

THE EXTRA NEWS

ALL ABOUT THE BIG WORLD WE LIVE IN

EXCLUSIVE NEWS TODAY

RUNNING

WHAT IS IT?

Running is a method of terrestrial locomotion allowing humans and other animals to move rapidly on foot. Running is a type of gait characterized by an aerial phase in which all feet are above the ground. This is in contrast to walking. A characteristic feature of a running body from the viewpoint of spring-mass mechanics is that changes in kinetic and potential energy within a stride occur simultaneously. The term running can refer to any of a variety of speeds ranging from jogging to sprinting.



Benefits of running

Like other sports there are many benefits. Some of these benefits include potential weight loss, improved cardiovascular fitness and respiratory health, reduced total blood cholesterol, strengthening of bones, possible strengthening of the immune system and an improved self-esteem and emotional state, running can assist people in staying in shape, increases your metabolism.

Running can effectively slow or reverse the effects of aging. Different speeds and distances are appropriate for different individual health and fitness levels. For new runners, it takes time to get into shape. The key is consistency and a slow increase in speed and distance.

If a runner is gasping for breath or feels exhausted while running, it's better try a shorter distance for a few weeks. If a runner feels that the distance is no longer challenging, then the runner may want to speed up.

Over time ,**the**
running has become a

HISTORY OF RUNNING



Since **prehistoric times**, **man (men?) carries** out activities that were essential for survival, walking to get from one place to another, he ran to chase **prey**, fighting to **defend** it **??** and **fished** to **eat ??**

Also, it is **thought** that human running evolved at least four and a half million years ago out of the ability of the **ape-like** Australopithecus, an early ancestor of humans, to walk upright on two legs.

Running kinematic description

Running gait can be divided into two phases in regard to the lower extremity: stance and swing. These can be further divided into absorption, propulsion, initial swing and terminal swing.

Elements of good running technique

Upright posture and a slight forward lean

Leaning forward places a runner's center of mass on the front part of the foot. While upright posture is essential, a runner should maintain a relaxed frame and use his/her core to keep posture upright and stable. The most common running mistakes are tilting the chin up and scrunching shoulders.

Stride rate and types

Running is often measured in terms of pace in minutes per mile or kilometer. Fast stride rates coincide with the rate one pumps one's arms. Different types of stride are necessary for different types of running.



WHAT DOES SOCRATES THINK?

...I suspect that the sun, moon, earth, stars, and heaven, which are still the Gods of many barbarians, were the only Gods known to the aboriginal Hellenes. Seeing that they were always moving and running, from their running nature they were called Gods or runners (Theous, Theontas)...

— Socrates in Plato – Cratylus

