



Run4Life

Know the importance of running



Outcomes

An inactive lifestyle is associated with higher mortality, coronary artery disease, [hypertension](#) and [stroke](#). It is also a primary cause of most chronic diseases, as the body rapidly adapts to insufficient physical activity which results in substantially reduced quality of life.

Regular physical activity such as running can significantly improve [mental health](#), self-confidence, healthy ageing, and quality of life.

There are different types of running traings to prepare for races.

Type	Time Needed	Difficulty
Warm Up	10-30 minutes	easy
Hills	5-20 minutes	medium
Interval	20-40 minutes	medium
Distance	60+ minutes	hard
Fartlek	60+ minutes	hard