

Breathing Techniques While Running

An important aspect to running aside from exercising and stretching beforehand is maintaining proper breathing techniques while running. If done improperly, an incorrect breathing technique can have adverse effects on the body including a shorter run that results in a quicker loss of breath and can also result in greater stress to the body. Aside from preventing injuries, maintaining healthy breathing techniques while running can ensure a satisfactory run, giving you motivation for your next time out.

Currently, there are different breathing techniques while running that can be employed for exercises. Though not everyone agrees on the same principle of breathing, some concur that it is generally considered good practice to breathe through both the mouth and nose. The act of methodically breathing through both the nostrils and mouth can result in more oxygen through the airways. Oxygen should come from the diaphragm and not the chest. If done correctly you should feel your stomach contract in and out. Improper use of this technique may add extra strain to your shoulders, resulting in a tighter feel in the upper body. This can of course have adverse effects, making your run a shorter one.

Another widely accepted practice of breathing techniques while running is maintaining what is known as a breathing ratio. A breathing ratio of 3:2 can help keep a healthy supply of oxygen circulating in the body. Keeping the 3:2 ratio means that for the first three steps you're inhaling, meanwhile exhaling for the next two, alternating between steps. A 3:2 ratio is most commonly used for a light jog. If running exceptionally fast your body may instinctively switch to a 2:1 ratio. That means for every two steps of inhaling you only exhale for one step.

Though learning to focus on your breathing may not come as an easy concept to those just learning to coordinate breathing with steps taken, it is a practice generally regarded as healthy for the body. Practicing healthy breathing techniques while running can help a runner to better succeed in having more energy when running.