

RUNNING for BEGINNERS

Calories Burned

Per Activity

(Based on 30 min
for 155 lb person)



Welcome runners! The information included in this infographic is to help you on your running journey but remember that everyone's journey is different so do what works best for you. Please consult with medical professionals before undertaking major changes in physical activity. Finally, don't forget: a 12-minute mile and 6-minute mile are the same mile.

Additional Benefits/Facts

45%

decreased chance of heart disease

resting heart rate

Common Races:

1 mile, 5K, 10K, 15K, Half-Marathon, Full Marathon

WHY RUN?

Physical Health Benefits

- Burns calories
- Improves cardiovascular health
- Strengthens muscles and bones

Mental Health Benefits

- Releases endorphins, reduces stress
- Sharpens cognitive ability
- Builds confidence with easily trackable goals

EQUIPMENT CHECKLIST

Hydration and Nutrition*

- Drink water before, during, and after workout.
- Additional nutrition such as gels should generally be used if running constantly for longer than 60 min.

Proper Running Attire

Make sure attire is....

- Light
- Breathable
- Moisture wicking (polyester or spandex)
- Layered when cold
- Reflective for nighttime runs

Properly Fitted Shoe**



1 - Toe Box: A wider box allows for toes to splay more reducing friction.

2 - Outsole: Responsible for grip and traction. Choose based on running surface (road, trail, track, etc).

3 - Midsole: Provides cushion for shoe. If using stability shoe, midsole will have motion-control features.

4 - Heel Drop: Difference between height of heel and height of forefoot. Higher drop is better for heel strikers (see right).

Right Foot



Pronation



Neutral



Supination

If your foot pronates too much, you will require a stability shoe



Forefoot Strike



Midfoot Strike



Heel Strike

FIND YOUR ROUTINE

- Stretch using dynamic and static movements.
- Do not skip strength training.
- Massage your muscles (foam-rolling, massage gun).
- Start slow and implement walk/run method if necessary.
- Find a running partner or group.
- Find a training plan best suited for your goals.
- Remember to take it slow, grow, be safe, and have fun!



Side Leg Raises



Glute Bridge



Wall Calf Stretch



Stretch it out

Common movements that help body parts involved in running.



Leg Swings



Standing Quad Stretch

Sources:

<https://www.health.harvard.edu/diet-and-weight-loss/calories-burned-in-30-minutes-for-people-of-three-different-weights>

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<https://runkeeper.com/cms/start-running/anatomy-of-a-running-shoe-heres-what-all-those-technical-terms-actually-mean/>