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WORKOUT: YOGA FOR RUNNERS

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Abstract: Yoga can play a very important role in performance of sports person. Long distance runner may also be benefited by the yogic practices. Yogic practice improves total body fitness by strengthen the body strength, Pain free running by increasing strength and flexibility, Injury prevention by using perfect posture, Agility and Faster recovery by consistent yoga practice.

Key word: Yoga, Sports, Runner

Introduction: Sports are very important part of our healthy life. Running and other recreational activities are considered to maintain our health and its perspective. Maintenance of health is a grand challenge for us and various sports activity is to be developed in different ways. At the same time experience of physiological activities in association with sports can create exposure to develop new thought and ideas.

With Development in agriculture and culture, long distance running took more and more purposes other than hunting, religious ceremonies, delivering messages for military and political purposes, and sports in Ancient time^[1]. Yoga is a great way to work on our flexibility and strength. Just about everyone can do it, too it's not just for people who can touch their toes or want to meditate.

Some types of yoga are about relaxation. In others, you move more. Most types focus on learning poses, called *asanas*. They also usually include attention to breathing. Some styles of yoga, such as *ashtanga* and power yoga are very physical. Practicing one of these styles will help us improve muscle tone. But even less vigorous styles of yoga, such as *hatha*, can provide strength and endurance benefits. *Yoga* usually involves paying attention to your breath, which can help us to relax. It may also call for specific breathing techniques ilk Pranayama.

We took the most common running goals and asked the experts to target yoga routines that will help you run longer, stronger, and faster.

1. Total-Body Fitness (Upper-body Strength):

Running motions lead to very tight necks, shoulders, hamstrings, and hips. "Yoga brings more movement into our body, much more movement in the hips, and a more relaxed face and shoulders [than when running]. Yoga can also help to develop your upper body to balance your already strong legs^[2]. Try the following pose to take the stress off your legs and build strength in your arms. This beginner version will help develop upper-body strength and awareness while also working abs. Start in full Plank pose. Lying face-down, smoothly push your body off the ground just 2 to 3 inches and hold it there, palms flat, elbows squeezing tightly toward one another. Make sure your belly is in and each muscle is engaged^[3]. Then turn so the right side of your body faces the ground and your left side faces the ceiling. As you turn, bring your left hand to rest on your left hip so you rest on your right hand. Bend your left leg, placing your left foot flat on the floor in front of the right knee. The goal is to push the right leg away from the floor and not sink into the floor. Hold for 15-30 seconds. Then switch to the left. A strength move like this is best done 2-3 times a week to see improvement.

2. Pain Free Running-by Increasing Strength and Flexibility:

Yoga eliminates tightness that leads to pain by opening up your joints. But remember, safety first. The tighter people are, the safer they need to be especially with runner. The muscles we use for running are strong but we

don't use all muscles. Yoga pose requires all the muscles work in tandem.

Sit in this pose after a run. Sitting cross-legged is the simplest way to start opening up hips and increase the lateral (outward) rotation of your hip joint, Make sure your hips are higher than your knees when you sit. To balance hips and knees, sit on a rolled-up towel, block. After while you may feel fatigue in your spine but engaging our abs will add some come work while you stretch the arches of your feet, ankles, knees and quads. Sit for as long as you feel relaxed and be sure to switch the foot that's in front every few minutes.

3. Injury Prevention-by using Perfect Posture:

If we run and don't do anything to maintain flexibility, chances are almost 100 percent that we'll end up with a running injury sooner or later. It's just critical to maintain arrange of motion and stretch out the muscles that get tight from running. Besides helping us avoid injury, that extra flexibility and movement makes for a better time in the bedroom, so stand up we'll look taller too.

This simple but challenging stance will create better awareness of our body and improve our posture. Stand against a wall to find our postural alignment. This means we've got to properly line up our body to the wall, which is harder than it seems. Bring your heels to the wall and tuck your chin slightly under. You'll have two pockets of space at lower back and neck where your body does not touch the wall. Stretch your body gently upwards, we should feel taller. Than step away and try to maintain our posture. By straightening your spine away from your lower back you lengthen our body, avoid shoulder pain, and keep our joints healthy. Apply this posture when we're waiting to cross the street or to pay in the checkout line or anytime you find yourself slouching (like now) Straighten up.

4. Agility (Correct Stretching): We should our body stretch before run, but practicing a few yoga post-runs when your muscles are warm will make us feel a whole lot better the next day. Think of yoga like a clay pot, if we just try to bend it, it will break. If we add warmth, you can

bend into anything. When it relaxes and cools off it stays in shape, we actually strengthen muscles by making them soft; the definition of health in muscles is not hardness. Even though a muscle may feel hard it's actually weak, Tense muscles do not receive blood, so use yoga after we run to keep your muscles opens for movement-enabling oxygen ^[4]. Worm up exercises also can increase blood supply to the organs.

5. Faster Recovery by Consistent Yoga

Practice: Yoga can help us to recover faster by preventing a build-up in scar tissue. Yoga uses the elastics of the body and breathing to move oxygen, which moves scar tissue so it doesn't coagulate a settle in one spot. He recommended alternating days of running and yoga but practicing sun solution every day. This flow marks for a good pre-run warm-up to energize and focus our mind and body. The entire thing will take 15 to 20 minutes but work at our own place and follow your breath. Yogic practices can provide us faster recovery ^[5].

Conclusion: Yoga has long been known to lower blood pressure, strength, flexibility and slow the heart rate. A slower heart rate can benefit people with high blood pressure or heart disease, and people who've had a stroke. When we perform yoga regularly for strengthen our leg muscles, it shows a great impact in our performance. So Yoga workout is very helpful in long distance runners.

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