

# Analysis of Fitness Running Method and Exercise Value

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**Abstract:** *In this paper, using the method of literature, interview, and logical analysis to discuss the exercise method and exercise value of fitness running, and the following conclusions are drawn: jogging movement is simple, easy to control, not affected by ground equipment, seasonal variation, time consuming less quick etc. Its training methods mainly in slow running, variable speed running, running alternately and running down the main. For a long time to exercise fitness, with improved heart and lung function, promote blood circulation; improve brain function, weight loss and the prevention of disease.*

**Keywords:** *Fitness running, Exercise value, Exercise value*

## 1. Introduction

With the improvement of people's quality of life, physical health has become people's concern. Because the fitness running technology is simple and there is no fixed site, equipment requirements, and the fitness effect is obvious. Therefore, it is highly praised by people and has become the main exercise mean for the majority of fitness people.

Fitness running is a running movement with aerobic metabolism as the main energy supply way. Persistent training can not only improve physical quality, but also cultivate sentiment. In the process of daily exercise, the exercise methods are mainly divided into slow running, variable speed running, alternate walking and backward running according to the needs of different people, different physical qualities and ages. You need to maintain the correct running posture, breathing rhythm, and pace rate during your workout. Fitness running fitness exercise, we should first follow the principle of slow and then fast, step by step, gradually improve the speed and amount of exercise. For people taking exercise for the first time and the elderly, the amount of exercise should be adjusted according to the strength of individual physical quality. Do not rush for success or overload exercise, which may lead to muscle fatigue or even injury. Secondly, fitness running exercises need to be persistent, not overnight. Just as the saying goes, "Three feet of frozen ground is not built in a day", the improvement of physical health is the same truth, which needs the accumulation of long-term exercise. Persistent exercise can improve the heart and lung function; promote blood circulation, weight loss and other effects.

In this paper, using the method of literature, interview, logical analysis to discuss the exercise method and exercise value of fitness running, and puts forward the matters needing attention in the exercise process of fitness running. The research results provide reference for the majority of fitness people in the choice of exercise methods and control of exercise methods and rhythm.

## 2. Research Objects and Methods

### 2.1. Object of Study

This paper takes "the exercise method and the exercise value of fitness running" as the research object.

### 2.2. Research Technique

#### 2.2.1. Literature Data Method

Through the Internet and the university library and other databases, search and consult the related

literature on fitness running methods and the value of exercise, and collate and summarize the collected data.

### 2.2.2. Questionnaire Survey Method

In this survey, the random questionnaire survey was conducted in a community in Lvyuan District of Changchun City to collect relevant opinions on fitness running. 188 questionnaires were distributed in this community, and 162 questionnaires were collected, with a recovery rate of 86.17%. 150 effective questionnaires were recovered, with an effective rate of 92.59%.

### 2.2.3. Logical Analysis

Based on the collated literature, this paper makes a comprehensive summary and analysis of the exercise methods, methods and values of fitness running through interviews, and draws the conclusion of this paper.

## 3. Results and Analysis

### 3.1. Fitness Running Style Characteristics

Fitness running has simple technical movements, which can meet the fitness needs of all fitness groups. It will not be affected by the change of venue and season. At the same time, fitness running can achieve the best fitness effect in the shortest time. Therefore, fitness running is deeply loved by the majority of fitness people. In daily exercise, fitness running is mainly based on slow running exercise, this is because slow running can meet the needs of different groups of people, it has become the main way for beginners and the elderly to exercise; Variable speed running, that is, constantly changing the speed of running in the process of running, this kind of fitness running exercise is more suitable for young people with healthy physique; Alternate walking and running, that is, running and walking are combined in the process of exercise, which is more suitable for middle-aged and elderly people with weak physique. Running backwards is the opposite of running normally, running in reverse.

