

## A Beginners Guide to Running

Posted by Elizabeth Nichols at Saturday, May 18, 2013 2:09:36 PM EDT

*Curious about running, but have no idea where to start? Below are a few suggestions on getting into the running scene.*



### 1. Buy a pair of running shoes.

Not that old pair you've had since high school that still fit, but a real pair, fitted by an expert. I made the mistake of running with a generic pair of shoes when I started and it meant shin splints after even short runs. I got some great advice to visit the [Running Room](#) to have someone watch me walk and choose a pair of shoes that were meant for how I walk. What a game changer! It's a bit more to buy from expert stores like this, but if running is something you seriously want to try, it will be worth the investment.

### 2. Find a running plan that works for

you.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Cross Train	<b>RUN</b> 1.5 miles	STRENGTH	<b>RUN</b> 1.5 miles	STRENGTH	<b>RUN</b> 1.5 miles	REST (H)
2	REST	<b>RUN</b> 2 miles	Cross Train	<b>RUN</b> 2 miles	STRENGTH	<b>RUN</b> 2.5 miles	REST (H)
3	Cross Train	<b>RUN</b> 3 miles	STRENGTH	REST	STRENGTH	<b>RUN</b> 3 miles	REST (H)
4	Cross Train	<b>RUN</b> 3 miles	STRENGTH	<b>RUN</b> 3 miles	Cross Train	<b>RUN</b> 3.5 miles	REST (H)
5	5 miles Long Run	REST	REST	<b>RUN</b> 3 miles	STRENGTH	<b>RUN</b> 3 miles	REST (H)

www.runningwithpatulis.com

There are lots of online running plans from [basic](#) to [structured](#) to [personalized](#). You can also join running clinic at the [Running Room](#) or [Toronto Running Club](#). Think about the amount of time you can reasonably commit to run and be flexible with yourself. If you have a busy week

and don't make every planned run, don't give up on the whole plan. Be accountable to yourself, but don't be unreasonable.



### 3. Sign up for a run or run-walk.

Signing up for a 5K or 10K run or run-walk will give you a deadline to reach a specific distance and is a great way to motivate you to stick with your plan. Give yourself a few months to train and make sure that the distance you choose makes sense for the training plan you're on. The first run I did was the [Oasis Zoo Run](#), which has a few different race distances and goes through the Toronto Zoo.

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Tuesday, May 14, 2013

**Run for your life!** ♡

Posted by Elizabeth Nichols at Tuesday, May 14, 2013 8:59:19 PM EDT

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Welcome to my blog about the love of running! I just ran the Sporting Life 10k on Sunday and am looking for some inspiration to continue training before doing another half marathon in the fall.

For this post, I've listed my "Top 6 Reasons to Run".

Reason #6 - It's easier than you think

All you need is a pair of shoes and a little bit of time and off you go! No investment in expensive equipment, no need to join for a year, and no need to rent a facility.

Reason #5 - Anyone can run

Even those who have never run before, can start with a run-walk combo and work up to something more consistent. Working with a training plan and setting goals, you'll be amazed what you can achieve. Below is a picture of me after my first half marathon.



#### Reason #4 - You can run with friends or make new ones

Running is a great time to catch up with friends, hang out with your dog or to join a group that runs and make new friends!



### Reason #3 - Get healthy

Running makes you strong, helps you lose weight and builds cardiovascular endurance. What a trio!

### Reason #2 - Achieve goals

There are so many ways to make realistic, measurable goals with running, no matter at what level you begin. You can sign up for a run (see a great list for Toronto [here](#)) or make personal goals.

### Reason #1 - Build confidence in yourself as you challenge yourself

Running is an amazing way to challenge yourself and really see what you can achieve. As you grow in your running, there are always more ways to improve and personal bests to set. There are so few things that feed our minds, bodies and souls the way that running can.