

Top Beginner Running Tips

Here you will find some beginner running tips to give you the start you need. They will provide you with enough background information to start running on a regular basis and will help you avoid the common pitfalls.

You may find the running difficult at first but try to remember every runner goes through this stage as a beginner. After 3 or 4 weeks of training you will notice things starting to get easier as you become stronger and fitter; you find a rhythm to your running and soon you reach that critical stage when running feels more effortless, second nature almost...

...but at first expect a little hard work.

Have a read through my beginner running tips and feel free to re-visit this page whenever you feel the need to re-cap. It might seem there is a lot to take in as a new runner but aim to take things slowly, remember there is no rush...:-)

Running Shoes

If you are going to run often you should buy a good pair of running shoes. The impact forces caused by regular running is the root of many injuries - so make the investment sooner rather than later. Expect to pay £50 to £100 and go to a running shop specialist who can observe your running posture on a treadmill, this way they can determine what type of shoe suits your style of running.



The Walk/Run Method

The best way to start running is to follow a walk/run programme which work combining walk periods with your running. For example, you would run for 1 minute, walk for 2 minutes and repeat 8 times for your first workout...

During an 8 week program you improve stamina by increasing the periods of running until you can run for 30 minutes non-stop.

The walk/run method has been around for a while and ideal for the novice runner.

The Walk-Run Program

If you are not used to exercise you might want to get used to the walking *before* you start this program.

Be able to walk for 45 minutes comfortably - then start from week 1.

Week 1: Run 1 min, walk 2 min, x8 (repeat 8 times)

Week 2: Run 2 mins, walk 2 min, x7

Week 3: Run 3 min, walk 2 min, x6

Week 4: Run 5 min, walk 3 min, x4

Week 5: Run 8 min, walk 3 min, x3

Week 6: Run 10 min, walk 3 min, x3

Week 7: Run 15 min, walk 5 min, x2

Week 8: Run 30 mins non-stop, walk 5 mins

Note: Do each workout 3 times a week and always warm up with a 5 minute walk...

Walk/run on alternate days and cross train with cycling, swimming or strength training on the other days. Have one day of complete rest every week.

Warm Ups And Warm Downs

A perfect way to warm up for a run is a 5 minute walk. This improves flexibility and you are less likely to pull something because your muscles are already warmed up. When you finish your workout warm down by doing a 5 minute walk, don't just stop. This helps your muscles to recover properly, reducing soreness.

Cross Training

Run 3 or 4 times a week and on non-running days do some cross training. Cycling, swimming and strength training are good options; they work other muscle groups to give your body more balance. Cross training reduces the chance of injury and increases your fitness in other sports, which in turn will improve your running performance...

Other beginner running tips for cross training are walking, tennis, squash, football (soccer) and cross-country skiing!



Run On Soft Surfaces

Explore your local area for good places to run. Ideally look for soft surfaces such as dirt tracks, grass and woodland. This will largely reduce the impact running has on your body by cushioning your feet every time they hit the ground. I find the canals are a good option – the scenery is relaxing, made up of water, trees and wildlife; and the tracks are soft and very flat.

How Fast To Run

Run at an easy pace, a pace which is slower than normal and one you could maintain for a long period. One of my beginner running tips for this is to do the 'talk test.' If you can talk in complete sentences as you run without losing your breath, you are running at easy pace. I do most of my running alone and talk to myself to do this test.. I know, it's a shame...

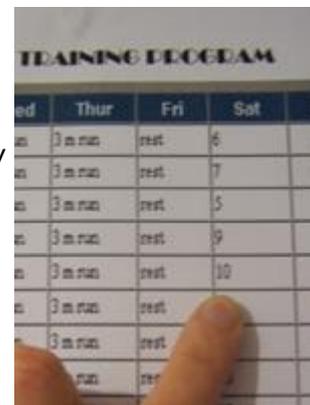
Breathing

Breathe in a way which comes natural to you. I breathe deeply through my mouth which is the common advice. There are different opinions about this but from what I have read breathing through the mouth is the most efficient way to get oxygen into the body.

Note: You may feel breathless as a new runner but it is usually nothing to worry about and should pass as you become fitter. If you feel too breathless slow your pace or have a walk-break.

Follow A Running Program

I enjoy my running more by following a running program. It defines my running and keeps me focused on any given target. I pin mine to the office wall so that I can see my progress unfolding and so that I always know what I have to do each day. Often runners will get injured because they have tried to run too far, too soon and following running program will help you to avoid this...



TRAINING PROGRAM				
	Wed	Thur	Fri	Sat
Week 1	30 min run	rest	rest	6
Week 2	30 min run	rest	rest	7
Week 3	30 min run	rest	rest	5
Week 4	30 min run	rest	rest	9
Week 5	30 min run	rest	rest	10
Week 6	30 min run	rest	rest	
Week 7	30 min run	rest	rest	

Nutrition For Runners

Eating a healthy diet is a vital component to your running. Avoid eating food high in saturated fat and high calorie foods, especially processed. Eat plenty of fresh fruit and vegetables, complex-carbs, lean meats, dairy products and drink sufficient water.

If your diet needs a lot of adjustment introduce healthier foods one by one, don't try to make all the changes at once...

Other beginner running tips for nutrition can be found here>>> (available soon)

Motivation

Set yourself targets to stay motivated. Your first target might be to run a mile but soon you will want to run a 5K or even 10K. The mistake beginners often make is to set a target of finishing a certain distance and fail to set another target after that; soon they feel bored, train less and eventually stop running...? One of my beginner running tips is to always set yourself another target before you finish the one you are doing – keep yourself moving forward...