

Running During Your Pregnancy

Women can run very safely through pregnancy. As you have already noted, most doctors recommend using heart rate as a guide during pregnancy. Listen to your body and be ready to slow down and even go to a run/walk program eventually. I have known many woman who found it difficult to run during the first trimester due fatigue and morning sickness but are able to run again during the second trimester.

Running has many benefits for both you and the baby!

There is a local runner/triathlete that ran until her last month and then she still walked and swam every day.

Some bits of advice.

1. Put down the watch. You will slow down, and that is ok! It is about maintaining fitness, health and sanity! Use your heart rate monitor.
2. Don't be afraid to add walk breaks early.
3. Listen to your body. If you don't feel well, look to cross train.
4. The bigger concern is coming back after the baby! Having a baby will often affect ligaments and tendons by stretching them making them more prone to injury. So take your time coming back after ward and don't ignore your strength training.
5. Consider adding pool running to your fitness routine! It is non-weight bearing and you get similar benefits as running.

This article is from Runner's World Aug 2010.

<http://www.runnersworld.com/article/1,7120,s6-238-275-559-13639-0,00.html>

Let me know how else I can help!

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