

HOW TO GET OFF YOUR SOFA AND START RUNNING

Recommended by Liz Yelling
Double Olympic and Commonwealth Bronze Medallist

Run for the first time ✓

Safely come back from injury ✓

Regain fitness ✓

Get your energy back ✓

NEW
10K PLAN

Annie Page

UK Athletics Qualified Endurance Running Coach

How to get off your sofa and start running

by
Annie Page

Second Edition

Published by and available from
theendlessbookcase.com

e-Edition

Available in multiple e-book formats.
Also available in print.

The Endless Bookcase Ltd
71 Castle Road, St Albans, Hertfordshire,
England, UK, AL1 5DQ.

Copyright © 2017 Annie Page
All rights reserved.

ISBN: 978-1-912243-01-3

This one's for Goldie xx

Reviews

“If you are new to running this is a basic beginners guide to getting started. It will cover all your questions about where to start and how to start. The author Annie has written this from her heart, enlightening others from her own experiences as a beginner. Now a regular runner and coach she now hopes to help others embarking on their own running campaign.”

Liz Yelling – Double Olympian and Commonwealth Bronze Medalist.



Annie running at Box Hill

‘This made me think that even I could run 5k ... A concept never considered before...’

Tes Smith

‘Lovely light tone and gets across the important messages.’

Madeleine Tate

‘Never having run before I am now feeling inspired and motivated to put the running plan into practice!’

Lucy Hampton

About the Author

Annie Page is a qualified UK Athletics Running Coach, an *NLP* Trainer and Master Practitioner and a Coaching Master – who really enjoys running!

“I had not run since leaving school, where I was probably one of the few who actually enjoyed cross country. I started running again in 2004, with a friend and we started off not being able to run for more than a couple of minutes and then needing to walk, which was great because the plan we were following told us to do just that (there is one at the end of the book).

From there I fell back in love with running...



Coming up Stairway to Heaven at The Grizzly 2014

More at the back....

Highlighted Words

There are a few pieces of jargon, technical or scientific terms used in this book and they are highlighted in *italics* (see NLP above) – all these terms are explained at the end of the book.

Those words highlighted in ***bold and italics*** are references to companies, people, clubs etc.

Contents

Reviews	i
About the Author	ii
Highlighted Words	iii
Why Run?	1
The basic equipment you will need	3
Just before you head out the door... ..	5
Why is the first 10 minutes the hardest...?	7
The basics of running technique.....	10
Warming up for your run	14
Cool down and stretch	16
Getting your mind in your run	22
Staying safe when running	24
Running jargon explained.....	26
Why should I join a running club?.....	28
What should I be eating?	31
Popular road and trail distances	33
Common injuries.....	35
Top 5 myths about running.....	38
Walk to run 5K in 12 weeks	40
Moving up to 10K.....	42
Drills and techniques for good running form.....	45
Core Exercises	50
The Quitter	55
Thank you's	58
Postface.....	59

Why Run?

"The miracle isn't that I finished. The miracle is that I had the courage to start."

~ John Bingham

People start running for many different reasons, they want to lose weight, get fit, beat stress or, like me, you like eating chocolate.

Running has many benefits and it is one of the best exercises you can do to improve the physical conditioning of your heart and lungs. It is proven as one of the best fat burning exercises and it is estimated that people burn an average of 100 calories per mile run – although this does depend on your weight, your speed, your intensity and the terrain!

There are also very strong links with helping people deal with stress, mild depression and emotional strain. There is growing research which shows that exercise may be as effective as anti-depression medication, in some cases. Exercise releases *endorphins* (the feel good chemical) from the brain. **The Mayo Clinic** puts exercise at the top of its list of ways to relieve stress

Running is convenient and low on equipment needed making it accessible to almost everyone, especially those just starting out. Although that's not to say that as you get more into your running you can't buy many and varied items to help with your training, racing, wardrobe and shoe collection! (I know many men who have far more shoes than me if you include their running shoes...)

Running can be as social or as solitary as you want it to be, both have great benefits. I love running with my club mates for the company, to catch up with everyone, maybe to push me a bit further, or being with

them as they reach their own goals. I also love the time I get to spend on my own, around the beautiful countryside that we have, using the time to think through what I need to do for work, planning my day or just letting my mind have some time off.

Whatever your reasons for starting running the rewards you get from it will be powerful and long lasting both physically and mentally.

Happy Running!



South West Coastal Path, Cornwall

The basic equipment you will need

"I decided to go for a little run."

~ Forrest Gump

When you start out running you do not need to worry about lots of expensive equipment. The basics you need are a proper pair of running shoes and for the ladies a good sports bra. As you progress you may want to invest in some running specific clothing.

Shoes

These will be your first consideration and your biggest commitment in money terms, so it is important to get it right. There are many different types of running shoes and you want a pair that works for your running style, so you need to go to a specialist running shop rather than on line – there are now quite a lot around the country from independents to nationwide. At a specialist shop the staff can advise you and will watch you run in different shoes, either on a treadmill or in the shop. You may feel slightly silly or daft if you've not done this before but by doing this they can make sure you get the right shoes and the right fit – not necessarily the most expensive ones!



