

Running with Dyspraxia



Running is a physical activity that many dyspraxic people enjoy. Dyspraxic people shared the following which we hope will inspire and encourage others to get involved.

"I quite like to walk the route I'm doing first" - Alice

"Invest in a good bra! And good running shoes" - Jane

"I have tried Park Run and I really liked the reassurance of other people being there, and running with friends gave me an idea of how quick I could go" - Alice

"Start jogging for a few minutes and gradually increase the time. Just a bit faster than walking to begin with and you should be able to hold at conversation (at the same time)" - John.

"Build it up slowly. Couch to 5K is ideal and go at your own pace. Running clubs are great for exploring the local area, socializing and for motivation" - Immie

"When I started running I used the Coach to 5k app which really helped as it gave timed instructions" - Shailene

"Listen to your body relative to the goal. I also find biofeedback helpful - like tracking your heart rate" - Ryan

"I had to learn how to breathe correctly, pay attention to how fast or slow I was going and to relax the muscles I wasn't using as much as possible, instead of tensing my upper body up" - Ryan

"I'm prone to stiffening up specific parts of my body and I always need a reminder not to tense up too much. I need to see pain as something to address rather than ignore" - Rosemary

"Hip strengthening exercises and hip flexor stretches are really important" - R

"I find running easier at the gym. I've got used to the equipment so can focus on pace and breathing in a predictable environment" - Sadie

"I find watching more advanced runners helps me improve my own technique, especially if I want to go faster" - R

"Good running shoes, space to breathe and take on what's around you. The distance, pacing and all that will come in time for those that are ready. I started 10 years ago at a gentle mile or so, out in the countryside and have built up ever since" - David



6 Ways to Make Running More Fun

1. Run With Friends. Whether you find some casual running buddies or join a training program, running with a group makes you happier.
2. Deviate From Your Routine.
3. Try a Running Event With a Twist.
4. Use Running to Help Others.
5. Use Technology to Keep Things Interesting.
6. Listen to Your Body

This **October** marks 18 years since parkrun's founder, Paul Sinton-Hewitt, shouted "Go!" at the very first parkrun event. They are making this 18th anniversary one to remember by dedicating the whole month of October to something extra special

parkwalk at parkrun!

<https://blog.parkrun.com/uk/2022/09/14/introducing-parkwalk-at-parkrun/>

What is parkrun?

Parkruns are free, weekly, community events all around the world.

Saturday morning events are 5k and take place in parks and open spaces. On Sunday mornings, there are 2k junior parkruns for children aged four to 14.

parkrun is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate.

<https://www.parkrun.org.uk/>

Get running with Couch to 5K

Taking up running can seem like a scary prospect, especially if you feel out of shape or unfit.

NHS Couch to 5K will help you gradually work up towards running 5km in just 9 weeks

<https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k/>

How to start running today: a beginner's guide by Runner's World

No matter how fit you are, we will guide you to becoming a runner in a few simple steps.

As simple as running may be, it certainly isn't easy. Especially when you're a beginner. 'You have to start where you are, not where you think you should be,' says running coach and exercise physiologist Janet Hamilton. 'If you go further or faster than you're ready for, your body can't adapt quickly enough and you'll get injured.' That's why, with plans designed by highly experienced coach Sam Murphy, we've developed a five-part programme to take you from your very first steps to stepping up for your first race. So, are you ready?

<https://www.runnersworld.com/uk/training/beginners/a772727/how-to-start-running-today/>

Strava – Run and Cycling Tracking on Social Media

Designed by athletes, for athletes, Strava's mobile app and website connect millions of runners and cyclists through the sports they love.

<https://www.strava.com>



How to Start Running by VerywellFit

The Absolute Beginner's Guide to Running for Fun and Exercise

There are so many reasons why millions of people around the globe enjoy running. Whether you're training for a race or logging miles for fun, running is good for your body and mind, and it requires very little equipment. All you need is a good pair of running shoes and the willingness to get started.

Running may seem so simple that preparing to start a running routine may sound silly. But by learning a few basics about the sport—such as the different types of running and various gear options—you can increase your enjoyment and make your training more effective.

From the benefits of running to the gear, nutrition, and proper form that will help you get started and keep running safely and injury-free, this beginner's guide to running will have you taking strides in no time.

<https://www.verywellfit.com/how-to-start-running-the-absolute-beginners-guide-2911191>

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