

Beginning Runner - A Simple Plan to Get Started

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Sample of Content:

Is the couch where you do most of your exercise?! Here's a simple plan for the person who is ready to lose a little weight, get a little fit, and look a little better (and wear a little smaller size!). A simple 7-Week Getting Started Plan.

Content:

How to Run Faster than a Three-Toed Sloth...

or...

Learn How to Run Faster than when I'm Lying on the Couch

"How to Run Faster?" is the WRONG question!!!

The philosophy we espouse at <http://www.ordinaryrunner.com/> is "**Running by Minutes**" -- a less intense attitude, and tailored for SUCCESS, not automatic failure!

Running by Minutes!

That's it. It's really very simple. It's a bonanza of running for beginners!

The important thing:

Start slowly and build... **Slowly and Consistently!**

Rather than being a slave to mileage logs, always trying to get in the right number of miles per day, even when you feel like your legs are made of Jello...

The **Ordinary Runner** simply puts in the MINUTES!

That way, if you feel great one day, you can run a little faster. (And if you feel like a slug, you can run a little slower.) Just run the number of minutes you have set for the day!

You still get your run in for the day, whether you feel great or feel lousy!

This is a much **lower pressure approach to fitness**, and much more enjoyable!

Remember when you were a kid...

... You could run! You did it all the time!

Running is *natural*. God made us to run!

That means you can learn to do it again! Just run!

You won't have to worry about how to run faster...

... The more you run, the faster you'll get, naturally!

It may have been a long time since you ran!

But that doesn't mean you can't do it again!

Just remember the most important thing:

JUST KEEP MOVING!

And don't feel the pressure that you've got to run fast! Remember, you're in the top 5% of people in the world if you just get out there and run, whether it's slow...

... or even slower!

Here's a 7-Week plan to get you started:

Running should be fun!!

Before I show you the plan for getting you started (a very simple plan, by the way), I should say this again...

The important thing is that you GET started...

And then...

Just KEEP MOVING!!

This plan is **simple**, and **flexible**. Follow it exactly or simply use it as a guideline, especially if you're already exercising a little bit.

Start where you are, and don't be embarrassed about it. Remember, with just a little time and consistency, you'll be getting in shape, losing weight, feeling and looking better...

... And you'll do it the healthy way, with your *own work*, not any cheap pills or diets!

If you haven't run in years...

... don't go out and run 30 minutes the first day. This is a SURE WAY to hurt yourself and end your running career before it begins!

7-Week Getting Started Plan:

See the full plan at(<http://www.ordinaryrunner.com/running-get-started-plan.html>).

Week 1:

Alternate 1 minute fast walk and 1 minute slow, for a total of 15 minutes. (5 days this week)

(If you want to, substitute a slow jog for the fast walk portion. Just be careful, and be realistic! Remember, patience and consistency are the keys!)

Week 2:

Alternate 3 minute fast walk and 1 minute slow, for a total of 15 minutes. (5 days this week)

Week 3:

Alternate 7 minute fast walk and 1 minute slow, for a total of 20 minutes. (Monday, Wednesday, Friday)

Alternate 1 minute slow jog and 1 minute slow walk, for a total of 15 minutes. (Tuesday, Saturday)

Week 4:

Alternate 2 minute jog and 1 minute slow walk, for a total of 20 minutes. (6 days this week)

Week 5:

Alternate 4 minute slow jog and 1 minute slow walk, for a total of (25 minutes Mon, Thur 20 minutes Tu, Wed, Sat)

Week 6:

Alternate 5 minute jog and 1 minute walk, for a total of 30 minutes. (6 days this week)

Week 7:

Alternate 7 minute jog and 1 minute walk, for a total of 35 minutes. (5 days this week)

At the end of this 7 week period, you will be losing weight and feeling better! You'll be well on your way to fitness, and you'll notice you can run longer and longer!

Once again... You're just getting started! Being an **Ordinary Runner** is a lifestyle, and WON'T happen overnight.

This is not a "Get Skinny Quick" lie, like you see on infomercials. This is the real thing!

Just Keep Moving!!!

Kely Braswell has been running for 27 years! He's not the fastest human on the earth... but he's fit! He also developed Ordinary Runner (<http://www.ordinaryrunner.com>), simple advice on running for beginners and mere mortals!

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