BEGINNER'S GUIDE TO RUNNING

Start slowly and gradually focus on time and not distance.
Don't try to run too far or too fast too soon. Start with 10-20mins of run/walk intervals. For example: 2 mins of walk and 30 secs running. Repeat for 10-20mins

Have Fun!

Set realistic goals.
Don't set yourself up for disappointment by setting unrealistic goals. Instead, set small, achievable goals that you can build on over time.

Warm up before you run and cool down afterwards. A warm-up will help to prepare your muscles for running, and a cool-down will help to prevent injuries. Examples of warmups: Dynamic stretches, squats, band work, skipping, single leg skips, and single leg hops.

Join a group!

Listen to your body and take breaks when you need them.
Don't push yourself too hard. If you're feeling pain, stop and rest.

When first starting, you should run about 3 days a week. Make sure you add rest days into your week and try to avoid back to back runs when first starting. Your body will need time to recover to the new training load.

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