

# Running

## Habits

*By Jason Smith*



# Running Habits

## The Secret Health Benefits of Running

*By Jason Smith*

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# TABLE OF CONTENTS

## CHAPTERS

### [Chapter one](#)

Health benefits of running

### [Chapter two](#)

Leading psychological benefits of running

### [Chapter three](#)

The mental benefits of running

### [Chapter four](#)

The benefits of running for overweight people

### [Chapter five](#)

Women's running - It's never too late to  
enjoy the benefits of running

### [Chapter six](#)

Five important marathon running tips

### [Chapter seven](#)

Other running tips to keep in mind



# Chapter one

## Health benefits of running

Running is a great way to stay healthy and feeling great. There are many benefits to beginning and continuing a running program.

Running is good for a healthy heart. It strengthens the heart muscle and helps the blood and oxygen flow through the body. These two things are helpful in preventing heart attacks. Regular running may also help you control high blood pressure.

Running will help you to lower your cholesterol. Running increases the levels of HDL (good cholesterol) while lowering your LDL (bad cholesterol). This will help you to have less of a chance of having a stroke or heart attack.



Your lungs will be healthier. The correct breathing technique for runners is belly breathing - deep breaths coming from deep within the belly. This deep breathing forces your lungs to use more of their potential. And, as a side note for former smokers, running will help you to recover some of your lung

potential lost by smoking.

Running will help you to ward off osteoporosis as you get older. Weight bearing exercise (as running is) helps bones stay healthy and produce more bone cells. As you exercise the muscles and tendons pull away from the bone. But this is a good thing and it is what causes your body to produce more bone cells. This helps your bones to get strong and stay stronger.

Another health benefit of running is that it helps with your immune system. Runners seem to not have as many colds, allergies or menstrual discomfort as those who do not exercise. Studies have also found that long distance running can help you to have resistance to infections and certain cancers. A study that was done showed that 61% of recreational runners had fewer colds than they did before they started running.

Having a running program will also help you to have better sleep patterns. Runners seem to have less trouble falling asleep at night and sleep deeper than those who do not exercise. This will help you to perform better all day - not only in your running but in everything you do.

Running will boost your energy. Morning runners seem to have more energy throughout the day. I can attest to this. I run first thing in the morning - and it does help me with everything I have to do during a day.

If you don't already run, I hope that you will consider running. You can see all the benefits that you receive as you start and continue running. If you already run, then this validates the good that you are doing for yourself.

## **Popular health benefits of running**

The many health benefits of running had made this sport an all-time favorite among professional and non-professional runners. Its advantages, whether affecting the physical, mental or emotional aspects of our lives, all contribute to the overall well-being of any individual. Following is a list of the best gains that running gives.

Most of us know that exercising has a very good influence on our health. Of all exercises, running is one of the most common and most recommended ones for staying in shape and boosting our health.



Let's face it, how many of us can honestly say that when it comes to our overall health and fitness, that we take the best care ourselves that we possibly can? Not many of us I bet, which is why it's so important for us to change that and begin to take our health and fitness a great deal more seriously. When it comes to looking after ourselves, on paper, things are very straight forward. We simply have to eat less fatty, processed junk food, eat healthier foods, and do more exercise.

In the real world however, things are a lot more complicated. If it really was that easy, everybody would be walking around with a lean Six Pack and 32 inch waist. As far as exercise is concerned, specifically, fat busting, heart strengthening cardiovascular exercise, you simply cannot go wrong with running. Here are just some simple health benefits of running.

### **Flexible cardiovascular system**

Running is good for the heart. By making the heart pump at a maximum heartbeat rate, the heart muscles are strengthened and the blood vessels get a good stretch. Moreover, presence of high blood pressure is avoided.

### **Stronger bones**

Running is also a bone-building activity. This is one of the high-impact exercises that confronts the bone with stress in every step. Running on a regular basis stimulates the body to add mass to the bones. It is like a body's natural reaction to situation that may require the body for added support. This is a great way to oppose osteoporosis a famed bone-thinning disease that results from the rapid aging of the bones and muscles.

### **Healthy weight**

As you cover longer distances, your body's metabolism process increases. Thus, you get to digest food faster and burn the excess fats in your body. Besides the most common running benefits of losing weight, this is also an ideal way to maintain a person's body weight at a healthy level. This, of course, must be matched with the intake of proper calories through advisable food intake.

### **Weight control**

Most people start running because they want to control their body weight. You start losing weight when you burn more calories than you assimilate, thus making your body turn to the fat it has stored in order to compensate the energy deficit. Running is considered to be one of the most effective exercises when it comes to burning calories. In fact, a typical runner who takes running seriously can burn up to 500 calories in less than an hour.

### **Building up your bones and muscles**

There is a very strong connection between the development of our muscles, bones and effort. Muscles and bones will grow depending on the efforts required of them. By sitting at your desk all day, your bones and muscles will get weaker in time. A very good solving solution for this problem is running, because this exercise is highly demanding on your bones and muscles. Running will trigger bones to become more dense and will also help build muscle tone.

