

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.



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.



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



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

Raffaela Di Napoli



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Table of Contents Beginners Guide Running

1. Understanding the eBook Beginners Guide Running
 - The Rise of Digital Reading Beginners Guide Running
 - Advantages of eBooks Over Traditional Books
2. Identifying Beginners Guide Running
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Beginners Guide Running
 - User-Friendly Interface
4. Exploring eBook Recommendations from Beginners Guide Running
 - Personalized Recommendations
 - Beginners Guide Running User Reviews and Ratings
 - Beginners Guide Running and Bestseller Lists

5. Accessing Beginners Guide Running Free and Paid eBooks
 - Beginners Guide Running Public Domain eBooks
 - Beginners Guide Running eBook Subscription Services
 - Beginners Guide Running Budget-Friendly Options
6. Navigating Beginners Guide Running eBook Formats
 - ePub, PDF, MOBI, and More
 - Beginners Guide Running Compatibility with Devices
 - Beginners Guide Running Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Beginners Guide Running
 - Highlighting and Note-Taking Beginners Guide Running
 - Interactive Elements Beginners Guide Running
8. Staying Engaged with Beginners Guide Running
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Beginners Guide Running
9. Balancing eBooks and Physical Books Beginners Guide Running
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Beginners Guide Running
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Beginners Guide Running
 - Setting Reading Goals Beginners Guide Running
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Beginners Guide Running
 - Fact-Checking eBook Content of Beginners Guide Running
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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