RUN FOR LIFE.COM
"I'M A RUNNER!"

GETTING STARTED

"I'm (fill in your age) and I want to begin running. How do I start?"

This web site is for runners of all ages and all abilities. Hopefully the sport can be a positive experience and you will become "serious" about running, maybe even passionate. We all start one step at a time….one foot after one foot….and eventually we learn what we can accomplish and how the sport will pay us back for the effort we put forth.

If you're a beginner you're not alone. We were all beginners at one time. Here are our simple suggestions for getting started on a very positive journey that we hope will last a life time. The goal is simply to "Run for Life"……..your life.

How do I begin

- Fortunately running is not complicated. The human body is made to run. It's how our ancestors once got their food and escaped death from would be predators
- Depending on your age and general health condition you might want to visit a healthcare provider to be sure vigorous exercise will be a benefit and safe.
- A great next step is to visit your local running store. They have everything you need to get started including properly fitted running shoes, socks, shorts, tops, a watch etc. They also have all the information regarding group runs and other running activities in your area. They can surely introduce any new runner to

others who can help. Fortunately, runners want to help others. They're just waiting to be asked.

- There basically two ways to start. First you can find a group run or just a specific friend. Or you can run by yourself.
- Probably the most important decision is where to run. There is nothing better than trails. Most cities and small towns have running trails. They're safe form motor vehicles and much easier on your feet and legs.
- Sooner or later you'll want to know how far you've run. Today's smart phones and watches all have programs that will tell you all you need to know.
- Start by running and walking. Run/ jog about 100 meters (or yards) and then walk the same distance. Little by little increase the running distance and reduce the walking parts. The first goal is to be able to run 3 miles without stopping. Three miles should be in the range of 30 minutes. Strictly for the health benefits of running, I've read the goal is vigorous exercise of 30 minutes most days. Running 3 miles on most days and taking 30 minutes gets you to that first goal.
- Now let's say your goal is weight loss, too. Here I have found running 6 miles on most days or about an hour will help meet that goal. So all you need to do is just work up to double that first goal or go around your course two times. Of course, calorie intake is probably more important to weight loss but muscle burns more calories than fat so build those muscles!

It's that simple…….well, it's not quite that simple. As you begin and as you add miles/ kilometers the risk of getting injured is always present. A degree of soreness comes with running. A little soreness is expected and OK especially if it goes away when you are running. But. But pain is another story. If something hurts, quit. Let it heal and come back when you can run pain free.

There are many causes of running injuries. All are avoidable. Remember, it's "run for life" and getting injured is a sure way to quit.

How to Improve

We have dedicated nearly all of this website to the subject of "How to Improve". You can read these articles on training, racing and other aspects of successful running by navigating the website.

But it its simplest form improved running is all about consistency and striving toward defined objectives be they in hours run, miles run, time per mile, etc. Run as much as you can. Enjoy the process. Savor the peace and quiet. Except for serious race build periods and except for race recovery times. My personal goal is one hour per day, most days. Try it. I think you'll like it. I know it's the key to improvement.