

# Beginners Run/Walk Guide



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# Hello there!



Hello, I'm Shannon, a passionate long-distance runner from Vancouver, Canada, starting my journey in 2014. In the last decade, I've evolved from a novice to a seasoned enthusiast, exploring diverse terrains and conquering challenging distances. As a certified Personal Trainer and Group Fitness Leader, my focus has shifted from indoor cycling to the exhilarating world of long-distance running. Enriched by specialized training, such as "Basic Training for Runners," I've also served as a SportMed BC Run Clinic Leader and volunteered for the local 2020 "Run Richmond" initiative during COVID-19. My aim is to inspire others to embrace the joy and challenges of running, fostering a community that celebrates the transformative power of this enduring sport.

*Shannon*

Founder, CPT and Fitness Leader



# If You Run, You're A Runner.

In the vast world of running, the term "runner" encompasses a diverse range of individuals. As a newcomer to the sport, the multitude of running styles and groups may seem intimidating. However, much like finding the right pair of running shoes, discovering your perfect fit in the running community is a personal journey.

There are various running groups, including elite athletes competing at a high level, competitive runners chasing personal bests, social runners enjoying the camaraderie, ultra-runners conquering trails, club runners, and those who prefer the solitude of solo running. None of these approaches is wrong. Whether you run for one minute, walk for one minute, participate in a club, or prefer solitary runs, none of these choices make you more or less of a runner. The key factor that defines a runner is consistency. Simply put, if you run, you are a runner.



"Defining a Runner:  
Embracing Diversity in  
the Running Community



# Running Essentials:

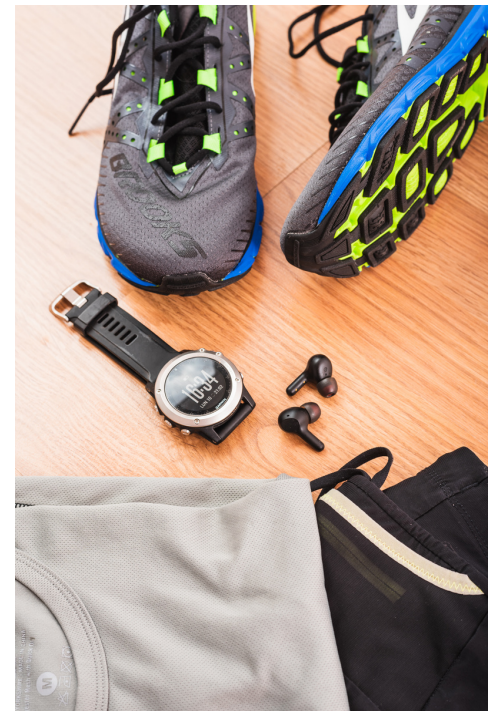
## RUNNING SHOES

**01** Running shoes are designed to protect the feet from the pounding impacts of running. Running shoes absorb impact and help protect joints. Every running shoe needs to provide cushioning, stability, and motion control. Running shoes are also divided into these three categories to suit the specific needs of each runner.

- **Cushioned running shoes** absorb more impact, and they're designed for runners who have high arches.
- **Stability running shoes** are designed to support runners who need support and stability in the mid-foot.
- **Motion control running shoes** are designed for runners who overpronate, so they have extra support and flatter outsoles.
- **Neutral running shoes** are another option, designed for people who want support on the arch side of the foot and midsole cushioning to absorb shock.

## 02 RUNNING CLOTHES

You don't need to spend a fortune on running clothes. A novice runner can start by buying just a few items. Professional running clothes are lightweight, so they move easily as the body moves. Seams are positioned where they won't chafe the skin, and many items are reflective for better night visibility. If clothing doesn't feature reflective designs, wear a vest or clip-on lights, so you're visible in the dark. [Cold weather running](#) will be more comfortable in clothing made of wool, nylon, or polyester, which helps the body retain heat. In warm weather, these fabrics are also ideal because they help wick away perspiration. Running socks or tights made of compression fabric provide extra support, which many runners appreciate.



## 03 RUNNING WATCH

A running watch can help you make the most of your workouts, provide encouragement you need to push yourself just a little bit harder, and it's just a fun to look at all the information you've generated while pounding the pavement, but it is not necessary. You can read more about this on my blog post [here](#).





# Walking plan to prepare your body for running

Before your first run, ease into the habit of regular exercise with brisk walking. By brisk walking, we mean a faster pace than a leisurely stroll – think more of an 'I need to hurry or else I might be late' pace. While a stationary bike or elliptical trainer can also be helpful, walking serves as an excellent foundation for running and holds the trump card for convenience. After all, the best exercise is the type that you can and will want to do consistently.

