

Pregnancy and running.

Without a doubt, when a female runner is pregnant the question that she most does is it possible to run while I am pregnant?

In the first instance the normal answer is yes, you can, as long as pregnancy is a normal pregnancy without complications of any kind, and with absolute gynecological and obstetrics control. It will be the specialist doctor who will determine how the pregnancy progresses and until what point can be exercised without difficulties during those 9 months of gestation.

There had been many cases of women with the condition of elite athletes who ignoring their pregnancy status have taken part in pedestrian races and have had good results, which is still a high risk, even when having athletic backgrounds have an advantage over those sedentary women whom physically and organically are not in better conditions to withstand the rigors of the pregnancy, with the physical and hormonal changes that occur in their body during that time.

With the recommendations of the specialist Doctor and a lot of common sense the coaches must conform a training program that adapts the changes that occur in the body of women during each stage of pregnancy, obviating participation in competitions as much as possible unless they are done by recreation and maintenance of health and culminate careers without exhaustion.

Another very important aspect to consider is that the coaches have to take on account the swings of mood that those women often present in the pregnancy, maximum if they are high performance athletes, models or actresses, since they have the idea that they will not be able to reach his pre-pregnancy level again, something that it is not necessarily like that. Particularly I have had students who in full preparation for a specific competition have become pregnant and we had to turn 180 degrees in our goals, and unless for reasons related to high-risk pregnancies, they have maintained their physical exercise program until one month before the date of childbirth, forgetting about competitions and taking it as a way to exercise health maintenance.

Two years ago, the extraordinary runner Tirunesh Dibaba, considered the best female distance runner in history crashed the world of athletics announcing her pregnancy halfway through the Olympic cycle for the Olympics Games in Brazil, on that occasion she allowed me to know how happy for herself and my husband she was and for the games she was back to competitions, and in what way she did it! achieving the bronze medal in the final of the 10,000 meters of the aforementioned games.

There is not yet enough scientific evidence to show that a pregnant woman does not can perform physical exercises intensively, there had been cases that pregnant women have won world famous marathon results and even the date is known of almost a twenty women who have taken part in the Olympics being pregnant, but the most advisable thing is not to do it, you should even avoid exercise with high loads of weights since it could condition the flow of blood to the fetus.

You must be careful and avoid unnecessary exaggerations. For no reason should you run alone, if there is pain or bleeding go to the doctor immediately, do not run in climates extremes, avoid putting the body to the limit. Enjoy your training and include many flexibility exercises, without high impact, have a good hydration, adequate clothing and footwear and for nothing in the world to stop using appropriate bras. The important thing is that the activity should be aerobic and as much easy as possible, with well-directed physical fitness exercises and avoid running on an empty stomach. Do not forget to visit the doctor on a regular basis and remember that a good physical shape during pregnancy will ensure better delivery and better recovery later.