



# Hack your Fitness

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# Basics of Running

01

WE START  
RUNNING  
BEFORE WE  
START WALKING

02

YOU CAN START  
RUNNING AT  
ANY AGE

03

RUNNING  
DOESN'T CAUSE  
ARTHRITIS NOR  
WEIGHT LOSS

# Before you start running...

01

START WALKING  
– WALK FOR A  
MONTH  
REGULARLY

02

*TRY TO REDUCE  
YOUR BODY  
WEIGHT – THIS  
CERTAINLY  
HELPS*

03

GET A MEDICAL  
CLEARANCE  
BEFORE YOU  
START RUNNING



# What are the gears required?

01

WEAR  
COMFORTABLE  
CLOTHES FOR  
RUNNING - DRY FIT T-  
SHIRTS & SHORTS  
ARE RECOMMENDED

02

GET A PROPER PAIR  
OF SHOES AT A  
STORE - *NOT ONLINE*  
(GET A GAIT  
ANALYSIS DONE)

03

*LADIES* - A  
GOOD SPORTS  
BRA CAN HELP AVOID  
PAIN, CHAFING OR  
OTHER  
DISCOMFORTS

# On you mark, Get set, Go...

01

GET AT LEAST 7 TO  
9 HOURS OF SLEEP  
THE PREVIOUS  
NIGHT

02

*DON'T FOCUS ON  
PACE & DON'T  
COMPETE WITH  
ANYBODY ELSE*

03

NEVER RUN ON  
EMPTY STOMACH  
- HAVE A BANANA  
OR DATES BEFORE  
RUNNING

# Never forget these

01

STRENGTH  
TRAINING IN A  
GYM IS VITAL –  
CORE, UPPER  
BODY & LEGS

02

*GRADUALLY  
BUILD UP YOUR  
DISTANCE – ADD  
10% EVERY WEEK*

03

ALWAYS  
HYDRATE WELL  
FOR A RUN, YOU  
MAY CARRY A  
WATER BOTTLE

# How to avoid injuries?

01

ALWAYS WARM-UP  
& COOL DOWN  
BEFORE & AFTER  
A RUN

02

*STRETCH  
YOURSELF WELL  
AFTER A RUN &  
DO YOGA*

03

RUN ONLY 3 DAYS  
A WEEK  
(RECOMMENDED)

# What about diet?

01

DON'T EAT  
MINDLESSLY  
BECAUSE YOU'RE  
RUNNING, IT'LL  
CAUSE MORE  
HARM

02

*DON'T SKIP ANY  
MEALS, EAT A  
BALANCED DIET OF  
CARBS, PROTEIN &  
FAT*

03

DRINK 4L OF  
WATER EVERY DAY  
– ULTRA  
IMPORTANT!



# Becoming a serious runner!

01

SIGN-UP FOR A  
RACE & SHARE IT  
ON SOCIAL MEDIA  
– A 10K RACE IS  
RECOMMENDED

02

*RECORD YOUR  
PROGRESS ON  
STRAVA  
YOU MAY INVEST  
IN A GARMIN TOO*

03

TRY TO RUN WITH  
FRIENDS - GROUP  
DYNAMICS HELPS  
YOU TO BE  
REGULAR & TO  
STAY MOTIVATED

# Upgrading to a Half Marathon (21.1 km)

01

FINISH AT LEAST  
TWO 10K RACES  
BEFORE  
ATTEMPTING A  
HALF MARATHON

02

*AT LEAST 3  
MONTHS OF  
DEDICATED  
TRAINING  
REQUIRED*

03

RUNNING A HALF  
MARATHON IS  
ONLY HALF THE  
SATISFACTION

# Promotion to a *Marathon* (42.195 km)

01

A MARATHON IS A ***MONSTER***, NEVER FORGET IT. IT'S NOT JUST 2 X HALF MARATHON

02

AT LEAST 4 MONTHS OF DEDICATED TRAINING REQUIRED

03

ATTEMPT A MARATHON ONLY AFTER 2 FULL YEARS OF DEDICATED RUNNING

# Promotion to a *Marathon* (42.195 km)

01

MILEAGE IS VITAL.  
YOU MUST HAVE  
AT LEAST 3  
TRAINING RUNS  
THAT ARE MORE  
THAN 30KM

02

DON'T ATTEMPT A  
MARATHON IF  
YOU'RE NOT  
STRENGTH  
TRAINING IN A  
GYM

03

A MARATHON IS  
ALL ABOUT  
FINISHING, SO AIM  
AT FINISHING!