Fitness running in the process of exercise, first of all to maintain the correct running posture, shoulder, elbow, hand is a small Angle bend with the natural arm running, pace range with the time, the speed of the transformation of natural adjustment; Next, the adjustment of breathing rhythm, not only need to breathe in a large number of air already, but also need to exhale lung gas completely as far as possible again, form virtuous cycle thereby.

Fitness running exercise intensity is small, exercise for a long time, the aggregate consumption is large and always maintained within the range of aerobic exercise. Fitness running exercise after the end of energy recovery significantly, the speed of recovery is also faster. Long-term fitness running can enhance physical fitness, promote physical health, and improve the exercise ability of middle-aged and elderly people. Fitness running and other kinds of running different, long-term adherence to exercise will not appear "pole" phenomenon. Fitness running can effectively strengthen the respiratory system, enhance the capacity of lung gas, improve the ability of gas conversion, and can effectively improve the metabolic function of the cardiovascular system. Especially in the elderly fitness group with weak physique, the metabolic function of cardiovascular metabolism gradually decreases with age. And long-term adherence to exercise by fitness running elderly people, cardiovascular metabolism function can be strengthened, improve the oxygen supply capacity.

#### 3.1.1. The Characteristics and Methods of Slow Running

Table 1: Slow running method interview results (n=150, unit: person)

	Always	Often	Occasionally	Not used
Number of people	104	40	6	-
Percent (%)	69.33	26.67	4	-

It is learned from the interview that most athletes and fitness enthusiasts adopt a relatively common slow running method when choosing fitness running methods. As shown in Table 1, 104 people expressed the tendency of "always" in the interviews related to slow running, that is, taking slow running as the standard exercise method of fitness running. This group accounted for 69.33%, nearly 2/3 of the total number of people interviewed. The interviewed people basically held the same view that fitness running belongs to aerobic exercise, and slow running can well match the average mileage demand of fitness running, that is, usually more than 5 kilometers. Only by reasonable control of pace

and rhythm can we achieve the effect of losing weight, shaping shape and enhancing cardiopulmonary function. There are 40 people who use slow running for themselves as "often", some of them because they are engaged in their professional sports requirements, fitness running used different methods to match, this part of the people mostly concentrated in the track and field athletes; Only 6 people said they used it occasionally, and due to knee injuries, it could not be used as their main physical exercise program.

The most important characteristic of slow running is that it moves slowly in the process of exercise, which suits the needs of different fitness groups. A slow run is a movement that is slightly faster than a normal walk during the workout, and the pace will be adjusted as the fitness level improves. Although jogging is slow, the circulatory system will be put under pressure as the running time increases. Because fitness running is based on aerobic exercise, so in the jogging exercise, according to the individual's ability to choose the time of running, reduce the cardiovascular load, so that it always maintains in the range of aerobic exercise, to avoid the occurrence of "oxygen debt". At the same time, keep your heart rate no more than 170 times per minute when jogging, and keep it at 170 times minus your age. In the process of running, the rhythm of breathing is also the main link to pay attention to, should be kept in the mouth breathing is the best, at the beginning of the exercise should pay attention to maintain the rhythm of breathing, control the breathing rate, and to maintain the correct running posture and exercise time.

### 3.1.2. Characteristics and Methods of Variable Speed Running

Table 2: Variable speed running method interview results (n=150, unit: person)

	Always	Often	Occasionally	Not used
Number of people	50	63	17	20
Percent (%)	33.33	42.00	18.00	13.33

As shown in Table 2, in the interview, 50 people clearly stated that they would add periodic variable speed running on the basis of slow running every time to exercise their motor coordination and explosive power to a certain extent. The number of people who often use variable speed running is 63, and the overall content is also slow speed as the basic content, appropriate intersperse with variable speed. Among these people, most of them said they would choose to change to variable speed running in the half race to exercise their explosive power and endurance. In addition, the last 100 meters sprint stage, the above two groups will use variable speed running. It can be seen that in the choice of fitness running methods, the vast majority of people are taking slow running as the main way, interspersed with speed running to adjust and strengthen the physical fitness, to achieve the role of exercise; In addition, 17 people said they use the speed shift occasionally, considering it as a kind of entertainment and challenge, and only use it for a small part of the journey. The other 20 never use a speed shift because of their health.