### **Heart and blood benefits**



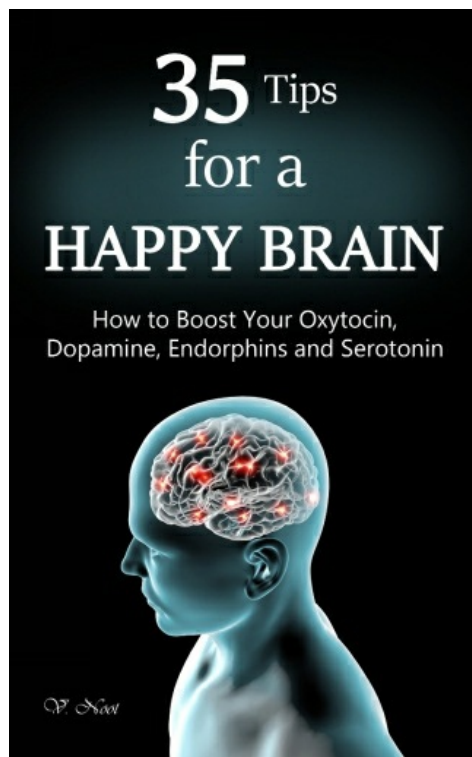
In response to running on a regular basis, your heart will be healthier and your blood pressure will be lower. Running also lowers your cholesterol level and reduces the risk of blood clots and heart attacks.

## **Improved moods**

Whether you consider it a sport or a hobby, dashing distances simply makes you feel good. It activates the happy hormones called endorphins as your body sweats. Studies show that a regular dose of endorphins can elevate overall mood and even ward off some forms of clinical depression. Try running when you are anxious or stressed out. You will notice that by the end of your run, you will feel relieved and happy. What's more, the good feelings associated with endorphins do not diminish over time and so you can feel happier in the day's to come. Some just consider this as the best of the health benefits of running.

I found this book about endorphins and happy hormones that I recommend. Check it out:

[Happy Brain by V. Noot](#)



## **Better self-esteem**

People who exercise by running have shown to be more confident in their own strengths. After constantly surpassing the limits of your own body, you will get stronger with every run and your self-esteem will build up. Results like losing weight, stronger muscles or better health in general, after maintaining a rigorous running exercise program, will also make you feel better about yourself.



Runners feel confident when they are able to finish a race. The level of their self-esteem increases more when they get to beat their personal bests and set another goal to reach. Perhaps, finishing a 5k marathon used to be difficult as you were starting, but now you can stand much longer runs.

## **Sense Of belongness**

This physical activity is also good for our emotional health. By participating in a marathon with a buddy or with a group of friends, your sense of belongness is developed. Expressing your feelings and thoughts while running with someone can help stabilize the negative emotions you might have. Setting goals with a running buddy may also be a great motivator for you to achieve more.

## **It's a great way to lose weight**

One of the main benefits of running that people are especially enthusiastic about, is the fact that it's such a great way to lose weight and get in shape. As far as frequency is concerned, generally, its recommended that a person run

between 3 - 5 times per week, every week, for a duration of around 40 - 60 minutes per session, assuming of course that they maintain a constant speed and intensity. For optimal fat losing results, combine regular running sessions with a healthy, low fat, balanced diet, and you should see results almost instantaneously.

### **Running makes you feel good**

Another of the great health benefits of running, is the fact that it actually makes you feel great afterwards. When we exercise, our brains release special 'happy' chemicals known as endorphins, which are the chemicals responsible for making us feel happy, confident and content. The more we exercise, the more of this chemical is secreted into our blood stream and transported around our body, and the better we feel.



### **Running is great for the heart**

As far as health benefits of running are concerned, arguably the most beneficial one of all is the fact that it's so great for the heart. Running is a great form of cardio vascular exercise, and cardio is actually derived from the Latin word for heart, so that alone should tell you just how great it is. Running helps strengthen the heart, which is after all a muscle, which helps it to pump more blood around the body. Running regularly has been proven to significantly reduce the likelihood of heart disease, a heart attack, a stroke, or high blood pressure from occurring.

### **Running can help to tone your muscles**

From an aesthetic standpoint, another of the key benefits of running regularly is the fact that it can tone your muscles. For a start, the more fat you lose as a result of running, the more defined and toned you'll look, but running also helps tone your muscles, especially your legs, as they have to work so hard during each and every workout.

### **Relieving stress**

It's a proven fact that running lowers stress level. Speed running can also release anger and frustrations and can calm you down. Running long distances can help you find solutions to your problems or, even better, can make you forget about them for awhile and clear your mind for a few moments. After a running session you'll feel better, be more optimist and have a better morale in general.

### **Slowing down the aging process**

As mentioned above, regular running exercises will make your bone and muscle structure stronger. Those who live a sedentary life will have a weaker skeleton and muscle loss, thus making them more susceptible to various diseases. Having strong bones and muscles becomes more important as you age and both will leave a mark on your looks.

### **Willpower**

Running is not easy. It can be a very painful experience, especially for newcomers and that is why most people drop it after a few runs and fall to their old habits. By surpassing that pain and the temptation to just stay comfortably in your house and postponing the running session for tomorrow, you earn the determination and willpower to succeed in other areas of your life.



