

## New to Running? A Few Tips to Help You Along the Way! Week 1 – Go Slow!

*Want a great way to get outside and enjoy the warmer weather? Running can be the best way to feel the sun, burn some calories and revitalize your senses. If you are new to running, the next few weeks will bring some tips to make it as pleasant as possible!*

### Tip #1: Go as slowly as you possibly can!



The worst thing a new runner can do is try to run too fast. That is going to feel awful! Rather than think “run”, think “just don’t walk”. If you think you are going slowly, slow down some more. A bout of 1 minute of running, followed by 4 minutes of walking is plenty for the first week or so.

**Run day 1, day 4 & day 6.** Be sure to run no more than 72 hours apart so that your body is recovered from the previous run, and you are close enough in time that you are building on the benefits of the previous run.

**3x per week** is needed to keep feeling stronger week after week!



*...stay tuned for next week's discussion: FOOD IS FUEL*