Through the interview, we can see that this kind of fitness running exercise is more suitable for young people with healthy physique. In the speed running, the oxygen supply situation in the body is mainly divided into two kinds. In the process of jogging, because the body of the fitness crowd does not carry out strenuous exercise, the oxygen needed by the body can be completely satisfied through breathing. When jogging into fast running, because the body parts are in intense exercise, the consumption of oxygen is large, this time by breathing oxygen supply has been unable to meet the needs of the body movement, need to transmit oxygen through blood circulation, metabolism, or even in the form of anaerobic metabolism to provide oxygen for the body activity. Therefore, speed running not only improves cardiopulmonary function, but also increases physical endurance through speed running. Due to the different nature of fitness groups, the following ways are mainly shown in variable speed running: young people run alternately at medium speed and fast speed, changing frequency and exercising for a long time; Middle-aged people are given priority to alternately by jogging and running at medium speed, and the frequency of transformation is relatively slow. Due to the physical weakness of the elderly, most of the exchange in jogging, and a small number of alternate forms of walking and running.

### 3.1.3. The Characteristics and Methods of Alternate Walking and Running

Table 3: Interview results of alternate walking and running method (n=150, unit: person)

	Always	Often	Occasionally	Not used
Number of people	52	29	23	46
Percent (%)	34.67	19.33	15.33	30.67

According to the interview, 52 people (see *Table 3*), accounting for 34.67% of the total number, use alternate walking and running as the only exercise method of fitness running. Most of them can not support fitness running well because of age and physical reasons, and can only use low-intensity running. There are 29 people often use alternate walking and running, most of them will put this link in the beginning and end of running, play a supplementary role in the body before and after exercise warm-up and regulation; Twenty-three people reported occasionally alternate walking and running, usually when the body is slightly uncomfortable in the process of running, in order to maintain the exercise through low-intensity exercise; However, the number of people who do not use this method accounts for 30.67% of the total number of people interviewed, accounting for 46 people. This group is mainly young people. Everyone said that after a long time of fitness running exercise, the fitness running has a reasonable plan, has been able to easily deal with the body function changes in the process of running. It can be seen intuitively from the interview that the walking and running alternate method has strong pertinence.

Walk and run alternately refers to the process of running, after running for a while, and then walk for a while, and jogging alternately run, this method is suitable for the elderly and the physique is weaker and the first time to participate in fitness run, can take the following method for exercise. Walk and run alternate exercise mode first walk and then run, and then according to the fitness crowd's ability to adapt to the body, improve or reduce the speed of movement. In exercising a process commonly, go first after 1-3 minutes to jog 1-2 minutes (the first time exercise speed control to be in every minute 120-150m best), form a cycle with this. Walk to run alternately should adhere to in exercise process "step by step" principle, exercise quantity should add or subtract appropriately according to oneself circumstance, do not be eager to become cause movement injury.

### 3.1.4. The Characteristics and Methods of Backward Running

*Table 4: Back running method interview results (n=150, unit: person)*

	Always	Often	Occasionally	Not used
Number of people	-	38	65	47
Percent (%)	-	25.33%	43.33%	31.33%

As shown in *Table 4*. Backward running as a very characteristic fitness running way, in recent years began to increase gradually. In the interview, often will pour ran to join the number of jogging for 38 people, many of whom said that run though difficult, but always stride frequency and pace, scientifically control can reduce the occurrence of danger, it is important that it ran for the waist muscle exercise effect obviously, part is to talk with the waist injury, running in the fall and DaoZou after a period of time, Lower back pain symptoms significantly reduced; Another 65 showed great interest in running backwards, occasionally trying it, but mostly in safer areas; In addition, 31.33% of the interviewees made it clear that they would not use backward running because the risk factor was too large and the gain outweighed the loss in case of accidents.

