

BEGINNER'S GUIDE TO RUNNING

TRAIN SMART

START SLOW

A GOOD RULE OF THUMB IS TO INCREASE YOUR TOTAL MILEAGE NO MORE THAN 10% EACH WEEK OF YOUR TRAINING PLAN.



USE THE RUN-WALK METHOD

THIS INVOLVES INTENTIONAL PERIODS OF RUNNING, BROKEN UP BY INTENTIONAL PERIODS OF WALKING TO HELP YOU BUILD UP STAMINA.



CHOOSE A TRAINING PLAN

THERE ARE PLENTY OF TRAINING PLANS OUT THERE, WHETHER A 5K, 10K, HALF MARATHON, OR EVEN A MARATHON.



RUN 3 TO 4 DAYS A WEEK

GO ON SHORTER RUNS (20 - 30 MINUTES) ON THE WEEKDAYS

GO FOR A LONGER RUN (40+ MINUTES) ON THE WEEKEND

USE YOUR OFF DAYS TO REST OR CROSS TRAIN

RUN AT A CONVERSATIONAL PACE

FUEL YOUR BODY

FUEL FOR WORKOUTS

EAT A SNACK 45 - 60 MINUTES BEFORE YOUR RUN OF A LOW GI (GLYCEMIC INDEX) CARB.

45-60 MIN

BE SURE TO REFUEL WITHIN 2 HOURS OF COMPLETING YOUR WORKOUT. THE IDEAL POST-WORKOUT SNACK IS A BLEND OF 4:1 CARBOHYDRATE TO PROTEIN SNACK.

2 HOURS

MAKE SURE TO EAT A FULL MEAL WITHIN 4 HRS OF YOUR WORKOUT.

4 HOURS

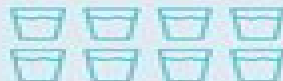
EMPHASIZE FRESH, WHOLE FOODS

AN EMPHASIS ON FRESH, WHOLE FOODS, AND BALANCED PLATES THAT CONTAIN HEALTHY FATS, CARBS, AND PROTEINS WILL ENSURE YOU'RE GETTING THE NUTRIENTS YOU NEED.



HYDRATE

MAKE SURE YOU'RE GETTING YOUR 8 CUPS OF WATER EVERY DAY!



GET THE RIGHT GEAR

SHOES & SOCKS

RUNNING IN A SHOE THAT'S WRONG FOR YOUR FOOT CAN LEAD TO PAIN AND INJURY. YOU CAN STOP BY AT A LOCAL RUNNING SHOE STORE FOR AN ASSESSMENT.



MOST PEOPLE ENJOY PADDED SOCKS, WITH EXTRA PADDING IN THE HEEL TO AVOID CHAFING AND BLISTERING ON THE HEEL AND ANKLE AREA.



SWEAT-WICKING GEAR

WEAR OR INVEST IN SWEAT-WICKING MATERIALS WILL HELP KEEP YOU COOL ON HOT DAYS. LOOSE, BREATHABLE GEAR WILL MAKE IT EASIER AND MORE COMFORTABLE TO MOVE.



SET YOUR PLAYLIST

MAKE SURE YOU HAVE YOUR PLAYLISTS SET IN ADVANCE, SO YOU WON'T FIDGET WITH YOUR PHONE WHILE RUNNING.



PREVENT INJURIES

STRENGTH TRAINING

BASIC STRENGTH TRAINING ON YOUR OFF-DAYS CAN BE VERY HELPFUL TO REDUCE THE RISK OF INJURY AND HELP YOU FEEL STRONGER DURING YOUR RUNS.



FLEXIBILITY

FLEXIBILITY INVOLVES LENGTHENING YOUR MUSCLES TO RELIEVE TIGHTNESS. STATIC STRETCHING IS A POPULAR TECHNIQUE THAT INVOLVES STRETCHES YOU HOLD IN PLACE FOR GENERALLY 30-60 SECS.



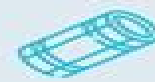
MOBILITY

FLEXIBILITY IS A PART OF MOBILITY, BUT MOBILITY ALSO INVOLVES STRENGTH, COORDINATION, AND BODY AWARENESS.



FOAM ROLLING

ROLL OVER A TIGHT MUSCLE TO IDENTIFY KNOTS OR AREAS THAT ARE EXTRA TIGHT. STOP AT THAT SPOT AND HOLD HERE FOR 30 - 90 SECONDS OR UNTIL YOU FEEL A RELEASE IN THE MUSCLE.



Beginners Guide Running

Katrin Zwirglmaier



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