### **Boost body immunity**

Running increases the number of lymphocytes, also known as white blood cells which are essential to your immune system. It also reduces the risk of diseases like breast cancer, osteoporosis and diabetes.

### **Better coordination**

Surprisingly enough, coordination does improve with running. Some people may be reluctant to acknowledge it, since it's such a simple sport, but running involves coordination especially on hard terrain with small obstacles like rocks and tree roots. Experienced runners who use trails as their route, learn how to avoid stumbling and tripping on such obstacles.

### **Sleep better**

How much and how well we sleep has a lot to say for our health. After an intense exercise like running, your body needs to recover and repair itself. It is vital that you don't overexert yourself as this will cause a lot of damage to your body. By keeping this in mind and exercising regularly you will feel more relaxed and you will sleep more soundly and profoundly. Runners usually fall asleep quicker and stay in a deep state of sleep longer than people who aren't very active.

The health benefits of running may be countless but there are disadvantages to watch out as well. Herewith, make it a practice to have professional consultation before engaging to any training program.



# Chapter two

## Leading psychological benefits of running

Other than the physical benefits of running, there are just as many or more of the psychological benefits as well. Running is one of the fundamental sports. In other words, you don't need anything to run. You don't need to join a running club or get in your car and drive to a gym. Running can start and finish at your front door. You don't have to run with a group. While it's nice to have a running partner, but you can run by yourself. You don't need any equipment to enjoy running. Of course it's nice to run with shoes and put on some shorts! Swimming is another fundamental sport.

Many folks like to run as a stress reliever. There's nothing like a five-miler after work to get rid of all the stresses of the day. Like fighting traffic and biting your cheek when a customer-is-always-right situation comes up! Anxiety is another one that is so often treated with medication. Any exercise is good for anxiety, but if you like to run; it'll do wonders for you.

One of the all-time leading psychological benefits of running is the runners high you get from endorphins. Everyone is different. The endorphins release at different times for different people. For some folks it happens around the two-mile marker. While others it's not until just after their run.

As briefly mentioned before, remarkable confidence comes from running. This is a sense in pride because you've joined the three percent group of all people. This is because ninety-seven percent of the world's population can't run over three miles. Confidence comes from the weight you lost from running. The leading psychological benefits of running know your clothes fit better and you can touch your toes once again! This is confidence.

If you or some of your friends have some addictions, running can help with that too. How do I mean? Let's say you smoke. But, running becomes your why. You won't be able to run the further distances until you quit smoking.

Another thing that will come about as you're able to run further is you don't get fatigued as much. Let's say you're moving some furniture with a non-runner friend. Your friend will say, "Man don't you ever sweat?" This is because you're getting more physically fit. "Don't you want to take a break?" "Not really, I'm not tired yet!"

Here's a hot one! Goals become more reachable and doable. Leading psychological benefits of running makes you hold true to yourself. If you say I'm going to train well enough to complete the upcoming 5K race in four weeks. You'll take the necessary measures to make this happen.

Another thing: If you like sports like soccer, American football, baseball, tennis, basketball, or volleyball, running will help you stay fit and perform better. I remember when I went running every other day, I was surprised how much better I was able to keep up when my friends were playing some “pick-up ball” basketball game, and my scoring and defense performance improved.

Mood buster, this is a good one if you're married or plan on becoming married soon. Stress still remains to be the number one killer of males in the United States. There's nothing any worse than to have a bad hair day at the office, then go home and take it out on your spouse. This is what you should do. Just as soon as you get home, get your running shoes on and hit the trails or roads! By the time you get home after running, your bad mood should be defused. Three to six miles should do it. Your spouse and kids will love you that much more!

Did I mention that staying in shape also increases both your sexual energy and your control over that energy? Well, it does. When I didn't have a sexual partner, running helped me control my urges and relieve the tension and stress in the right way and stay true to my Christian values.

Another psychological benefit you can get from running is relationship running. You might say, “What's he talking about?” Well, for some, running can be a time to share with your spouse, friends, family members and possibly finding your soul mate!

There are many psychological benefits to running. Here are a few of them:

### **Running improves your confidence**

The sense of accomplishment after finishing a run or completing a target distance boosts a runner's confidence.

### **Running fights addiction**

Running is conceived to be a natural tranquilizer, which is why many therapists recommend it to those that are battling addictions. There are many successful stories that tell about recovering patients use their time running that they would usually use to satisfy their addictions. Through running, patients also become mentally stronger to resist the urge of alcohol, drugs or anything they feel addicted to.

### **Running develops mental alertness and focus**

Because running keeps the mind on the "here and now", the mind is trained to focus and concentrate. A run also relieves mental fatigue, sharpens memory and improves overall mental stamina. Runners, in effect, are found to have better problem-solving skills and are more mentally alert than before.



### **Running relieves depression**

Running is found successful in treating clinical depression. The act of running, according to therapists, serves as psychotherapy, which gives the patients their own space to heal and connect with their selves better. They also say it is good distraction from all depressing things.

