



PERSPECTIVE FITWEAR

A Running Start

Three steps to beginning a new running program

Running is at its core a simple sport, and a few steps can put you on the path of enjoying this new activity. Starting small is the key to success as a beginning runner, so you can give your body time to adapt along the way. Here are three key steps to help you get started. You'll be running with confidence before you know it!

Dress the Part

Fabrics that wick moisture away from your body will keep you comfortable and reduce friction that can cause chafing. While many of these fabrics are also lightweight, keep in mind that once you get warmed up, it feels about 20 degrees warmer than the actual temperature. Check the weather and dress accordingly!

A good pair of running shoes protect your feet and provides cushioning for miles on trails, pavement, or a treadmill. If you're not sure what to look for in a shoe, visit your local running specialty shop and consult their on-staff shoe experts. To maximize their longevity, save your new shoes for running and walking only, choosing other footwear for cross-training and daily activities.

Start with a Walk/Run Plan

If you can comfortably walk for 30 minutes, your first step is to break a 30-minute walk/run down into six segments of five minutes each. You can follow the progression below at your own pace, increasing the run segment weekly or as you feel ready.

- Day one - Congrats, you're starting to run! In each segment, start with running just one minute, and walking the other four.
- After a week of this pattern (or once it feels relatively easy), extend the run to two minutes, reducing the walk break to three minutes.
- Keep up that pattern of increasing run time and decreasing your walk breaks until you have reached a four-minute run with a one-minute walk.
- Keep it going - Increase your run duration while maintaining the one-minute walk recovery for your next progression.
- You can keep the walk break in as long as you want or drop to run with no breaks when you feel ready!

Build In Recovery

Most new runners start with 3-4 days per week of running, but that can vary based on prior fitness habits. A minimum of three days of running per week is recommended to give your body enough stimulus to adapt. On the days you are not running, you can incorporate cross-training or active recovery activities such as stretching or foam rolling.

To pull it all together, give your body the gift of sleep! A large portion of muscle repair and training adaptations happen during sleep, so logging the recommended 7-9 hours a night of shut-eye can yield great benefits.

Step by step, enjoy your new journey as a runner!



Get Rebekah's Tech Crop and Classic Legging as a Set, or build your own outfit here!

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