Find your running shoes and hit the door now. Join OCHA runners around the world.

Don't forget stretches & warm-ups!

Visit your medical doctor

1. Know the right form.
2. Don’t start off too big
3. Maintain motivation
4. Take it outside
5. Build confidence

Running happily and within your comfort zone creates a momentum that fuels motivation to continue to run consistently.

Take baby steps. If you just started running, start with a 3km short walk and you can improve to 3km run the following week. Start small and work your way up.

Try running outdoors if security allows in your duty station. Running outdoor is more exciting, you can try different tracks, paths and stadiums.

As you build your running fitness and skill level, with every mile you gain a sense of confidence from the familiarity of the routine you’ve created. This doesn’t happen overnight—confidence grows from the habit of running and from the many minutes you invest along the way.

There are many types of runners, find out which routine suits you. Whether you are a slow long-distance runner or a fast paced short-distance runner. Whether you like running indoor on a treadmill or outdoor in parks. Get to know your body.

ways to learn to love running:

Whether you are a runner or jogger, at one point, you must start off somewhere, right?

Running shoes
Water bottle
Track suits and shirt
Running socks

Running Gear and Accessories:

Any track suits, shorts, shirts and singlets would do. Invest in a good pair of running shoes. Choose anti-blister, breathable socks that will keep your feet dry.

Don’t forget water to avoid dehydration.

You need the right equipment for your running activity. Consider spending some money to buy these useful items listed below:

Power snack before running:

Morning Runners

You do not need to worry too much. Have a small snack about 30 minutes before you head out for a run.

In appeal the hunter you have to run, the fatter back your snack should be so this time thresholded. Likewise, the larger the meal or snack, the longer you’ll have to push back from your closest pre-run eating time.

Peanut Butter, Banana, Oatmeal, Yogourt

Best warm-up & cool down exercises

Warm-up:

Forward march
Knee hugs
 Toe & extend to spine
Forward lunges
Deep Breathing
Walk briskly for 5–10 mins

Cool-down:

Deep Breathing
Walk briskly
Drink some water

SOURCES:

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http://greatist.com/fitness/ultimate-runners-guide-infographic
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Adidas
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Running Apps

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