### **Running enhances coordination**

The coordination of mind and body is improved with regular running. Whether your run takes you over a flat, paved surface or on an uneven trail; the mind is trained to work in harmony with the body to prevent stumbling and tripping. Like the other psychological benefits of running, better mind-

body coordination is important in daily activities.

Running, in my opinion, is great for both your mind and your body. It keeps your "whole package" in shape.

# Chapter three

## The mental benefits of running

People who eat well and engage in regular exercise are usually happier than their non-healthy counterparts. Runners often feel more energy and creativity because they use running as their outlet for frustration and stress. There is plenty of time to think and come up with new ideas while engaging in a long run through the park.

Runners build confidence as they improve their stamina and reach their exercise goals. They set running targets and as they meet each, they have a sense of accomplishment. Surmounting each obstacle gives them an improved feeling of self-confidence. The new trim, muscular body that runners develop contributes to improving their self-image. The individual knows he or she will soon be turning heads all over town.

### Feel happy

Believe it or not, running really can help you to feel happy. As you exercise, and as mentioned before, there is a chemical reaction in your brain that releases endorphins into your blood stream. These provide a natural high making you feel happy and positive. This is the same reaction that occurs when you laugh, have sex or eat chocolate.



### Perseverance



There is a film called "The Loneliness of the long distance runner" and it encapsulates the determination and self discipline that is developed by runners who cover distances. These running skills (but especially these mental skills) help you to build perseverance which is important in life for dealing with difficult situations and circumstances where you might otherwise give up.

# Chapter four

## **The benefits of running for overweight people**

Technically, a person is considered to be overweight if they have a BMI of 25 to 30. If their BMI is over 30, then they are considered obese. If you are overweight, then you understand the impact that carrying extra weight has on your life. Being overweight can cause problems with sleep, work, romantic life, social life, and self esteem. It literally affects all aspects of life, and not in a positive way.

As always, in order to lose weight, you must exercise. Running is one of the best ways to lose weight because it jump starts the metabolism by burning fat. At least 30 minutes of running every day or ever other day is recommended for weight loss. It is important that you do not push yourself too hard in the beginning. Doing more than what you are able to recover from in a reasonable amount of time will only result in failure and quitting.

It will take a few weeks to build your metabolism, especially if you are new to running. A great benefit of running is that you can choose to do it outside or on a treadmill. To keep things interesting, you may want to alternate where you choose to run. One day you may want to run around your local neighborhood, then the track, and then on the treadmill at the gym. For someone who weighs about 160 pounds, running at a reasonable 5.0 mph burns about 116 calories per hour. Depending on what you weigh, numbers may vary.

The important thing is that you practice running at least three days per week if you are just starting out. Do not skip any scheduled days to run. It is when a person begins falling off schedule and skipping workouts that they start to put the pounds back on. The key to losing weight is to burn more calories than you consume on a daily basis. Exercising is great, but if you really want to lose weight, you are going to have to cut down on eating.

As long as you are running for about 30 minutes per day, you are going to be burning fat. To lose weight, people generally need to cut out about 500 calories of their daily caloric intake. It is important that no matter how overweight you are that you do not eat any less than 1,200 calories. Our bodies' need food to survive, even if they are overweight. Your body will

need energy to run, and that energy must come from food.

Whatever you do, stay away from fad diets and diet pills. Each of these will ruin your chances of achieving permanent weight loss. They will also lower your metabolism and harm your body. For best results, you should focus on making small changes to your diet in addition to your running routine. Cut out sodas, cut down on sweets, and start keeping track of your calories. Try not to let your meals go over 200 to 250 calories each. It is best if you eat every three to four hours to keep your energy levels in check. In only a few short months, you should be at the weight you desire.

# Chapter five

## **Women's running - It's never too late to enjoy the benefits of running**

If you've ever seen a road race - a 5K, 10K, half marathon or even a marathon - you have seen the 70-year-olds passing the 20-somethings.

Running is truly a lifelong sport. And, more women over 40 are taking up running and continuing on into their 50s, 60s, and 70s. In fact, one of the fastest growing group of runners is women over 40. What are the benefits of running?

Increased strength

Stamina and energy

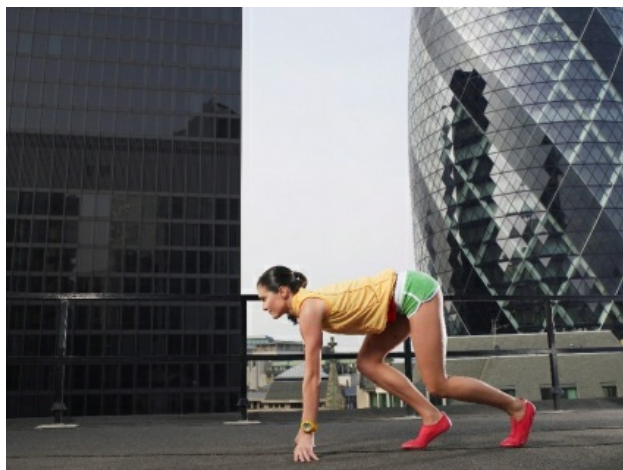
Agility

Stronger bones

Lower risk of heart disease

Improved weight control

Once you reach 40, you're in a whole new class of runners: the "masters." Whether you're just starting or have many years of running, joining the masters age group often requires a different approach to training.



