

# ***RUNNING*** for BEGINNERS

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.

## Calories Burned

Per Activity

(Based on 30 min for 155 lb person)



**288 cal**

(5 mph)



**288 cal**

(12-14 mph)



**216 cal**

(general)

## 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

## Additional Benefits/Facts

**45%**

decreased chance of heart disease



resting heart rate

### Common Races:

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

## 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.



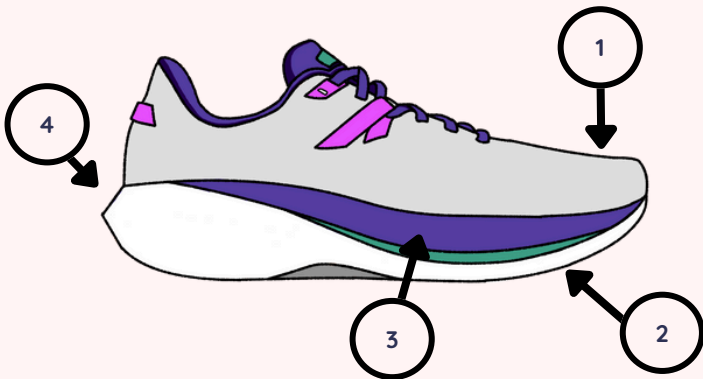
### Proper Running Attire

Make sure attire is....

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



### Properly Fitted Shoe\*\*



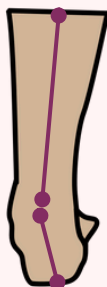
**1 - Toe Box:** A wider box allows for toes to splay more reducing friction.

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

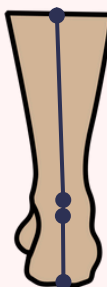
**3 - Midsole:** Provides cushion for shoe. If using stability shoe, midsole will have motion-control features.

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

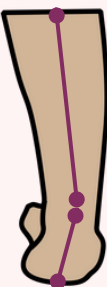
### Right Foot



Pronation



Neutral



Supination

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



Forefoot Strike



Midfoot Strike



Heel Strike

\*Nutrition requirements vary per person. Find what products and quantities work best for you.

\*\*The best approach is to visit a running shoe store and having someone measure your biomechanics to ensure your footwear will deliver on both performance and safety based on your goals. Buy at least a half size up to support natural swelling of foot during runs.

## 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



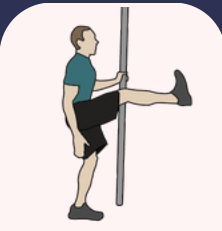
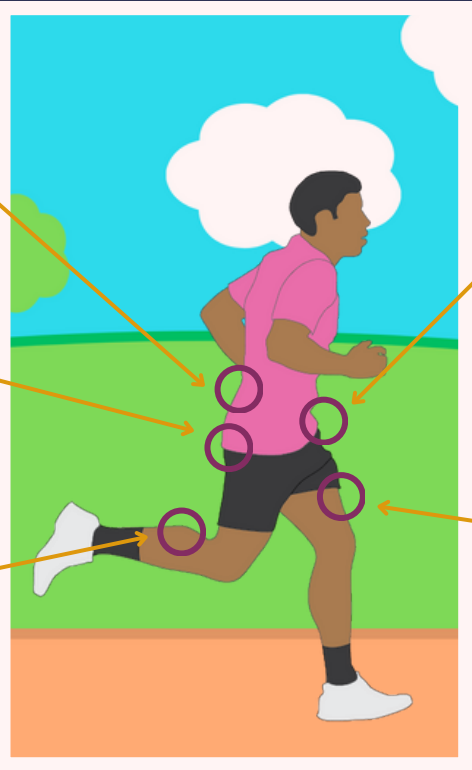
Glute Bridge



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>  
<https://run.outsideonline.com/training/getting-started/10-amazing-benefits-running-might-not-known/>  
<https://www.runnersworld.com/training/a20845020/how-to-get-started-as-a-runner/>  
<https://runkeeper.com/cms/start-running/anatomy-of-a-running-shoe-heres-what-all-those-technical-terms-actually-mean/>