When you are buying your running shoes you may find that they are a bigger size than what you would normally wear. This is because your feet will swell slightly when running and so it can be better to buy shoes in the afternoon as your feet will be slightly bigger and closer to how they will feel on a run.

Sports Bra

It can not only be very uncomfortable to have too much movement when running, but it can also cause sagging in the connective tissue known as the *Cooper's ligaments*. So, a good sports bra, whatever your size, is a must. It should feel snug, but not so tight you can't breathe! Seamless or flat seam designs are the best to prevent rubbing.

Just before you head out the door...

“Everyone who has run knows that its most important value is in removing tension and allowing a release from whatever other cares the day may bring.”

~Jimmy Carter

You’ve got your shoes on (and your sports bra, ladies) and you are ready to dive out the door for your first run. Before you do there are some important elements to think about.

If you have had any previous illness or injuries, haven’t done any exercise for over a year, suffer with asthma or any other known conditions then it would be best to speak with your doctor before taking up any exercise.

A lot of people decide they want to take up running, go out the door, sprint to the top of the road, collapse in a heap, get back home and think ‘not doing that again’ and never run again. Not surprising really, and the trick with running is that slow and steady progress is the key to staying injury free and enjoying your running.

First you need to plan – the two main ingredients for any running routine is time and space. The most common reasons I hear for not running are ‘I don’t have the time’ or ‘I don’t have anywhere to do it’. Do you have 30 minutes, 3 times a week? That’s all you need. Wherever you can walk you can run. Off road routes (parks, bike paths, playing fields)



are better than busy streets and soft surfaces (grass and dirt) are better than paved ones. Map out the best routes in your area and you will save time and make it much more likely you will go out and do your run.

Enlist a friend to come with you, not only does it get you both out the door, it makes the run go quicker when you've got someone else to talk to! (It can also be safer if you're running in pairs)

Kenneth Cooper devised a simple formula to improve as a runner, F.I.T. Frequency (every other day), Intensity (comfortable pace), Time (30 minutes).

When starting out you need to make sure you are running at a comfortable pace, whether you are running for 30 seconds or 30 minutes. What does this mean? A lot of beginners push too hard when they start and get overly tired and discouraged, or even injured. A comfortable pace is when you can talk whilst you are running.

It's OK to walk. Walking during a run is not a form of cheating, it is a common practice among experienced runners during certain types of training to break a big piece of work into smaller sections. Mix running and walking when you're starting to run for the first time, after a long lay-off and to regain fitness after illness or injury.

At the end of this book there is a walk to run 5K training plan that builds slowly week on week and you can monitor your progress as you go through it. This was the type of program I first used when I got back into running.

And then you can progress to the 10K – 12 week training plan! (also at the end of this book!)

Why is the first 10 minutes the hardest...?

"Don't fear moving slowly forward...fear standing still."

~ Kathleen Harris

Whether you're just starting off or have been running a while, one thing you will hear from a group of runners is 'Why is the first 10 minutes the hardest...? Well here's the science behind what our bodies are doing when we run.

Basically, our body has three energy systems that it uses for the different demands we place on our body.

The *Anaerobic ATP-CP* system – provides us with an immediate boost of energy and it only lasts for 8 – 10 seconds. This energy system does not use oxygen.

The *Anaerobic lactic system* - provides us with another boost of energy which lasts for about 1 – 2 minutes and again does not use oxygen.

The *Aerobic* system - needed for prolonged intensity work. This system provides us with a steady source of energy over a long period of time.

Let us think about how this works when starting to run. Your muscles need a chemical called adenosine triphosphate (ATP) for their energy source. Here's what happens: -

The muscle cells burn off the ATP they have floating around in about 3 seconds.

The next system then kicks in and supplies energy for about 8 – 10 seconds.

If the exercise continues for longer the next system kicks in giving you energy for another 1 – 2 minutes.

Finally, the aerobic system takes over to give you energy over a longer period of time.



This explains why the first 5 – 10 minutes of exercise can feel quite hard and when you are starting out it is normally in this time that you start to question yourself about what you are doing and if you can do it!

Because your muscles are making demands on your body as you exercise, every system in your body either focuses its efforts on helping the muscles do their work or it shuts down. For example, your heart beats faster during exercise so that it can pump more blood to the muscles, and your stomach shuts down so that it does not waste energy that the muscles can use.

When you run, you will notice that you breathe heavier and faster, your heart beats faster, your muscles hurt and you sweat. This is a normal response to exercise at all levels. When you watch, world-class athletes compete, you see the same responses.

Therefore, the warm up before starting your main exercise is very important – it allows the body and the muscles to get the energy they need to continue.

Now you know what is happening is normal it can make a real difference to how you feel in those first few minutes and continue rather than stop.