

Week #2



Learn To Run Tips

Issue	Solution
Running too fast at the beginning of the run	Start running at a moderate pace (i.e. where you can easily hold a conversation).
Muscle Soreness	Wait a day before attempting to run again. Enjoy another activity on inbetween days so you recover from the first running session.
Side Aches	Avoid eating anything heavy about two hours before your workout and only drink in small quantities. When a side ache does strike, take a break and walk. Breath calmly and in a relaxed rhythm. Press your hands against the side that hurts Don't start running again (and then only slowly) until the pain has gone away.
No timer or stopwatch	Rather than time your walk and run intervals, choose a landmark in your sight and run to it. Then pick another landmark and walk. Repeat for the number of minutes on the schedule. Increase the distance between landmarks as you progress in your training.
Make it fun!	Play music Sing while you're running Plan a healthy treat as a reward when you're finished

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