Length of Plan: Seven Weeks

**First Workout:** 15 minutes

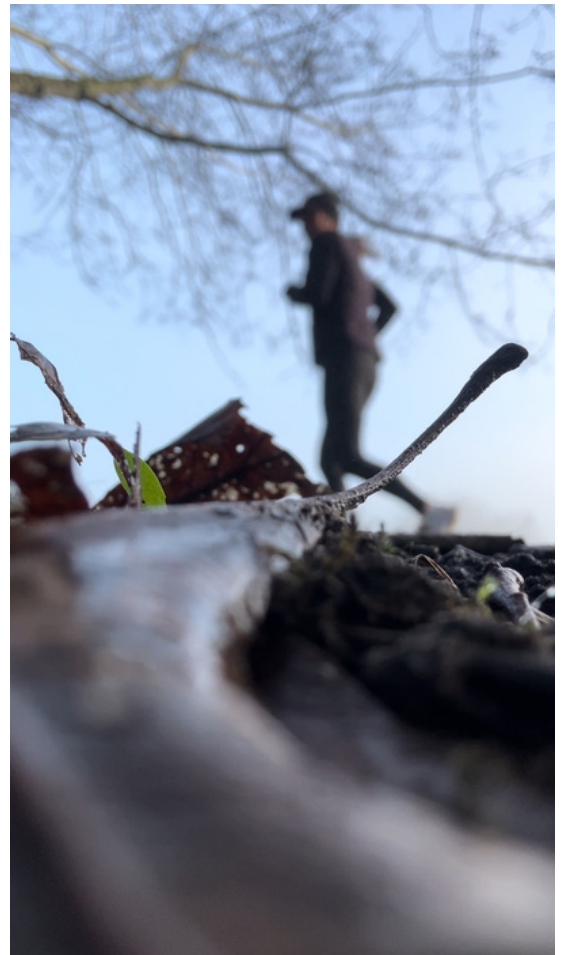
**Goal Workout:** 60 minutes

## Who is it for?

This plan is designed for anyone who is completely new to exercise. It focuses solely on walking, providing your bones, muscles, tendons, and overall fitness with the foundation needed to progress to running without the risk of injury.

## Room to Maneuver?

If you find it challenging to dedicate time for your longer session, consider splitting the week's longest workout in half. You can do one half in the morning and the other in the afternoon. This approach might work well around a commute to work, where you could get off a bus or train at an earlier stop to fit in more walking steps. Remember, the goal is to make exercise accessible and adaptable to your schedule.



# 7 WEEK PLAN

Length of Plan: Seven Weeks

**First Workout:** 15 minutes

**Goal Workout:** 60 minutes

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1	15 Mins	25 min	Rest or 15 min	25 min	Rest	35 Min	Rest	100-115 minutes
2	15 mins	28 min	Rest or 15 min	28 min	Rest	38 min	Rest	109-124 minutes
3	20 mins	30 min	Rest or 15 min	30 min	Rest	40 min	Rest	120-135 minutes
4	20 mins	35 min	Rest or 15 min	35 min	Rest	45 min	Rest	135-150 minutes
5	20 mins	40 min	Rest or 20 min	40 min	Rest	50 min	Rest	150-170 Minutes
6	20 mins	40 min	Rest or 20 min	40 min	Rest	55 min	Rest	155-175 minutes
7	20 min	45 min	Rest of 20 min	40 min	Rest	60 min	Rest	165-185 minutes



# Tips for staying motivated

1

## Find some running buddies:

- Meeting up with others to run is a great way to stay motivated. If you know others will be there and will notice if you skip it, you're much more likely to show up than if you run by yourself and no one notices if you sleep in. Accountability is key!

2

## Register for a race

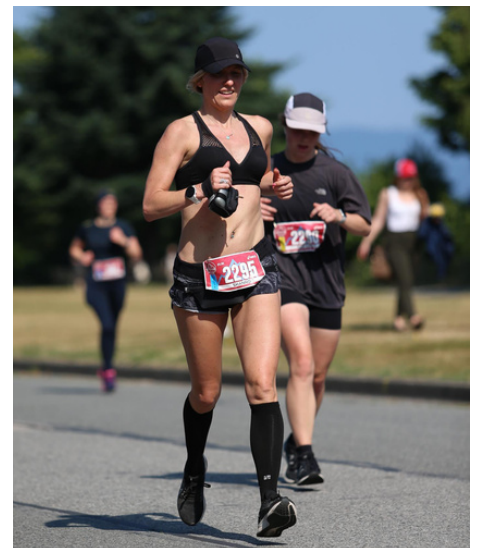
- Signing up for a running race can give you something to work towards and look forward to. A 5K, which is just over three miles, is typically a great place to start for beginner runners. As you progress on your running journey, you can work up to a 10K, half-marathon and ultimately a full marathon. A 5K fun run in your community, you'll have something to look forward to and prepare for, giving each run a greater purpose



3

## Create an upbeat playlist:

Make your own or browse the Workout tab on Spotify for a variety of curated playlists. Choose from options like pumped pop, classic rock, heavy beats and more — just pick something upbeat and motivating.



4

## Download an audiobook or podcast:

Enhance your run with an engaging audiobook from apps like Audible, making your exercise both educational and entertaining. Consider a self-development audiobook for added motivation, or explore our curated podcast list for diverse options, from true crime to celebrity interviews. It's a great way to look forward to your listening experience, especially during longer runs.



# Let's Get Started!

Embarking on your running journey is an exciting step towards a healthier and more active lifestyle. I've tried to cover everything you need to know as a beginner – from choosing the right running gear, mastering proper running techniques and crafting effective workout routines.

Remember, consistency is key, and progress comes with time and dedication. So, lace up those running shoes, find your stride, and let the rhythm of your breath guide you on this exhilarating run towards improved fitness and well-being. Happy running!

[SCHEDULE A CALL](#)



[LEARN MORE](#)

If you're in Richmond, B.C., and keen to join one of my classes, simply send me a direct message on my social media, and I'll provide you with my up-to-date teaching schedule.

Shannon



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