

Hey, I'm Matt. I'm a Personal Trainer at the GymGroup in Edinburgh. I love strength training and running, and I would like to share with you 5 tips that will help you start your running journey and 10 top tips to build endurance. These exact tips have helped me run 93 km Ultra from Glasgow to Edinburgh last October, with a smile on my face.



5 tips to get started

1. Slow and steady. Depending on your level, start walking and running. For example 1 minute of a walk followed by 2 minutes of running. It will help your body adapt without risking injury.
2. Wear the right shoes. Get fitted for proper running shoes at a specialty store, a lot of them do it for free. Good shoes protect your joints and make running more comfortable.
3. Set small goals. Aim for something achievable, like running non-stop for 10 minutes or completing your first 5K. Progress will motivate you.
4. Plan and track your runs. It has been proven over and over again that writing something down increases chances of doing it. So plan your runs and stick to your plan. Seeing how far you've come keeps you motivated.
5. Stay consistent. Commit to your plan even on days when it feels tough. Regular running builds habits and leads to results.

Remember that there isn't a magic pill – you have to get out and do the work. So go after it!



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10 top tips for building endurance as a runner

1. Build mileage gradually. Increase your weekly running distance by no more than 10%. It prevents overtraining and helps your body adjust.
2. Add a long run weekly. Dedicate one day a week to a slower, longer run. Gradually increase the distance by about 1 mile each week.
3. Include intervals. Alternate between short, fast bursts of running and slow recovery jogs. This improves stamina and speed.
4. Master your breathing. Use deep belly breathing instead of shallow chest breathing.
5. Do strength training. Focus on exercises like squats, lunges, and planks to make your muscles stronger and improve running efficiency.
6. Find a running group. Running with others can motivate you, make workouts fun, and help push you through challenges.
7. Follow a training plan. Use a structured plan, like a marathon or endurance program, to build up your mileage progressively.
8. Listen to your body. If you feel tired or in pain, take a rest day or adjust your pace. Recovery is just as important as training.
9. Train your mind. Stay mentally tough by setting small milestones during long runs and using positive self-talk to push through fatigue.
10. Recover properly. Stretch after runs and prioritize quality sleep to allow your body to heal and get stronger.



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