

# Useful training & running tips for beginners



Running is a great way to improve your physical health, stay fit and set yourself new goals. Lots of people enjoy running, as it helps them to reduce stress in their everyday lives. Every runner strives for different goals and is motivated by the diverse aspects of running. You can start running at any age and any fitness level:

- [Jogging and running for beginners](#): find out more about the benefits of running and jogging
- [Nordic Walking for beginners](#): keep fit with low-impact exercise
- [Trail running for beginners](#): set yourself new running goals

Setting yourself small training goals that you can work towards step by step will help keep you motivated. Depending on your fitness level, it may take four to eight weeks before you notice any big changes or results.

## Tip:

Depending on what type of exercise you would like to do to keep fit, it is a good idea to make sure you have the right clothes, shoes and fitness equipment. Sport retailers can advise you on running clothing, running shoes and, if necessary, any other sports equipment such as Nordic walking poles.

## How to get started



## Step 1: creating a training plan

Beginners should go on a run around two to three times a week. You should plan a rest day after each day you have trained so that your muscles have time to rest and regenerate.

Below you will find an example of a training plan for beginners:

- **Week 1:** Mon, Wed, Fri – 10 x 1 minute jog
- **Week 2:** Mon, Wed, Fri – 8 x 2 minute jog
- **Week 3 & 4:** Mon, Wed, Fri – 6 x 3 minute jog
- **Week 5 & 6:** Mon, Wed, Fri – 5 x 5 minute jog
- **Week 7:** Mon, Wed, Fri – 3 x 9 minute jog
- **Week 8:** Mon, Wed, Fri – 2 x 10 minute jog
- **Week 9:** Mon, Wed, Fri – 20 minute jog
- **Week 10:** Mon, Wed, Fri – 2 x 15 minute jog
- **Week 11 & 12:** Mon, Wed, Fri – 30 minute jog

In the following article you can find out more about how you can work towards your goals step by step: [Running goals and training plan for beginners](#)

## Tip:

Running coaches, sports orthopaedists or physiotherapists can help you to improve your running form and create your own individual training plan.

## How to get started



## Step 2: warm-up and cool-down

It is important to do a thorough warm-up before each training session and finish your training with a cool-down to prevent any injuries.

- For a 20 – 30 minute training session you should do a warm-up for about 10 to 15 minutes.
- Start with around 5 to 10 minutes of slow jogging to get your circulation going and warm up your leg muscles.
- Finish your warm-up with different exercises and stretches from the running ABC, for example, knee raises and heel raises.
- At the end of your workout, reduce your running pace to a relaxed jog and then switch to slow, steady walking.
- Finish off your cool-down with stretching exercises for your legs and core muscles to avoid any injuries and also to help your muscles regenerate.

In the following article you can find out more about stretching exercises and helpful tips on warm-ups: [Warm-up & cool-down exercises for runners](#)

### Tip:

It's best to start running on a flat surface. Training on non-surfaced routes such as a woodland paths are easier on your joints.

## How to get started



## Step 3: improving your running form

For beginners it is important to make sure that they have the correct running form. This includes maintaining an upright posture whilst running. Your shoulders should be relaxed and your arms should be loose. In addition, don't forget that the ball of your foot should hit the ground first whilst running.

The running ABC exercises will help you to train correctly ensuring you develop the right running form. They will also improve your coordination and mobility. You can find detailed descriptions of various running ABC exercises and other training tips in the following article: [Running for beginners](#)

For a stronger upper body and an upright running posture, it can also be beneficial to integrate muscle-building exercises into your training routine. You can find more useful tips and information on strength training for runners in the following article: [Strength training for runners](#).

## Running in cold and wet conditions



Even if it is cold and wet outside, with the right clothing and a pair of running shoes you can still keep training to make sure that you reach your goals. However, you should always adapt your training to the weather conditions. This would mean reducing the intensity of your training at low temperatures, warm up for longer and perform your cool-down in a warm place.

In autumn and winter, you should wear a couple of layers. The properties of the different layers ensure optimum heat and moisture regulation depending on the weather conditions. In the following article you can find more information on training and jogging in autumn and winter: [Jogging in autumn and winter](#)