Back running, as the name suggests, is the opposite of normal running, running in the opposite direction to the back of the body. Because the eyes can not see the situation behind, so in the process of running the body should also maintain the correct running posture and speed should not be too fast, while the field should be kept flat and wide, to avoid accidents in the process of running, resulting in sports injury. In backward running exercise, first of all, the body should maintain a relaxed state, the center of gravity of the body is concentrated on the legs, and the left and right legs should be kept in the established frequency, alternating backward, and both arms swing with the pace of nature. Run backward is a kind of form that slow speed relaxes run, the intensity in exercise process should not be too big, under normal circumstances keep in 15 minutes best. For those who try to run backwards for the first time, they should first walk backwards and gradually increase their speed to reach the frequency of jogging. After adapting to it, they should run backwards at a slow speed for the best effect.

## 3.2. The Exercise value of Fitness Running

### 3.2.1. Improves Cardiopulmonary Function

The surveyed people all expressed that fitness running had certain improvement to their cardiopulmonary function. Some young people said that after participating in fitness running, the chest is dull and short of breath has been greatly improved, that is to say, fitness running has enhanced the physical quality of this group of people, promote the development of the function of various parts of the organ. At the same time, the middle-aged and elderly groups in the community after participating in

the fitness run, palpitation and other phenomena significantly reduced. It shows that fitness running can not only enhance the physique of the elderly, but also delay senility and protect the heart. Middle-aged and elderly people have a higher risk of heart disease, especially complications caused by myocardial ischemia and coronary heart disease. Long-term jogging exercise, can fully guarantee the oxygen in the blood, through respiratory system gradually improve blood circulation, accelerate metabolism, and can effectively enhance the capacity of myocardial contraction, improve the ability of the heart pumps blood, alleviate coronary artery narrowing, keep the speed of blood circulation, to provide enough blood to the heart, prevent heart disease.

### **3.2.2. Improve Blood Circulation**

In the questionnaire survey, it was found that people who are engaged in office work and some middle-aged and elderly people, due to a long-term lack of exercise, have abnormal lipid metabolism in their bodies, and the phenomenon of lipoprotein in the blood entering the artery accumulation, among which some people have arteriosclerosis, thrombosis and other diseases. In the adhere to the fitness running more than half a year again when the physical examination found that the above disease has been significantly relieved, many young people in the population of the body health indicators have tended to normal. Long-term exercise with fitness running can mobilize various parts and organs of the human body to work together and improve the frequency of human blood circulation. The human blood supply system has been strengthened, and the efficiency of blood supply has been continuously improved. At the same time, it can strengthen blood vessels, make blood flow more smoothly, improve the speed of blood flow, improve the blood supply and oxygen supply of various parts of the body, and promote metabolism, to reduce the content of relatively sticky lipoprotein in the blood, so as to prevent the formation of arteriosclerosis and thrombosis.

### **3.2.3. Improves Brain Function**

The brain is the core of human activities, all kinds of instructions are issued by the unified mediation and control of the brain, transmitted to various parts of the body and organs, and finally feedback back to the brain. Long-term adherence to fitness running, through the blood circulation to provide sufficient oxygen for the brain, adjust the cerebral cortex excitement and inhibition process, help to improve the function of the brain nervous system, eliminate mental fatigue, prevent neurasthenia. At the same time, it can also reduce the tendency of artery spasm and prevent the occurrence of hypertension.

### **3.2.4. Effect Reducing Weight**

In the questionnaire survey of the community, many people were overweight to a certain extent before they participated in fitness running, and many people were even obese or extremely obese, with the actual weight exceeding the normal weight by nearly 30%. At present, obesity in China is increasing geometrically, and obese people are prone to diabetes, liver and gallbladder diseases, cardiovascular diseases and other diseases. Controlling your weight is the most effective way to stay healthy and avoid causing disease. Through participating in fitness running for more than half a year or one year, except for some people who can not stick to it, others have significant changes in weight. The respondents said that their weight has been reduced to a certain extent, with an average drop of about 5kg. Long-term exercise with fitness running, you can consume a lot of energy, exercise sweat discharge in addition to help you consume excess fat can also effectively eliminate toxins in the body, improve the quality of sleep, enhance the intake of nutrients, promote the overall health of the body, to achieve weight loss effect.