# On Race Day - *Marathon* (42.195 km)

01

EAT A GOOD  
BREAKFAST OF  
BANANAS & PEANUT  
BUTTER SANDWICH  
2 HOURS BEFORE  
THE RACE

02

REACH THE RACE  
VENUE AT LEAST AN  
HOUR BEFORE FLAG  
OFF

03

*Start slow (extra  
slow) & gradually  
come to a pace  
you like*

# On Race Day - *Marathon* (42.195 km)

01

TAKE AN ENERGY GEL  
BEFORE THE RACE &  
AFTER EVERY 7 KM  
(RECOMMENDED  
BRANDS - GU,  
UNIVED, FAST N UP)

02

*DRINK WATER EVERY 3  
KM AT LEAST - NEVER  
FORGET THIS!*

03

DON'T TRY ANYTHING  
NEW ON RACE DAY -  
FOOD, CLOTHES,  
SHOES, ETC.

# Day before the *Marathon* (42.195 km)

01

REST COMPLETELY  
REST COMPLETELY  
REST COMPLETELY

02

KEEP DRINKING  
WATER ALL  
THROUGH THE DAY

03

EAT NORMAL &  
BLAND FOODS –  
THE LAST THING  
YOU WANT IS AN  
UPSET STOMACH!

# Key Takeaways

01

START BUILDING  
YOUR STAMINA,  
THEN  
ENDURANCE,  
AND THEN PACE

02

*BICYCLING,  
SWIMMING &  
YOGA WILL BE  
GOOD FOR CROSS  
TRAINING*

03

DO SHORTER  
RUNS ON  
WEEKDAYS &  
LONG RUNS  
OVER WEEKENDS



## Recently in the news

01

NAOMI OSAKA –  
SKIPPING THE  
FRENCH OPEN  
THIS YEAR

02

*SIMONE BILES –  
SKIPPING ALL  
BUT ONE OF HER  
GYMNASTICS  
FINALS IN TOKYO*

03

BEN STOKES –  
SKIPPING THE  
ONGOING TEST  
SERIES WITH  
INDIA

# Zoom Fatigue is Serious

01

HAPPENS WITH ALL VC  
PLATFORMS - ZOOM,  
TEAMS, SKYPE, MEET,  
ETC.

02

*1 IN 7 WOMEN,  
1 IN 20 MEN ARE  
SEVERELY  
AFFECTED*

03

FEEL COMPLETELY  
BURNED OUT,  
MENTALLY  
EXHAUSTED, OVERLY  
SLEEPY, ANXIOUS OR  
WORRIED AFTER VIDEO  
CONFERENCING

# Ways to mitigate the risk

01

TAKE YOUR  
ANNUAL LEAVES  
– NO USE SAVING  
THEM JUST FOR  
MONEY

02

*SPEND TIME  
WITH THE  
FAMILY  
CONSCIOUSLY*

03

WEEKEND  
OUTINGS TO  
PLACES WITH NO  
CELLPHONE  
SIGNAL

# Ways to mitigate the risk

01

EXERCISE  
REGULARLY  
OR  
TRAIN FOR A  
MARATHON

02

*GET SOME  
SUNLIGHT EVERY  
SINGLE DAY*

03

MANDATORY BREAKS  
IN BETWEEN  
MEETINGS TO  
STRETCH, WALK  
AROUND & GO  
OUTDOORS