## **Here are a few tips for running after 40 years old**

### **Allow more recovery time**

It is a fact that exercise slows aging, but masters runners also need a little more time to recover after a hard or long workout. Adding cross training between runs can provide active recovery and also target other muscle groups, thus increasing your fitness.

### **Get regular massages**

Regular for you can mean once every month or every other month. If nothing else, it will be a nice stress reliever.

### **Build strength**

Around 40, you should add strength training to your exercise program as it helps counter the natural increase in body fat and the potential decrease in bone strength. It builds muscle mass, which burns more calories than fat because it helps increase your metabolism.

### **Set goals**

You don't have to set a racing goal, but having a goal helps you stick with your plan, it keeps you motivated.

## **Top 11 tips for running women over 40 years old**

Many of these women's running tips can apply to all runners, but they definitely take on a new perspective as the years go on and they get older, wiser, and perhaps, faster...

### **Training Tips:**

1. Adding Miles: SLOWLY! Use the 10% rule. Add no more than 10% increase of the mileage each week.



2. Warmup: As we get older, the body needs time to get going and giving it that time will help avoid injuries.
3. Cross-Training: Is a must for any runner, but as you age the relationship between cross-training and running becomes even more important.
4. Strength Training: There is a lot of information out there on lifting weights and strength training, but being careful to start this in the "right" way is important as we get older.
5. Stretching/Yoga: Another must for the aging runner (and this has certainly been debated by many). Dara Torres proved this in her Olympic effort that stunned us all. She adhered to a strict resistance stretching regime.
6. Rest: This is one of the most important parts of training. If you don't get enough rest, your body begins to break down. Listen (very closely) to your body.
7. Set a Goal: Having a goal or a race to strive for makes the training have a purpose and keep you focused.
8. Training Programs: A little planning goes a long way. If possible, try to plan your training to run more often on softer surfaces like trails, dirt roads, grassy parks, or even the track.
9. The Track: Most marathon training programs will include track work as it helps develop the fast twitch muscles to build speed and lung power during a race...getting older does not mean getting less competitive.
10. Running with Music: Running with music can help in motivation and provide a needed distraction. I have also learned about the importance of BPM (beats per minute) and ensuring that if you are listening to a song, be sure it is not too slow and unconsciously slowing your pace.
11. Weight/BMI: It seems that fast marathoners have a low Body Mass Index (BMI). Marathon Guide has a quick tool to calculate your BMI. Knowing yours can help to find the "right" BMI for your best running performance.

# Chapter six

## Five important marathon running tips

Wanting to cover the incredible 26.2 miles? Then you need some marathon running tips. Running a marathon is quite a feat, but the main work is in the training and preparation. Marathon running is often compared to having a baby. The delivery itself is what many people talk about, but the nine months before that count just as much, maybe even more so! Any runner, new or experienced can use some marathon training tips to make sure that the road to the Big Race is the most efficient and effective possible.

### **Tip 1: Mileage ahead of speed**

Training for a marathon means lots of running. But before you get fast, you need to be able to build that all important base. So do not even attempt speed work unless you are well experienced. As a new runner you are much better off focusing on easy running. That should be the core of your training. You first need to be able to cover the distance. Only then are you ready for bigger and better things (i.e. speed). So, make sure you get the mileage in before you do anything else.

### **Tip 2: Long runs**

One crucial ingredient of your marathon running preparation is the long run. The general rule of thumb is that you do about five or six runs of twenty miles in your training. This is crucial in teaching your body to improve its fuel burning processes and to lengthen the time you can run on easy carbohydrates. When you run out of carbohydrates, your body needs to move on to burning fat which is a lot tougher. This is the moment you will feel that you are running on empty or, as they say, the "man with the hammer" comes to visit.

Now, newer training methods suggest that the long run is not as important as traditionally believed. And it is true, if you would do only 40 miles per week, and so your long run would be 50% of your weekly mileage, then that long run becomes incredibly tough on the body. When you are on low weekly

mileage you may in fact be better off not doing the long runs of 20 miles, but to make them slightly shorter, e.g. 16 miles. But that would then mean that you would have to do more middle-long runs or higher intensity long runs to make up for this.

### **Tip 3: Middle - long runs**

Your marathon performance will benefit tremendously of a second long run, shorter than the longest run. Your body needs to build up that exposure to longer runs. So try to fit in as many runs over 90 minutes as you can handle and can fit in. Practice runs over 90 minutes will help your body change its fuel burning processes.



### **Tip 4: Taper**

To be optimally prepared for race day, you should taper. After all, marathon training will make you very tired. If you want fresh legs, cut back your training load in the last three weeks before the race. Also make sure your last 20-miler is at least three weeks before the race.

If for some reason your schedule gets muddled up, do not give in to the temptation to run your 20-miler the next weekend, i.e. two weeks ahead of the race. It is far better to start the race with fresh legs, even though a little

underprepared, than to start with tired legs.

Your main marathon training is done 1 - 6 months out from race day. So do not try to increase your mileage at the last minute in the weeks before the marathon. It may give you some extra confidence that you have done what you needed to do in training, but in fact it will back-fire because you will simply be tired when you do your race.

