HEALTHWARE

FOR
ATARI

PROGRAM №
09910012

RUNNING PLANNER

How rapidly should you increase the distances you run?

As a runner, you're setting goals for how often and far you want to run to build your endurance. Running Planner calculates and charts the schedule that's safest, and best, for you.

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RUNNING PLANNER™ / DATABAR SOFTWARE

RUNNING PLANNER

RUNNING WITH YOUR HEAD

If you are a successful runner, you probably rely on a good plan. Whether you are training for a race or conditioning your body, a good plan will head off injuries and help you reach your goals. OSCAR's *Running Planner™* will help you to increase your mileage safely until you develop the ideal conditioning routine for yourself.

Running Planner™ provides you with your own individualized plan based on your experience level. It will lay out a running plan for the next six weeks, and you can rerun the program to project beyond that time as many weeks as you wish.

Record each week's plan in a log. Monitor your distance, time and speed to make sure you're sticking with the program. Keep using the program until you achieve a level of activity that fits your schedule and lifestyle.

Follow Your Plan

Sometimes beginning runners make the mistake of increasing their mileage too soon. They push themselves because they feel no pain. Unfortunately, the strain from this kind of "over-running" can lead to injury.

Then new runners will decide that running isn't for them. They start using excuses like, "My knees couldn't handle it," or "I guess I just have weak ankles." Had they established endurance to support their increasing mileage, there'd have been no injuries. So even if you feel like running a longer distance, stay with the plan that *Running Planner™* figures out for you.

Use the Half-Hour Rule

If you run a short distance that may take only 10 or 12 minutes, you'll get more benefit from your exercise if you walk an additional 20 minutes or so. The aerobic impact — the ability of your lungs, heart and circulation system to use oxygen — is the most important part of any exercise. Your body's aerobic capacity takes full effect after a half an hour of running and walking. This half-hour rule also helps you build endurance. You should develop a pattern of running and walking for a least 30 minutes.

Warm Up and Cool Down

Warm up before running. Running develops specific muscles, and warm-up stretching exercises use other muscle groups as well, avoiding injuries that result from unused muscles. Stretching can also prevent torn muscles and strain.

Similarly, after your run you need a cooling-down period of walking and stretching, even if it takes you beyond the 30-minute mark. There are many available guides to such exercise to help you develop a good routine for warming up and cooling down.

Build Endurance Before Speed

When you add distance to your usual run, maintain the same speed. Attempts to run faster while increasing mileage will make you more vulnerable to injury.

After you add distance, run it for a few weeks before you try to improve your time. Training for speed puts much more stress on the body, and you have to condition for it carefully.

OSCAR's *Running Planner™* helps you increase your mileage three ways.

■ **It increases your workouts.** If you're running three times a week, it would be better to add a fourth workout rather than increase your mileage.

■ **It increases your total mileage.** The program will automatically calculate increases in mileage based on your current running distance.

■ **It adds a longer run.** The program also calculates a longer run for your last workout of each week. Varying the length of your runs will enable conditioning and prevent injury.

Feel free to change the order of the days as they appear in each week's schedule. And remember to maintain a sufficient rest period in your plan. You may be tempted, for instance, to add an extra workout each week. If you do, make it light. Plan your rest period within a day or two of your longer run. Your body needs time to recover.

Remember these four guidelines:

- Follow your plan.
- Use the half-hour rule.
- Warm up and cool down.
- Build endurance before speed.

Program Instructions

◆ Load the program into your computer with OSCAR. Then type **RUN.** (Refer to your User's Manual if you have difficulties.)

◆ Enter your current average daily run (from .4 to 30 miles) and hit **RETURN** or **ENTER.** Since the computer will accept up to four digits, you can enter partial miles in decimals. For example, if your daily run is 2½ miles, enter 2.5.

◆ Enter the number of times each week you plan to run: 3, 4 or 5.

◆ As each week appears on your screen, copy your running program. Enter **G** to proceed to the next week or **S** to stop.

◆ Sometimes the computer will suggest that you increase the number of runs each week. Type **Y** (yes) if you agree, and the computer will add one run to your next week's schedule. Type **N** if you prefer the same number of runs for the following week.

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