

Running: A Guide To Getting Started

So you are ready to start running? Whether you are getting back into running, running intermittently, or have never ran before. I would like to share with you some of the simple knowledge and information that I have gained over my 20 year running career. If you are a total beginner who may not be sure if you are capable of running please get clearance from your physician first.

Running offers tons of health benefits and is a great way to both clear and strengthen the mind. My advice to anyone wanting to get started is simple - JUST START! But hold your horses, I am not suggesting that you go full speed ahead just yet. If you have not ran in some time, start slow, but by all means START! The act of running can be intimidating but the more you do it, the easier and more rewarding it becomes.

***I suggest that you do a series of dynamic stretches before each workout. Give yourself at least 5 to 10 minutes of stretching to warm up and loosen up the muscles.**

For the first few days back after a long hiatus, I always suggest that you do a brisk walk for 30 minutes to an hour. Make sure that each day you are pushing yourself a little harder than the day before. After a few days of walking (if necessary) it's time to start a slow paced jog, nothing too fast, but not too slow either. A good steady, yet challenging pace that you can hold for 30 minutes to an hour is what we are aiming for.

Now, let's keep this running pace and duration for the next couple of weeks. The key to success here is consistency. Try and get you a run in at your established level and pace for at least 4-5 days each week out of the next two weeks. If you can accomplish this, it is safe to say that you are officially ready to go HYGHER!

From here I would suggest that you log your miles after each run (either manually or with a tracking app/device) and continue to stay thirsty for knowledge on how to increase your overall **running economy**. A few additional pointers, go to your nearest running store and get professionally fitted for the proper running shoe (trust me it's worth it), stay hydrated, and follow the **10 percent rule** (10PR) to help avoid injury. This states that you should never increase your weekly mileage by more than 10 percent over the previous week. Good luck and remember to keep going Hygher!