RUNNING, EXPLAINED.

Build your running. Find your confidence.

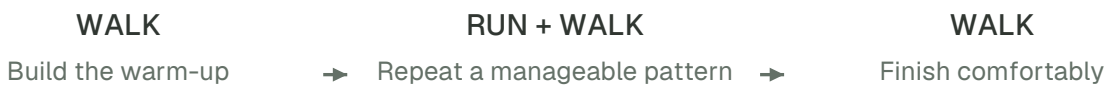
Training. Food. Strength. Race day.
Practical answers for your first run and every next step.



Your first outing.

Pick a flat, familiar route with an easy way home. Leave pace targets out of it. If you are comfortable walking for 20-30 minutes, try the session below. If that is currently too much, start with a shorter walk and build that first.

AT A GLANCE



A run-walk framework. Choose durations appropriate to your starting point.

Part	What to do
Warm up	Walk easily for 5 minutes, gradually becoming brisk.
Main session	Run gently for 30-60 seconds, then walk for 90-120 seconds. Repeat 6-8 times, or finish earlier.
Cool down	Walk for about 5 minutes.
Next day	Notice normal movement, energy and any new or worsening pain.

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Build your own plan

Begin with the week you can live with, then work towards the event.

Your plan should have room for your life. We will build the decisions first, then give them somewhere to go in your week.

You do not need a complicated spreadsheet. You need a realistic starting point, a repeatable week and a way to adjust it. Use the weekly planner to make the following decisions.

1. Choose one main goal: a routine, continuous running, a distance or a race.
2. Write your current baseline using the last 2-4 comfortable weeks, not your best-ever run.
3. Choose the days you can usually protect. Two or three can be enough to start.
4. Place recovery and non-negotiable commitments first.
5. Give each run a job: easy practice, longer easy time or, later, controlled faster work.
6. Add strength in a dose you can recover from.
7. Choose one small progression and a fallback week.
8. Review weekly: keep, repeat, reduce or progress.

Work backwards from a race, but respect the baseline

Set aside a final easier period, then enough time for specific preparation and a steady build. If the available weeks force large jumps, choose a later race, a shorter distance or a run-walk goal. A deadline does not create physical readiness.

You can start with two weeks written in detail and outline the weeks beyond. A distant calendar should remain editable. Illness, work, weather and recovery will add information you do not have today.

What this means

Reviews find no single progression rule that guarantees freedom from injury. One large 2025 cohort associated increases in single-session distance beyond the previous 30-day longest run with higher overuse-injury rates. It was observational and predominantly male, so it supports caution around sudden long outings, not a universal safe cutoff.

Breakfasts you can actually make.

You do not need a special runner's breakfast. Start with food you like and can prepare, then adjust the portion and timing around your run. These are original meal ideas, not a prescribed menu or exact nutrient calculation.

Breakfast	Why it is useful	When to adjust it
Porridge with milk or fortified soya drink, banana and nut butter	Oats and banana supply carbohydrate; milk or soya adds protein. Nut butter adds energy and fat.	A large bowl with lots of fibre or fat may need more settling time before running.
Eggs or scrambled tofu on toast, with fruit	Toast and fruit provide carbohydrate; eggs or tofu contribute protein.	Add more toast or a later snack if the morning is long or training demands more food.
Yoghurt or protein-rich soya alternative, cereal and berries	A quick combination of carbohydrate, protein and fruit, with little cooking.	Check the alternative's label: coconut-style yoghurt is not automatically a protein match.
Bagel with jam, plus yoghurt or a suitable drink later	The bagel and jam can offer accessible carbohydrate when a heavier meal feels difficult.	Choose a familiar portion before a run; add the rest of the meal when you can eat comfortably.

A note from me

If your morning is rushed, preparing breakfast is a training decision too. Put the bowl, bagel or packed option where you will actually use it. You do not have to earn breakfast with a run.

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Hydration, heat and supplements

More is not automatically better, whether it is water or a new product.

You do not need a shelf of products to do this well. Understand the job before you choose the drink or supplement.

Hydration starts here.

Begin normally hydrated through ordinary food and drink. For a short outing in cool weather, a special hydration schedule may not be needed. Longer runs and warm conditions need a practical way to access fluid.

What this means

Overdrinking can dilute blood sodium and cause exercise-associated hyponatraemia. A consensus statement supports using thirst to guide drinking for many recreational participants and warns that sports drinks do not make excessive fluid intake safe.

Use your own experience

Notice conditions, duration, thirst and comfort. If you want a rough sweat-loss estimate, compare body mass before and after a familiar outing using similar clothing conditions, and account for drink and urine. This is optional; you do not need to weigh yourself to run well.

Approximate sweat loss in litres = pre-run mass in kg - post-run mass in kg + fluid consumed in litres - urine produced in litres. Divide by hours for an estimate per hour. A 0.5kg decrease plus 0.4L drunk during one hour, with no urine, suggests about 0.9L lost. It is only an estimate for those conditions, not a prescription to replace every drop while running.

Electrolytes have context

Long, warm outings and high sweat losses may make a sodium-containing drink or food useful. Exact needs vary, and an electrolyte packet is not protection against overdrinking. Follow labels and get individual advice for medical conditions or medicines that affect fluid balance.

Your next step

For the next longer run, decide where you will get water and how you will carry it if needed. During the run, respond to thirst and conditions instead of trying to finish a bottle just because you packed it.