

The Hill Life

Running is not for the faint of heart. But barring any medical restrictions that eliminate you from strenuous exercise...literally anyone can become a runner. If you can get past the intimidation of that first "hill" when you begin running, you'll find yourself chasing after all the other hills and what they can offer.



Get Your Breath Right

Many people find it hard to get past the initial discomfort of running. This is because you are conditioning your body to make a more balanced exchange of muscular energy and oxygen intake. If you are not taking in enough oxygen or exhaling enough carbon dioxide, the build up causes breathlessness, which triggers our flight or fight response, and increases our anxiety. We literally PANIC. But learning to regulate this response will not only make your running life more enjoyable, it's also good practice in general for regulating our stress response.



Get the Right Gear

Running does not require a lot of equipment, but the one thing you'll want to invest in is a good pair of shoes. They don't have to be fancy, they just have to be supportive and comfortable. If you try to run in worn down shoes or shoes that don't fit right or aren't made for running, you are creating barriers for yourself that simple are unnecessary. Brooks Running Shoes website has a short online quiz you can take to try and determine the right kind of shoe for your style of running.



Get the Right Pace

A marathoner is not made overnight. No matter what your end goal might be, everyone can start with an initial goal of running one mile everyday. If you need to start with taking walking increments, do it, but complete the mile. You will find, over time, this task will get easier and easier and will boost your confidence for increasing your goals by speed or distance or both. But, again, you will create unnecessary barriers for yourself if you come out of the gate full speed. Take it slow, build your strength, learn where your comfort zones are, and capitalize on those.