### **Tip 5: Be clever with food**

Because marathon training is so tough, you need to make sure you eat well. Make sure you get in enough carbs. This is your fuel. In the week before the race you will want to hydrate well and take in more than your usual amount of carbohydrates. But don't stuff yourself. You want to have plenty of energy, but not feel sluggish.

Also keep in mind that you will need to re-fuel during the race. You should know exactly what you are eating and when. And you need to try in training everything you want to eat before and during the marathon. Whether it is bars, gels, sports drinks or "real food". When you get stomach cramps during your marathon because you are eating something that you have never tried during running before, there is nobody to blame but yourself. So make sure you are well prepared in everything having to do with your marathon, including your food intake!

The marathon is an amazing event, with a great attraction to the young and old, the fit and unfit. Whether you are an elite runner or a beginner, the marathon will take it all out of you. So make sure you are optimally prepared with the marathon running tips above and combine these with a positive attitude. You must believe in yourself and know that you can accomplish great things, such that when the going gets tough in those last few miles, you keep on going!

# Chapter seven

## Other running tips to keep in mind

### **Motivate your running with disassociation**

Experienced runners who want to run faster must associate with the process of running, according to some. This is one of the most effective running tips to focus on breathing, posture and feelings during the running process. They monitor signals from every part of their body, which in turn allows them to run their hardest.

However according to Coach David Virtue, association isn't the best approach for beginning runners. When beginner runners associate, they usually experience thoughts that tell them to stop running because it hurts their bodies and it isn't fun. It will draw their attention to reasons why they can't succeed at running. If they associate too much when they run, they will focus too much on negative input such as breathing difficulties, fatigue, slowness and clumsiness, or pain in their legs.

To better succeed and gain more experience at running, beginner runners need to disassociate - to use their minds to override the negative feelings and concentrate on different, more positive thoughts instead.

John Martin Ph.D., a psychologist at San Diego State University, conducted an experiment where one group of beginning runners concentrated on how their body felt while running, while another group paid more attention to external thoughts and images. He discovered that the second group showed better attendance at the weekly schedule training sessions, and they continue to train longer after the sessions ended. His results indicate that disassociation is the most effective strategy for motivating new runners.

To practice disassociation when you are running, pretend that everything you hear and see is playing on a big DVD that you're watching at home. Pay attention to interesting and appealing sights and sounds - pretty flowers, unusual cars, beautiful landscapes - and let them flow through your mind. If you are running with other people, you can mentally latch onto the other runners and notice their clothes or running styles or shoes. This is also a reason why simply playing sports such as soccer or basketball is a good way to be totally focused on the game instead of what your body is experiencing.



You care more about the points and the rules of the game, the ball, the goal or basket, etc. Sometimes, when I play basketball, I hardly notice that I am running. I simply do it to get to the other side of the court, but I am not consciously thinking about it.

The technique of disassociation is one of the best running tips to help you open your mind to your surroundings. It helps beginners to dwell less on the negative stimuli they are experiencing and focus more on the positive aspects of the experience. This technique also works for experienced runners who wish to relax, slow down, and run for a longer period of time.

At first, you may find it helpful to verbalize what you have just noticed. After a while though, you'll find that your mind takes over by itself and starts to feed you interesting scenes from the environment around you. The process will begin to happen automatically. And the beauty of these disassociative thoughts is that they will help you to really notice and appreciate the beauty of running.

### **Running tips for consistency**

One great thing you can do for yourself is to exercise more. According to scientific studies, consistent exercise will reduce your risk of heart disease. It will also reduce your stress level and make you happier. There are many different ways that you can get such benefits. If you don't like machines or going to the gym, you're going to need some running tips.

### **Nutrition**

Without proper nutritional balance, the body cannot grow to its full fitness potential. To get the most out of your running sessions, you should eat 2000-2500 calories a day. In addition, it's wise to eat all whole foods. So you would replace junk food with fresh fruit, and white bread with whole grains or potatoes. Make sure you are getting complete proteins as well. Hydration is equally as important. Take a water bottle with you whenever you run to stay in the zone.

### **Motivation**

If you want to keep at it over the long run, you must maintain your motivation. You can do this very effectively by setting reasonable goals and meeting them. Make sure to cover the short term goals as well as long term and medium term. As soon as you reach a goal, reward yourself. But only do this in a healthy way. For example, a pat on the back instead of sugary food.

## Networking

Another awesome tool for jogging is to get a support group. You could do this by finding a local running club, or just bringing together some friends. Then you can have regular meetings and exchange mile running tips. You can poke and prod each other to stay in the course and make bigger and bigger goals. If you plan on distance running in the future, you can even get great marathon running tips from more experienced joggers.

## Accountability

The two traits that are essential to your success in running are accountability and flexibility. You can create better results by using a journal. You simply write down what you did, and how it worked. Then you can find out what works and what doesn't. Another way is to simply put your running exercises in an Excel table and check the boxes when you've done an exercise.