### **3.3. Notice of Fitness Running**

Fitness running is the simplest and most relaxing exercise. The essence of exercise is to control your body. Because each person's physical quality is different, in the exercise to observe the points of attention is different, at the same time to improve their own awareness of exercise, and to step by step to adhere to the long-term exercise in a scientific way.

Various parts and organs of the human body have different degrees of inertia. When exercising, the internal organs enter the state relatively slowly, which will promote the incoordination of various parts and organs, leading to discomfort symptoms in various parts of the human body, affecting the exercise effect, and even leading to diseases in severe cases. Therefore, in the early stage of exercise to do adequate preparation activities, so that the body parts and organs in an active state of excitement, to be able to exercise in a synchronous state of movement at all times. Different fitness exercises have

different exercise principles, to fitness running to follow the same principles. Fitness running in the initial exercise should be slow rather than fast, less should not be more, the amount of exercise to improve and adhere to for a long time. With the progress of exercise, the improvement of physical fitness gradually improves the exercise load. Remember not to blindly pursue the exercise effect, overload training, this situation will only backfire, and even sports injuries will occur. Therefore, how to control the amount of exercise in the process of exercise is the key to fitness exercise. Fitness running exercise as aerobic exercise, in the process of exercise should always keep in the "aerobic" range of exercise, at the same time according to the merits of individual physical fitness to choose the appropriate intensity.

Fitness running is the most suitable outdoor fitness exercise for the elderly because they have weak physique. The elderly should pay more attention to open the joints and ligaments of all parts of the body before exercise, and at the same time make the internal organs active to reach the exercise standard, so as to avoid sports injury during exercise. Each time before the end of the exercise to adjust the appropriate speed, into the relaxed state. In addition, the elderly should stay away from the hustle and bustle of the city streets, which is not only a safety risk, but also a serious air pollution. Choose parks, playgrounds and other places, fresh air wide activity space, can increase the intake of oxygen, more helpful to cardiopulmonary function, exercise effect is better. If the body appears uncomfortable symptoms during the exercise, it is necessary to stop in time and not to support it to avoid accidents.

#### **4. Conclusion and Suggestion**

##### **4.1. Conclusion**

Fitness running, as an aerobic exercise for the purpose of improving physical health, has the characteristics of simple technical movements, easy to learn and control, free from the restriction of venue, equipment and seasonal change, time-consuming and quick results. People who insist on fitness running exercise for a long time will strengthen the elasticity of blood vessel wall, promote blood circulation, thus improving cardiopulmonary function and achieving the effect of preventing heart disease. At the same time, it can promote the frequency of body metabolism, strengthen the delivery of oxygen in the blood and the discharge of toxin and grease, and achieve the effect of reducing weight. However, in the process of fitness exercise, we should follow the principle of slow first and then fast, step by step, and the frequency of running and exercise load should be increased or decreased according to age, physical quality and the length of exercise time.

##### **4.2. Suggestion**

Fitness running is a fitness exercise aimed at improving health and preventing diseases. In the process of daily exercise, it is necessary to develop scientific and effective fitness plan, scientific fitness can achieve the best exercise effect.

Use convenient and easily controlled scientific instruments to assist exercise, monitor the heart rate and breathing rhythm of the fitness crowd at any time, flexibly control the exercise load, and improve the exercise effect.

For people without basic exercise, basic physical examination must be carried out first and experienced elderly people should accompany them to exercise for the first time.

Build a safe, professional, pollution-free and oxygen-sufficient exercise ground for the fitness crowd, and organize regular fitness running friendship competitions to fully mobilize people's enthusiasm for fitness.

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