

Hello fellow runners and rookies,

Hoş geldiniz to the Saturday morning workouts in Belgrad Forest. We are very pleased that you are participating.

Here are some tips, advice and do's and don't's for the workouts. These might help you to enjoy the workouts in a fun way, to develop your running / walking skills and to prevent injuries and unsafe / uncomfortable situations.

Your *Adim Adim* trainers



Before the workout day The Friday-evening

- Prepare your gear and what you will wear for Saturday morning according to the expected weather conditions. You should expect to feel a bit chilly at the start of the work-out.
- Take some liquids to boost your hydration.
- Check transportation links, meeting locations and times to Belgrad Forest.



The morning of the workout, before the start



- Enjoy a good breakfast before you leave for the Belgrad Forest (1.5-2 hours before the start of the workout).
- Adjust your clothing according to weather conditions.
- Take your mobile phone with you but only use it when it's really necessary. Overuse of mobile phones can be irritating for other participants and trainers. For safety and communication reasons, we ask you not to use your earphones.

- We start together with an 800 meters run to the warming-up area.
- As we run to the warming-up area and also during the main training, you need to stay on the right side of the track and not obstruct the track for other users.



- The warm-up is aimed at your physical, mental, and social conditions for the workouts. They will help to test the flexibility and coordination of your muscles and ligaments, your cardio-vascular system and to focus your mind and mood.
- By taking the warm-up seriously, it will really help you during the main work-out.
- After the warm-up the participants are divided into groups according to levels of running / walking, the availability of trainers / helpers and your own program/wishes.

During the main workout

- The start of the main workout can be chaotic. So keep your eyes and ears open to leave the warming-up area with your chosen group.
- During the main workout, we are there to support you by improving performances, preventing injuries and insecurity and having some fun. We use our knowledge and skills in designing programs and plans for workouts and to consult with and instruct you.
- Instructions are group-oriented and should be followed as much as is possible; consultations are mostly individual-oriented and you are free to follow them or not.
- Because you are participating in group exercises, it's important for us to keep the group together and include everybody. Therefore, at the end of each exercise we require the faster participants to return to the slower participants. We call this 'hoovering-up' or 'vacuum-cleaning'.
- In case you want to leave the group during the main workout, please inform us.

After the main workout

- Join the cooling-down sessions for some stretching exercises, evaluation of the performance and some social talk. Cooling-down sessions take place near the start area.
- Put extra clothing back on and protect yourself from the wind and getting cold.
- Rehydrate with some liquids and eat something. You can join our picnics in the forest.
- Relax with your relatives and friends and enjoy Belgrad Forest.

Enjoy
the workouts
and success.

AA_Antrenman@adimadim.org



Your Adim Adim trainers. Istanbul, March 2017