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# Runner's World Guide To Running And Pregnancy: How To Stay Fit, Keep Safe, And Have A Healthy Baby



## Synopsis

Each year, about 785,000 women runners who are pregnant or who have recently given birth hear conflicting fitness advice from friends, family, and even doctors. Save for a handful of magazine articles, these women have nowhere to turn for accurate, up-to-date information. Until now. The Runner's World Guide to Running and Pregnancy by Chris Lundgren is a first-of-its-kind, comprehensive look at the how-tos and benefits of running for expectant mothers. And the benefits abound. Even a modest pregnancy running program gives women a reduced risk of gestational diabetes, high blood pressure, and premature birth. It also leads to fewer cesareans, faster recovery after delivery, and even smarter babies! From the worldwide authority on running, the Runner's World Guide to Running and Pregnancy offers the latest, most detailed information available, along with real-life tips to help you succeed. Inside you'll find:- Advice from experts including sports gynecologists, nutritionists, and exercise physiologists- The most current heart rate and training guidelines- Pre-pregnancy and pregnancy stretching and strength programs- Cross-training suggestions including yoga, Pilates, swimming, and more- Running-specific menu plans for a healthy pregnancy- Strategies for preventing injuries- Money-saving tips for choosing the best maternity running gear- Guidance for postpartum running

The Runner's World Guide to Running and Pregnancy gets to the bottom of the how-much-is-too-much debate once and for all. Pregnant runners will never be puzzled by conflicting advice again.

## Book Information

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## Customer Reviews

Each year, about 785,000 women runners who are pregnant or who have recently given birth hear conflicting fitness advice from friends, family, and even doctors. Save for a handful of magazine articles, these women have nowhere to turn for accurate, up-to-date information. Until now. The Runner's World Guide to Running and Pregnancy is a first-of-its-kind, comprehensive look at the how-tos and benefits of running for expectant mothers. And the benefits abound. Even a modest pregnancy running program gives women a reduced risk of gestational diabetes, high blood pressure, and premature birth. It also leads to fewer cesareans, faster recovery after delivery, and even smarter babies! From the worldwide authority on running, the Runner's World Guide to Running and Pregnancy offers the latest, most detailed information available, along with real-life tips to help you succeed. Inside you'll find:

- \* Advice from experts including sports gynecologists, nutritionists, and exercise physiologists
- \* The most current heart rate and training guidelines
- \* Pre-pregnancy and pregnancy stretching and strength programs
- \* Cross-training suggestions including yoga, Pilates, swimming, and more
- \* Running-specific menu plans for a healthy pregnancy
- \* Strategies for preventing injuries
- \* Money-saving tips for choosing the best maternity running gear
- \* Guidance for postpartum running

The Runner's World Guide to Running and Pregnancy gets to the bottom of the how-much-is-too-much debate once and for all. Pregnant runners will never be puzzled by conflicting advice again.

**Introduction** The seed for this book was planted during the fourth week of my first pregnancy. I wanted something that would tell me it was okay to keep running, that my baby would be fine if I continued the sport I'd pursued my entire adult life. After a desperate and unsuccessful search at the Barnes & Noble near my home in Anchorage, Alaska--the "Pregnancy" shelves, the "Sports" shelves, the "Exercise" shelves--I moved on to the two other major bookstores in town, only to find the same disappointing results. At my first prenatal checkup, I timidly mentioned my running. "That's fine," the nurse said. "Just keep your heart rate under 140 beats per minute or you could divert oxygen from your womb." I turned green, not from morning sickness, but from the memory of a chest-pounding 8-miler I'd run the night before taking my home pregnancy test. I swore to myself I'd be more careful. During each subsequent run, I'd stop every 3 to 4 minutes and place a finger on my neck to check my pulse. It took little to nudge my heart rate over the limit, so stopping and walking became part of my routine. I began to enjoy my runs less. My frustration grew until I finally quit and replaced running with light workouts on a stairclimbing machine. My first baby (a boy) was born a healthy 7 pounds 9 ounces and apparently unscathed by my early pregnancy misstep. After confirming my second pregnancy, I shopped again for that elusive book, certain that in the 2 years

