https://www.nytimes.com/guides/well/how-to-start-running, Tara Parker-Pope (founding editor of *Well*, a wellness magazine); downloaded 6 Apr 2022, edited mostly for length, facts unchecked

Running is a great way to get fit, feel better, and even form new relationships with other runners. Starting a new running habit doesn't have to be hard. Are you ready?

The best way to keep yourself running is to find a race, sign up for it, pay for it, and put it on your calendar. It will help you stay focused, and keep you on a regular running schedule. With enough time to train, a beginner can run any race.

Some people are natural heel-strikers; others tend to lead with their toes. Neither form is inherently better than the other … just maintain your natural stride.

The Run-Walk Method is a great way for new runners to get started, and for experienced runners to improve their race times. It doesn't mean walking when you're tired; it means taking brief walk breaks when you're not tired. You can pick whatever ratio works for you. It makes training less grueling, and reduces the risk of injury.

You can find any number of elaborate training plans online, but we believe in keeping it simple. Here is the basic formula for a great training plan: (1) Train three days a week, (2) Run or run/walk 20 to 30 minutes, two days a week, (3) Take a longer run or run/walk (40 minutes to an hour) on the weekend, (4) Rest or cross-train on your off days, (5) Run at a conversational pace, (6) Consider taking regular walk-breaks, (7) choose a place and, if desired, an audio that you like (music, audio books, …).

You don't really need much to start running. It all starts with the right pair of comfortable sneakers, a breathable snug sock, and a timing device.

So, what to eat and when? Eat a small snack with carbs and protein about one hour before your run and within 15 minutes of finishing it. Keep your routine of breakfast, lunch and dinner, too. That means eating at least five times a day, but don't overdo it. To avoid an overly strong hunger signal, work out for 30 minutes a day, not 60.

The best tip for staying hydrated during a run is, 'Drink water when you are thirsty.' So-called sports drinks can replace lost electrolytes, but they also contain a lot of sugar, and are expensive. The length of your workout should be the guide for what you drink. If you run for less than an hour, water is just fine. Don't gulp down bottles of water before a run, either; it won't prevent you from getting thirsty, cramps, or heat-related illnesses. Those ailments come from simply pushing yourself too hard.

Don't waste time – and risk injury! – by doing static stretching (stretching while standing still). Holding a static stretch for too long can cause tears or strains, and can even make your muscles less powerful. Instead, do dynamic stretching (repeated movements). However, there are no studies that show that dynamic stretching prevents injury. Therefore, if you don't have time to stretch or warm up before you run, don't worry about it. If you like the way stretching feels before a run, do it. Just don't hold your stretches for too long. Keep your muscles in motion to prevent straining them before you hit the road. … Ready? … Let's go!

LIVEWORKSHEETS

GIST: John is trying to convince Star to start training so they can run in Milan's next marathon. She's worried about how much time the training will take. SKIM READ the text ONCE, QUICKLY, looking ONLY for these numbers, then check the one/s you find, so you can tell her how much time a day it needs:



_____ 30 _____ 20 _____ 75



DETAILED: OK, maybe it won't take too much time a day to train, so Star is willing to try, but she still needs some advice. FIRST, READ these questions, then go back to the text, and SCAN READ it more carefully (but still not too slowly!), then come back, and ANSWER the questions. This isn't a memory test. The questions are very general, and they are not always worded exactly like the text, so try not to look back to check, but if you need to do it, it's OK. **(T = True; F = False)**

1. Running is a great way to make new friends. _____ T | _____ F

2. The Run-Walk Method means taking breaks when tired. _____ T | _____ F

3. For sensible good hydration, drink water when thirsty. _____ T | _____ F

4. It's important to eat big snacks before and after running. _____ T | _____ F

5. Stretching before running is fundamental. _____ T | _____ F

6. The best way to keep running is to sign up to a race. _____ T | _____ F

7. All you need are comfortable sneakers, socks that fit well and breathe, and a timing device. _____ T | _____ F

(The clipart images are from the Microsoft Word program used to make this file.)

LIVEWORKSHEETS