



## WORLD ALLIANCE OF FITNESS BY RUNNING INTERNATIONAL FEDERATION (WAFRIF)

Fitness Running: A Modern Heritage Inspired by Traditional Sports

1. Name of the Sport:

Fitness Running

2. Name in Native Language:

Fitness Running

3. Location of Practice (Continent, Country, Nation):

Worldwide (Developed from traditional running techniques and fitness training across various regions)

4. History:

Fitness Running is a modern sport rooted in traditional endurance training and running practices from various cultures. Since ancient times, different societies have relied on running for survival, hunting, communication, and warfare. In civilizations such as Persia, Greece, East Asia, and African tribes, running was not just a physical activity but also a vital part of cultural identity.

In the modern era, fitness training principles have been combined with optimized running techniques to establish Fitness Running as a specialized discipline. This sport integrates structured training methods to enhance endurance, speed, strength, and biomechanics, making it accessible for both professional athletes and recreational runners.

5. Description (Rules, Competitions, Locations, Equipment, etc.):

Objective: Improve running performance through a combination of endurance training, strength exercises, flexibility routines, and proper running techniques.

Training Structure: Includes running on various terrains (track, trail, road), strength training, injury prevention exercises, and customized plans for different levels (beginner to elite).

Competitions: Fitness Running events include individual and team-based competitions over various distances, often incorporating performance evaluations.

Training Locations: Indoor fitness centers, athletics tracks, road running circuits, natural terrains (mountains, forests, beaches, etc.)

Equipment: Specialized running shoes, performance sensors, heart rate monitors, resistance training tools.

6. Current Status:

Fitness Running competitions are held at local, national, and international levels.

A growing community of professional and amateur runners participates in structured training programs.

Coaching and officiating courses for Fitness Running have been developed in several countries.

#### 7. Importance (For Practitioners, Communities, etc.):

Enhances public health through structured running and fitness programs.

Reduces running-related injuries by promoting proper technique and training methods.

Expands the running culture among both competitive and recreational athletes.

Creates a dynamic and active global community for knowledge exchange and skill development.

#### 8. Contacts (Associations, Federations, Clubs, Coaches, etc.):

WORLD ALLIANCE OF FITNESS BY RUNNING INTERNATIONAL FEDERATION (WAFRIF)

– The governing body for Fitness Running worldwide.

Certified coaches and specialists in Fitness Running across different countries.

Running clubs and endurance training organizations.

#### 9. Appendices (Documents, Regulations, etc.):

##### A) Official Rules and Competition Regulations:

Fitness Running Competition Rules (including course regulations, performance assessment criteria, and equipment standards).

Guidelines for Refereeing and Scoring in Official Competitions.

Registration Procedures and Eligibility Criteria for International Events.

##### B) Training Programs and Educational Standards:

Training Programs for Different Levels:

Beginner (Introduction to Fitness Running and Endurance Building).

Intermediate (Enhancing Speed and Endurance Performance).

Advanced (Competitive-Level Training for Professional Runners).

Coaching and Officiating Certification Courses (Aligned with international and national standards).

##### C) Results of Competitions and International Events:

Records and Rankings from Global and Regional Fitness Running Championships.

Reports on Major Fitness Running Events in Recent Years.

##### D) Research and Scientific Resources:

Scientific Articles on Running Biomechanics and Exercise Physiology.

Books on Advanced Running Techniques and Fitness Training.

Studies on the Impact of Fitness Running on Health and Injury Prevention.

## E) Multimedia Content (Videos, Interviews, etc.):

Educational Documentaries on Running Techniques and Performance Optimization.

Sample Training Sessions in Different Environments (Track, Trail, Urban Running).

Interviews with Champions and Leading Coaches in the Field.

→  For access to these resources and complete documents, please contact the WORLD ALLIANCE OF FITNESS BY RUNNING INTERNATIONAL FEDERATION (WAFRIF)

## Overview of Fitness Running & Global Federation

### What is Fitness Running?

Fitness Running is a modern sports discipline that integrates endurance running with strength training, injury prevention techniques, and biomechanical optimization. It is designed for athletes of all levels, from beginners to professionals, aiming to enhance overall running performance while reducing the risk of injuries.

Unlike traditional road or track running, Fitness Running includes structured training programs incorporating flexibility, speed drills, and functional strength exercises. The sport is adaptable to various terrains, including urban routes, athletic tracks, trails, and specialized fitness centers.

### Styles of Fitness Running

Speed Fitness Running – Focuses on sprinting and explosive power for short distances.

Endurance Fitness Running – Emphasizes long-distance running with controlled pacing and stamina-building.

Trail Fitness Running – Integrates off-road running with natural obstacles for strength and agility development.

Urban Fitness Running – Incorporates city landscapes, including stairs, ramps, and parkour-like elements.

Hybrid Fitness Running – Combines different styles for comprehensive fitness benefits.

## WORLD ALLIANCE OF FITNESS BY RUNNING INTERNATIONAL FEDERATION (WAFRIF)

The WORLD ALLIANCE OF FITNESS BY RUNNING INTERNATIONAL FEDERATION (WAFRIF) is the global governing body for Fitness Running, responsible for standardizing competition rules, training programs, and certification processes.

### Mission & Objectives:

Establish and promote global standards for Fitness Running.

Develop training and coaching certifications to ensure quality instruction.

Organize and sanction national and international competitions.

Foster scientific research on biomechanics, endurance, and injury prevention.

Create a worldwide network of runners, coaches, and organizations.

**Official Website & Contact Information :**

**Website:** [www.fitnessrunning.org](http://www.fitnessrunning.org)

**Email:** [info@fitnessrunning.org](mailto:info@fitnessrunning.org)

**Instagram:** [fitness\\_running\\_federation](https://www.instagram.com/fitness_running_federation)

**WhatsApp phone number of the president of the World Federation :** 00989360847117

**Headquarters:** Ifflandstraße 38, 30169 Hannover, Germany

President of the World Federation: **Dr. Emad Faraji from Iran**

The official WAFRIF website provides access to competition schedules, training programs, certified coaches, and scientific research on running performance. The Instagram page features event highlights, training tips, and insights from top athletes.

This overview serves as a structured representation of Fitness Running and the WORLD ALLIANCE OF FITNESS BY RUNNING INTERNATIONAL FEDERATION (WAFRIF). Let me know if you'd like any refinements or additional details! Also, please provide the official website, email, and social media links so they can be included.

**ADD:**

**Ifflandstraße 38, 30169 Hannover, Germany**

**EMAIL :**

[info@fitnessrunning.org](mailto:info@fitnessrunning.org)

**Dr.GM. Emad Faraji**

**President of the World Federation**



**SN:** **FN8369208414**