since my first pregnancy some writer had filled the gap. Again I came away empty-handed--but inspired. The Runner's World Guide to Running and Pregnancy had started to germinate. I dug into the piles of research on exercise during pregnancy (and finally learned the truth about heart rate), recorded my experiences in a journal, interviewed medical professionals, and talked with all the moms I could find who had run through their pregnancies. My second child also was born healthy. Nine months of running had diverted nothing from the womb, which became obvious when the baby emerged at a whopping 8 pounds 10 ounces and sporting an impressive set of lungs that he put to use immediately. We all have different reasons for wanting to run through pregnancy (you'll find many outlined in the pages that follow). I love the physical and emotional boost I get from running, and I didn't want to let go of that for 9 months. And, like many runners, I thrive on goals. Four weeks postpartum, I began to intersperse some running with walking. Ten months postpartum I ran the marathon I'd fantasized about during my pregnancy. But that's just my story. Pregnancy is a highly individual experience, and your journey through prenatal and postpartum running will likely unfold differently from mine and that of the other runners quoted and profiled in this book. You'll want to listen to your own body and "run your own pregnancy." Having run all the way through my second pregnancy, I've now answered the burning questions I had when I scoured bookshelves for the volume you now hold in your hands. I've organized the book in a read-as-you-grow format--trying to place answers at the most relevant moments of your pregnancy's progression. Since no two pregnancies are alike, if you don't find what you're looking for in a particular month, read ahead to the next. By the time you finish this book, you'll be armed with the most up-to-date advice from the experts--including exercise physiologists, sports gynecologists, and moms just like you. And you'll have fortified your mind and body for the unique experience of being a runner while becoming a mother.

I was in week 7 of a couch to 5k program, training to join my marathoner husband in a Ragnar relay race when I found myself unexpectedly pregnant with our 2nd child. Since this is my second pregnancy, I already have the books with "week \_\_\_\_, your baby is the size of a \_\_\_\_ and is developing \_\_\_\_\_". I don't need that information. What I was looking for was information on what training I could safely do during pregnancy, and what specific pregnancy-related concerns I needed to watch out for. This book had very little of that sort of information - it was perhaps 1/3 information on running and 2/3 basic pregnancy information you could find in any other pregnancy book. If you're already an experienced runner, and you are a first time mother, this book would probably be ideal. But for an experienced mother and a beginning runner, I didn't find it all that useful.

I am pregnant for the first time and had so many conflicting views on whether I could run, how long I could run, how fast I could run, whether I pay attention to my heart rate or respiratory rate....it was overwhelming. All I knew is that I ran before my pregnancy and wanted to continue while I was pregnant as long as it was safe for the baby. THIS book was perfect for me and anyone out there that has these same questions/issues. It is absolutely a good thing to run while you are pregnant (as long as you arent high risk). This book is great as it describes how and why it is ok to run, when it is not ok to run, and describes each month- how you will feel, how running will feel, etc. Easy to read and so informative. GREAT book! Definitely recommend it!!!

This is a fun book that details briefly the changes that happen to your body during pregnancy and focuses on the runners body. The author had first hand experience of running throughout her pregnancy. The factual data is supported by 2 page case studies of women runners who had children. Some of them ran all the way through, some switched to cross training and some had to stop. There is a whole spectrum of experiences. It is an inspirational and supportive book, and helped me get through my exercise on days when I did not feel like it. I also passed it on to my mother when she had issues about my exercise .I recommend it to any runner thinking about having a baby.

If you are a runner (casual or competitive) who is trying to conceive or is pregnant get this book! I loved it! I got it while trying to conceive (my second) which helped motivate me to keep my training really regular so I could continue throughout my pregnancy. I ran early in my first pregnancy without this book, and wish I had read this first. I stopped running around 4 or 5 months in my first pregnancy because I didn't know much about running and pregnancy. I am pregnant with my second and have really utilized the information in this book.

I liked this book, it was recommended by a woman in my running group. It doesn't give you any hard and fast answers but maybe that's because every pregnancy is different. Some of the tidbits about real life moms who ran through pregnancy are inspiring, from a woman who ran a 3:45 marathon when several months pregnant to the woman who had to scale back her training due to pregnancy. I would recommend this book to runners who get pregnant and want to keep running while pregnant.

This book didn't tell me anything that wasn't in a general pregnancy book. I was looking for more

insight on how to keep running but this book really just covered the common sense stuff.

This book provided a good guide for staying active during pregnancy in general. However, I am an avid long distance runner and did not find the information to be detailed enough. I ran through my entire pregnancy which I didn't feel this book addressed either.

This book has some good advice for continuing to run throughout pregnancy. Listen to your body and stop or rest when needed. Go by how you feel instead of the old 140 heart rate max traditional way of thinking, which is what my own doctor told me.

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