners.

- **PARTHASARATHY**

BESSIE DREAMERS,
FULL MARATHONER.

RUNNER OF THE FORTNIGHT - MOORTHY GOVINDRAJAN



They say one needs to have MOJO to get going in life....! We say one needs to have MOGO.....MOTivation on the GO....or quite simplyhave MOorthy GOvindarajan.....in your list of friends....!

A banker by profession.....hardly ever having run before.....and battling a host of health issues owing to the common sedentary lifestyle, he decided to cash his health cheque in 2013. His tryst with running started with the DRHM 2013 free and structured training program. He enthusiastically participated in the training sessions. Within a few weeks, as he says, " I found wings and started to fly.....!"

So hooked on has he become to running, that within a mere 3 years, he is now a veteran of 28 half marathons, 4 full marathons and 2 ultra marathons. No mean feat by any standard.

Running, he says, takes him into a zone of tranquility and stillness of mind. A space from where he is able to reflect, focus and find a way to move ahead amidst challenges faced in professional and personal life. It has also become a means for him to find and connect with various other fellow runners across geographies, age groups and professions. He finds the melting pot of the running world extremely educative and motivating. He reaches out by being a part of the Dream runners Beginners training program every year, helping aspirants fulfil their dream to run.

Dream Runners wishes MOGO.....the best in his running journey in the future and may he indeed continue to inspire and motivate many and more to experience what he has so far.

- **Prasanth Shankaran**

The training regime that's put together for the DRHM takes a holistic approach towards the science of running & fitness. It integrates essentials components like running form, technique, core strengthening, flexibility, conditioning and pre & post routine stretches. This gives a solid foundation for a novice to step up the gear in an incremental fashion. The key differentiators are positive energy & knowledge the coaches & mentors bring on to the field. To top it all, the bonding and collaboration will fetch some real friends for lifetime. DRHM training is so much more than running; it's a CATALYST for a positive change and impacts every aspect of your life !

- **BHARATH SRINIVASAN,**

BESSIE DREAMERS,
FM - PB 4.14.

THE RUNNER-FRIENDLY DOC

CC: ALL RUNNERS - CORE & CROSS TRAINING



By the time, this article finds you, you must be already on the running bandwagon with enthusiastic participation in one of our training groups or if you are the solitary reaper, racking up some meditative mileage. This is when it begins to show. Those little niggles, the pain in the knee or the shin, sometimes the hip. All was going well and then this. Wondering what you are doing wrong?

You have only just done what every runner does at some point in his running career, just run.

Running is a repetitive activity that strengthens only some muscles but over a period of time exposes the deficiencies and weaknesses of the others through injuries. In a quest for speed and distance, most runners neglect the foundation on which running is built, strong core muscles. As much as we love to run, some other exercises and training are required to improve our runs qualitatively and quantitatively.

The core is an impressive set of strong muscles that hold our body upright and propel our legs forward with power. It is formed not just by the abdominal muscles which include the rectus and the obliques but also the lower back, the pelvic and hip stabilisers, the glutei and the adductors.

When they are weak, posture and running form suffer. With every step, the pelvis drops to the opposite side, which in turn causes abnormal forces on the knee and the foot leading to injury. These forces get magnified over long distances. This is not only a recipe for injuries but also decreases your running efficiency and so your timing. A good running program should include at least two days of core and lower body strengthening.

The other common mistake is to run everyday. This is something that can not only be monotonous but also does not give the body time to recover, making future workouts suboptimal. Cross training with cycling or swimming gives the body a similar cardiovascular workout while decreasing the stress of running.

So fellow runners, to run like a dream, concentrate on your core and cure your aches with some cross training.

- **Dr. Parthasarathy Srinivasan**

DRHM Training helped me to move from serious running to running seriously. When I took up running in 2012 it was just running No plan... no stretches... no work outs..... just get up in the morning and run.....and run and run.... And then.... Injury Adductor muscle strain.... Out of action for 3-4 months.... DR started their first training program in April 2013 for DRHM and I was there ... of course with the injury....What I saw was a structured routine.... Warm up jog, stretches, running, core work outs, cool down ... and this was common and done by all... experienced runners and newbies... under the guidance of a trained and qualified coach. And there was this whole bunch of good samaritans- the ever encouraging Dream Runners . They made me feel that I can do it and swing me accomplish. Slowly I got over my injury and the training helped me building my confidence and endurance. I made it a point not to miss those sessions... DR training taught me to get into a discipline – wake up early- and hardwork – push it man, which will help you realize your potential more than what you think... have done lot of FMs, HM and Ultra...

Having benefitted I now make it a point to be part of the DR training program to encourage and get more people into running... Bessie Dreamers, OMR Dreamers, Medavakkam Dreamers... and getting to know so many lovely human beings...

Thank you Dream Runners... You are Special... Your Training is even more Special.

- **GOVINDARAJAN KRISHNAN,**

FM 20, ULTRA 6,
YEH KAAL (LEGS) MAANGE MORE.

It was three years ago that it dawned to me that my physical fitness was at its lowest ebb, and I needed to do something critically fast.

So I took up running with a great backup support from my wife Dr Radha. During that period we didn't have any structured training program or neighborhood running chapters.

It was at this time that Dream runners announced their marquee event in June and training session were started in Bessie area. I could only join weekend runs due to professional commitment.

I was very apprehensive how at my age I would be able to run for a minute without stopping. It was the sheer greatness and passion of DR elite runners that I overcame this apprehension from a doubtful runner to what I am today. The warm up and cool down by Mass Elangovan is still fresh in my mind.

So guys who have registered for 10 k, don't miss the training session as group runs.

Whatever you thought you cannot do, you will be astounded to achieve and even more!

So train insane or remain same!

- **DR KUMAR JS,**

11 FM AND 18 HM,
DIABETOLOGIST, SRM MEDICAL COLLEGE.