



# **FROM NOTHING TO RUNNER**

YOUR BEST TIPS TO START RUNNING

# CONTENTS

Introduction	3
Clothes and Shoes – Setting Yourself Up for Comfort	4
Key Tips for Clothes:	5
Weather and Layering Tips:	6
Walk-Run Strategy – Starting Smart and Sustainable	7
Simple Home Strength Exercises for Injury Prevention	9
Bad weather doesn't exist—only badly dressed runners do.	11

# INTRODUCTION

Maybe you've thought about running but felt lost on **where to start**, like standing at the edge of a forest, unsure of the path. You might have laced up once and set out with the best intentions, only to feel out of breath too soon, defeated before the journey had even begun. It's easy to wonder if running is just too hard or if you're built for it at all.

The truth is running isn't about sprinting off from day one; it's about **finding a rhythm**, one gentle step at a time, building strength and confidence gradually. In these pages, I'll guide you through each step, from **finding the right gear to starting with a walk**-run approach that respects your pace and your progress. You'll discover how to make running sustainable, enjoyable, and aligned with your energy.

**Let's get started:**

## CLOTHES AND SHOES – SETTING YOURSELF UP FOR COMFORT

Choosing the right clothing and shoes is the foundation of an enjoyable running experience. Comfortable, functional gear doesn't need to be pricey—it just needs to feel good and support your individual needs.

### **KEY TIPS FOR SHOES:**

- **Fit and Support First:** The right fit and proper support are more important than looks or colours.
- **Size Matters:** Always go a size bigger to give your feet room, which helps avoid blisters.
- **Know Your Foot Type:** Are you neutral, or do you need stability? This determines the type of support you'll need.
- **Get Expert Advice:** If you're buying your first pair of running shoes, visit a special running store. They can analyze your feet and suggest the right shoes. Once you find the perfect fit, you can reorder the same model online in the future.

- **Orthotic Support:** Insoles can be your secret weapon for added support, but if you use orthotics, go for neutral shoes. Avoid doubling up on stability.
- **Match Shoes to Surface:** Road shoes work best on pavement, while trail shoes are designed for off-road adventures. Carbon-plated shoes are designed for racing and propulsion but can be risky for beginners—stick to supportive, stable shoes to start.
- **Pro Tip:** Replace your shoes every 500–800 km and consider rotating two pairs to reduce injury risks and improve longevity.

### **KEY TIPS FOR CLOTHES:**

A well-fitted sports bra is crucial – it boosts comfort and confidence and reduces chafing. Here's what to look for:

- **Comfort and Confidence:** A supportive bra helps reduce bouncing and discomfort, so you can focus on running, not on adjustments.
- **Injury Prevention:** It prevents strain on delicate breast tissue, which can help reduce back, neck, and shoulder pain.

○ *Personal Note:* During early motherhood and breastfeeding, I wore 2 to 3 sports bras at once to get the right support when my body was changing.

- **Chafing Reduction:** High-quality materials minimize skin irritation. Look for bras with flat seams, soft straps, and breathable fabric.
- **Finding the Right Fit:** The band should be snug but not too tight, and adjustable straps help distribute weight evenly without digging into your shoulders.

**Replacement and Care:** Like shoes, sports bras wear out. Replace yours as needed, especially when elasticity fades over time.

## **WEATHER AND LAYERING TIPS:**

- **Layering:** Dress slightly lighter than you think you need, especially if you're already running continuously. You'll warm up quickly.
- **2-3 Thin Layers:** Opt for light layers you can remove if needed. Cover your knees and wear higher socks in colder weather to protect your Achilles tendon and prevent injuries.

- **Rainy Weather:** A thin, water-resistant running jacket is your best friend—it absorbs wetness without weighing you down.
- **Reflective Gear and Head Torch:** If running in the dark, wear reflective clothing and a head torch. This keeps you visible and lights your path.

**Bonus Tip:** If possible, try to run in daylight. But if not, invest in reflective gear and a headlamp for safety.

**Takeaway:** Feeling good in what you wear will make each run more enjoyable and help you stay consistent.

## **WALK-RUN STRATEGY – STARTING SMART AND SUSTAINABLE**

The walk-run method is perfect for beginners to build endurance without risking burnout. It's a balanced, enjoyable way to ease into running while preventing injury and maintaining motivation.

## KEY TIPS:

- **Start with a 1:1 Ratio:** Begin with one minute of walking, one minute of running, and alternate. This approach helps your body adapt without strain.
- **Gradually Increase Running Intervals:** As you build endurance, you can add more running time..

*Example Progression:* If you're used to walking 10,000 steps daily, begin by alternating two of your weekly walks with walk-run sessions.

*Suggested Routine:* Start with a 10-minute walk (from slow to fast), then alternate 6 rounds of 1-minute run and 1-minute walk, finishing with an 8-minute medium-paced walk.



**Effort Level:** During the run, aim for a moderate effort (around 3-4 on a 1 to 10 scale). You should be able to hold a conversation - this is about pacing, not sprinting.

**Takeaway:** Starting slow with this method helps you avoid overdoing it, easing you into a steady, confident running routine.

## **SIMPLE HOME STRENGTH EXERCISES FOR INJURY PREVENTION**

Including strength exercises in your routine helps build a strong foundation, preventing injuries and supporting your running journey. These exercises are simple, don't require equipment, and can be done right at home.

## KEY TIPS:

- **Exercise Frequency:** Start with 1-2 sessions per week, 10–15 minutes each.
- **Controlled Movements:** Focus on proper form with slow, controlled movements.
- **Recommended Exercises:** Lunges, calf raises, core stabilizers, and glute activation are great basics to start with.

**Takeaway:** These simple exercises strengthen your body, making it more resilient for running.

# Remember, bad weather doesn't exist—only badly dressed runners do.

Whether you're just beginning or looking to restart your journey, each step forward is progress. Running is a journey that builds over time, just like the rhythm of each stride.

If you're ready to dive deeper, with real-time guidance, support, and a community of women sharing the journey, join me in the ***Dream Believe Achieve*** program. Together, we'll make running a joyful part of your life, surrounded by encouragement and a roadmap to keep you motivated and strong.

Here's to many beautiful runs ahead.

**Aya Sinay**