

THE CASUAL BEGINNER'S GUIDE TO RUNNING



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The Casual Beginner's Guide to Running

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GETTING STARTED



The easiest way to dive into the habit of running if you're not currently used to it is to start with a short distance, such as a mile. If a mile sounds like it's too long, try half a mile or a quarter of a mile to begin with. Should you need to, you may put intervals of walking and jogging in between running. For example, run a quarter of a mile, then walk or jog a quarter of a mile, then run again, and so on.

No one should run all seven days per week if they are unused to the habit. One day of rest every five or seven days will allow for you to be more consistent on on-days by not developing an injury. If you're trying to run a road race or a longer distance, it's important to get to the point where you can run continuously for half an hour without pausing or taking a break before attempting anything 5k or longer (that's 5,000 meters, or roughly 3.1 miles).

Distance Versus Speed

When running for longer distance and exercise, keep in mind what you are trying to achieve. Running a long