## Running tips - How to avoid falling while running

It's something that you really won't find talked about very much in running books and in running articles - but it's something that has probably happened to every runner at least once. You're running along, feeling great - then all at once you're on the ground. It doesn't matter how much pain you're in, the only thing you can think about is getting up quickly and making sure no one saw you. Or, at least they will think that you're alright so that no one will stop.

Oh, and don't feel stupid. It even happens to pros. Just watch "Cool Runnings."

There are several reasons that a runner may fall during a run. Here are a few of them and how you can prevent falling.

Make sure that you are paying attention to where you are running. This is usually the biggest reason for falls. The pavement is smooth and then all at once there's a bump sticking up that you don't see. You trip on it - and down you go. This can also happen with tree roots, broken pavement, debris in the road, etc. So, make sure that you are watching the road about 20 feet ahead of you at all times. Don't just keep watching your feet while you run. You'll miss what's coming up - plus it's bad running posture.

Also watch when the roads are wet. If it's been hot and then rained, the pavement will be slicker than usual. Wet leaves are also extremely slick and can cause you to slip.

Watch out running on downhills. Many runners pick up so much speed when they are running down hills, that they sometimes lose control and can go for a tumble. You can avoid this by watching out on the downhills that you keep your speed under control and this will also help you with your footing. I have literally seen this happen to a girl. She kept running downhill and was unable to stop after a while. The end result was a nasty wound after a painful fall. If you're going too fast, slow down.

This sounds simple - but it can happen: Runners trip over their own shoe strings. Make sure that when you start out on your runs that your shoes are tightly tied.

Another thing that can help is to double-knot your shoelaces. It keeps the shoes tied, plus the double knot will keep your shoes from loosening up and getting uncomfortable (or even not as supportive).

Sometimes someone falls on the road. But, hopefully following these tips will keep you upright on your runs.



## **Running tips - How to avoid injuries**

Most runners suffer from injuries related to their sport at one time or another. However, many of these injuries could easily be prevented by being aware of the causes and by taking the precautions outlined below.

The main causes of running injuries are:

Overuse from training too hard

Biomechanical problems in our running stride

Running in worn out shoes

Running too hard on hills

Failure to recognize early symptoms

Let's look at each one in more detail.

### **Training too hard**

This is one of the most common reasons that runners (beginners and experienced alike) get injured. You have to find a level of training that works

for you personally. For example, if you go out with the local running club but feel you are struggling to keep up with the other runners, it's best to pull back and go at your own pace until you are stronger. If you are following a training program, increase your total weekly mileage slowly by 10% each week. Increasing your mileage too rapidly is another very common cause of injuries.

### Foot strike problems

Very few of us have a perfectly balanced stride when we run. We tend to roll the foot either too much inwards (Called over-pronation) or not enough (under-pronation). Over-pronators are usually more likely to suffer an injury. If you are in this category you need to be wearing motion control running shoes. Visit your local running store for more information and advice about the right shoe for you.

### Worn out shoes

In spite of the relatively high price we pay for a pair of running shoes they don't last long as we think they should. The recommended mileage before replacing them is 500 miles or less. If you ran on average 20 miles per week this means you'd need a new pair every six months. However a lot depends on other factors like your weight and the running terrain. If you are fairly light (145 lbs, 5'9") and you run on trails most of the time then you may extend the life of your shoes somewhat.

It's important though to check the age and wear and tear of your shoes. If you have any doubts - get a new pair!

### Hill work

Running hills is a great way to get in shape. It's also a great way to get injured! You have to be well prepared and strong before you undertake a lot of hill running. If you go too hard uphill without doing the necessary training you can suffer from Achilles heel problems or sore hamstrings. Running downhill is just as bad, your knees take a pounding and your quadriceps are often sore the day after. A good way to help prepare for running hills is to do strength training for your legs at the gym. Leg curls will firm up your quads, which help a lot for both uphill and downhill running

## Early warnings

Your body doesn't normally go from healthy to injured overnight. It's up to you to monitor the various aches and pains you feel while you are running, or the day after. Most of the time this will not amount to anything and your body will recover normally. If you notice a slight pain that has happened before or it comes and goes, this is something you should look after before it gets worse. Apply an ice pack to the affected muscle after your run. You can also ease back on your running pace for a while and introduce walking breaks during your run. Many injuries can be prevented by following these simple techniques.

If you track your progress in a daily running log, you should note the date when you purchase new shoes. Also write in any discomfort you experience on your runs, so you have a record to look back on. This can help a lot if you are trying to find out when a specific injury might have appeared.

### **Recommended: Get the Audio book!**

I hired professional narrators who make this book come to life. Benefits of audio books are, among others: You can do other things while you listen, you can listen together with another person, it can go faster, and it takes less effort.

This is the link for the audio version of this book: <https://www.audible.com/pd/B074W788C2>



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I take reviews seriously and always look at them. This way, you are helping me provide you better content that you will LOVE in the future. A review doesn't have to be long, just one or two sentences and a number of stars you find appropriate (hopefully 5 of course).

