

ISSN 0976-0377

RNI. MAHMUL02805/2010/33461

International Registered & Recognized
Research Journal Related To Higher Education for all Subjects



INTERLINK RESEARCH ANALYSIS

**Editor In Chief
Dr. Balaji Kamble**



INDEX

Sr. No	Title for Research Paper	Page No
1	Human Development in India Dr. S. R. Patil	1
2	Economic Reforms and Foreign Trade Policy : An Overview Dr. Indrajeet M. Rajput	7
3	Cultural, Social and Gender Bias in Doris Lessing's The Grass is Singing G. Ramana Reddy	12
4	Analytical Study of Causes of Less Female Participation in Sports in Maharashtra Ashokkumar J. Tiwari, Dr. O. P. Aneja	17
5	A Brief Study of Training for Effective Running Dr. Ashok Waghmare	27
6	२१ व्या शतकात शिक्षकाचे उत्तरदायित्व डॉ. विठ्ठल जी. घोनशेटवाड	34
7	प्रदुषण समस्या आणि उपाय डॉ. भालचंद्र बाबुराव ठावरे	39
8	महात्मा फुले यांचे सामाजिक विचार जी. सी. चव्हाण	43
9	नगरपरिषदेतील चतुर्थश्रेणी कर्मचाऱ्यांच्या सामाजिक स्थितीचा अभ्यास एस. एन. सातव	49



A Brief Study of Training for Effective Running

Dr. Ashok Waghmare
Dayanand College of Commerce,
Latur, Dist. Latur

ABSTRACT

Running is not like other sports. It has to follow lots of rules. There are no out of bounds or off sides or celebrating too much after finishing but runners have to made some up. These rules will ensure runners continued enjoyment and improvement and help keep things fun and interesting. Your body improves at what it practices. Stamina workouts are steady runs that will help you feel strong as you go long. It's a great opportunity to work on your flexibility by spending a few minutes stretching those leg muscles.

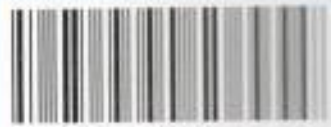
Introduction :

Running is not like other sports. It has to follow lots of rules. There are no out of bounds or off sides or celebrating too much after finishing but runners have to made some up. There are some rules which are foundation of running programme :

Rule 1 : Stress and Rest :

The training programme must consist of a combination of training stresses followed by recovery i.e. HARD one day, then EASY for a day or two. Then hard again. This Hard/Easy approach allows the runner to continually improve the fitness level and stay motivated. Hard means a run where you increase the distance or speed slightly. Easy means a day off or slower run that allows runners body to refresh itself. By using this method from workout to workout, week to week and even month to month will help runner avoid the beginning runners.

RNI. MAHMUL02805/2010/33461



ISSN 0976-0377

Published, Printed, Owned by Sow. Mahananda B. Kamble & Edited by
Dr. Balaji Kamble & Printed at Jyotichandra Offset Printing & Binding
& Published by Jyotichandra Publication, 'Gyandev -Parvat' R-9/139/5,
Near Vishal School, LIC Colony, Pragati Nagar, Latur, Dist.Latur-413531
(M.S.) India.

Editor In Chief : Dr. Balaji Kamble, Mob. 9423346913