RUNNING FOR BEGINNERS
Intro written by Coach David Howison

In 1975, my wife Chris and I were living in Bloomington, Indiana. I was working on a doctoral degree at Indiana University, and Chris was taking care of our 2-year-old son, Mac.

At that time, the running boom was spreading across the nation. An American runner, Frank Shorter, had won the gold medal in the Marathon in the 1972 Olympic Games in Munich, and people began running. A book simply entitled *Running* was the #1 best-selling book in the country.

I was a competitive squash player and in good condition. Unfortunately, I developed serious eye problems and had to give up squash. I looked to Frank Shorter for inspiration and started running indoors at the Indiana University recreation center. Wearing my Adidas tennis/squash shoes, I would run one mile each day trying to run faster each time I went out. Soon, I was hobbled with sore knees.

Chris took a more rational approach. She signed up for a beginner's fitness program for women at the University. The first thing she did was to buy a good pair of running shoes, the Brooks Villanova. The class was encouraged to walk a quarter mile lap and then run one lap, gradually increasing the run. The goal was to run one mile without stopping. After a few weeks, Chris achieved this goal and celebrated with a sauna. It was a very rewarding experience.

After one year in Bloomington, we returned to our jobs at St. Lawrence University in Canton, NY. As I reflect on our running experiences over the years, I believe Chris and I can offer advice to anyone planning to take up running.

1. Buy a pair of good supportive, cushioned running shoes.
2. Establish a daily workout routine.
3. Keep a running/workout journal.
4. Find a safe place to run (the Chessie Trail is great).
5. Warm up with light stretching.
6. Combine walking, jogging, and running until you can run comfortably for 30 minutes.

Enjoy the ride!

David Howison

1. Buy a pair of good supportive, cushioned running shoes.

   We swear we didn't ask David to put this as his first recommendation! In all seriousness though, a good pair of running shoes can make a big difference when you're first getting into running. It might be tempting to pull out your go-to tennis shoes that you've had for the past ten years, but using an old or non-specific shoe might make for some achy joints as you first start running.

2. Establish a daily workout routine.

   Much of the time, the hardest part about a run is getting out the door. Even runners who have been at it for years sometimes struggle with this. Make yourself a weekly schedule and try to stick to it. Better yet, tell other people and have them hold you accountable.

3. Keep a running/workout journal.

   Keeping a running journal/calendar can help you stick to your workout routine. Plan which days you want to run during a certain week, and then check them off in your journal as you go. Not only can your journal help keep you on track, but it's great to be able to look back and see the progress you've made since Week 1 when you started running.

4. Find a safe place to run (the Chessie Trail is great).

   One of the best parts about running is that it gives us an opportunity to be in nature. There are lots of beautiful trails in our area, including the Chessie Trail and Woods Creek Trail. These trails provide a great soft surface for running, which can help keep your joints feeling good. There are also lots of great road routes in Rockbridge—just be mindful of your safety. Always run facing traffic, leave your headphones at home, wear bright clothing, and run when there's still plenty of daylight. Check out runrockbridge.org/wheretorunrockbridge for some route suggestions.

5. Warm up with light stretching.

   This is a big one. Warming up before a run is a great way to help prevent injuries and soreness. Jess does a quick warm-up before every run, no matter the distance or pace. She'll do ten reps of each of the following exercises: open leg swings, bent leg swings, and hamstring swings, and then finishes with five single leg toe touches on each side. You could also try adding in some skips or do some light jump-roping—all great ways to get your muscles firing and ready to roll.

6. Combine walking, jogging, and running until you can run comfortably for 30 minutes.

   As David noted, it's important not to do too much, too quickly. Your body needs time to adapt, so start off with a run-walk program and progress at whatever rate your body is comfortable with. We know that getting into running can feel pretty rough (we've been there, too!), but we promise that it will get easier—you'll stop being sore after every run, and you won't feel out-of-breath forever.

A big thank you to David and Chris for all their help with this project. If you're getting into running but are still feeling a bit tentative about the whole thing, please reach out to us with any questions you have. We so enjoy having the opportunity to help people establish a healthy relationship with running.

Wishing you many miles and smiles to come,

The LRS Team

www.lexrunningshop.com
jess@lexrunningshop.com
540-461-8350

<div align="center">Helpful Resources</div>

NYTimes How to Start Running
https://www.nytimes.com/guides/well/how-to-start-running

Runner's World 6 Expert Tips on How to Start Running
https://www.runnersworld.com/training/a20845020/how-to-get-started-as-a-runner/

MapMyRun Essential Guide to Running
https://blog.mapmyrun.com/essential-guide-to-running/