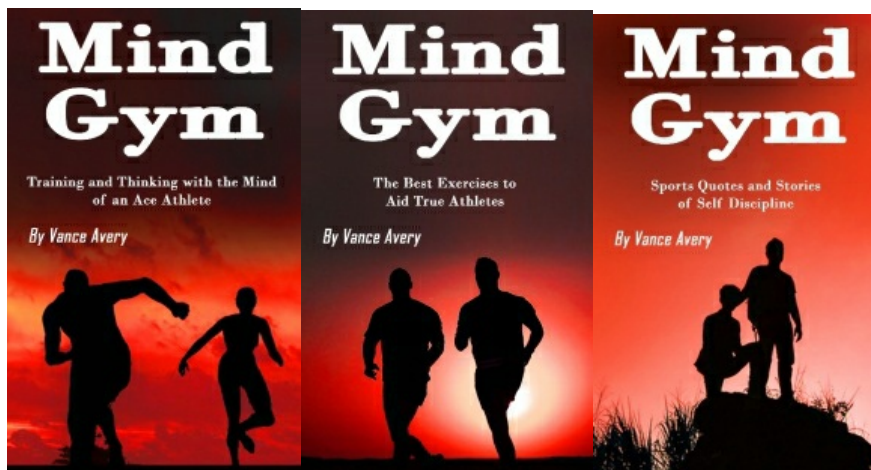
Also, if I think your review is useful, I will mark it as "helpful." This will help you become more known on Amazon as a decent reviewer, and will ensure that more authors will contact you with free e-books in the future. This is how we can help each other.

Take a look at these other books too:

[Mind Gym: Training and Thinking with the Mind of an Ace Athlete](#)

[Mind Gym: The Best Exercises to Aid True Athletes](#)

[Mind Gym: Sports Quotes and Stories of Self Discipline](#)



Here is an excerpt of the first book: [Mind Gym: Training and Thinking with the Mind of an Ace Athlete](#)

**Ace Athletes Must Be "Fathered"**

Having a coach to guide and train you through competitions is of course a piece of the method to achieve success, but it is not enough to become an Ace athlete. You will need someone who is capable and invested in coaching you to a full mastery of the game. Ideally, this person will be a former or current athlete in your chosen sport, fathered at one point in time themselves by an influential player.

This “father” will be like a battle-hardened master, armed himself with a vast wealth of knowledge and experience in his field. He is not simply “good” or even “great” at the sport, he is the quintessential athlete and coach, both on and off the field. He has participated in his sport so often over his lifetime that he intimately knows every inch of the arena, the field, and his equipment, making him a most valuable asset for the athlete in training. He knows precisely what it means to be on the field, directly where the action is taking place. He understands from his experience that every event is live; that *anything* can, and *will*, happen and no pattern or formula can completely prepare you for the split-second decision making a successful Ace athlete must learn to do.

This is decidedly where training with a true master of the sport will be so crucial to the budding athlete: understanding the game and your opponent’s mindset in such detail that you can begin to predict their next move- before they are even aware of it themselves! Learning to anticipate the split-second judgement of others during a high intensity competition is an invaluable skill in the realm of athletics, and achieving a true mastery can only be expected with the experience and guidance a high-quality coach will provide.

So, where do you find such a coach? Someone who will not stop at merely coaching you to win a game, or a tournament, or even a season but who will become personally invested in you-their prodigy. Most people envision a coach as a high school physical education teacher or perhaps someone who used to play a sport recreationally in the past. While both options can provide some valuable insight into the sport, it is not uncommon for them to become a hindrance to a trainee’s success. Neither of these examples are true masters of their sport, and their knowledge, however correct and precise it may be, tends to be strictly by-the-book and limited to the tangible.

They can help you achieve proper form, or understand the details of the game but oftentimes they lack the experience to guide you in becoming instantly adaptable during any game-day situation. With his deluge of knowledge and experience, this father trainer patiently develops his prodigies to perpetuate his own calling even after he is gone by becoming fathers themselves and passing down their learned knowledge to new prospects in the game. True champions are sculpted and developed through the transfer of wisdom and skills from coach to trainee and not by undirected talent no matter how great.





You cannot expect to train yourself, or by yourself, and rise to the level of champion. Likewise, you cannot expect to be trained by an amateur, or by anyone other than a champion themselves and still reach this goal. You must draw on the knowledge and experience that can only be gathered from someone who has been in the position before, has the correct knowledge, made the right choices and clawed their way to the top. This person is akin to your lighthouse on the shore of a dark, turbulent sea; pointing you in the direction for success and warning you of the dangers and mistakes that can be so easily made.

It is imperative that on your journey to becoming a champion you fully understand the distinction between a competitor or a player, and someone who is a true Ace athlete. The person who used to play a sport may have interesting stories and even some advice that he has picked up during his years of mostly self-taught study. He may read books about his sport, or maybe has won awards over the years for his participation. Conversely, an Ace athlete is like a son. He has been fathered by a champion who instills in him a complete and exhaustive comprehension of the game, the mindset needed to win, and a dedication to the lifestyle. He is not only being taught how to win, but is also being prepared to teach others one day. While a player points to worn trophies and medals as evidence of his importance and success, a true champion points to his network of mentors and trainees to prove his worth. An Ace athlete not only rightfully claims to *be* a champion, but lives to *develop* champions as well.

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