

FROM ZERO TO RUNNER:

THE NO-NONSENSE BEGINNER'S GUIDE



runwithrachel.co.uk

WELCOME TO YOUR
RUNNING JOURNEY



**HEY YOU! YES, YOU - THE ONE WONDERING
IF RUNNING IS REALLY FOR YOU. I GET IT.**

A few years ago, I was in your shoes, convinced I wasn't "a runner."
Fast forward, and I've now run 15+ marathons, tackled crazy endurance events,
and even raced a steam train (yes, really!).

I started from scratch. No running experience. Just a goal and a bit of determination.
And you can do it too! This guide is here to help you get started, stay motivated,
and, most importantly - enjoy the process. Let's do this!

WHY RUNNING IS FOR YOU

You don't need to be fast. You don't need fancy gear.
You just need a pair of trainers and a bit of curiosity!



Running is:

GREAT FOR YOUR MIND

It's a stress-buster like no other.

AMAZING FOR YOUR CONFIDENCE

Running solo teaches you independence and resilience.

TOTALLY FLEXIBLE

No gym memberships or schedules, just you and the great outdoors

Oh, and forget the myth that you need to be "fit" first.

RUNNING MAKES YOU FIT.

You don't wait until you're strong to lift weights, right?
Same thing!

YOUR 6 WEEK BEGINNER RUNNING PLAN

Weeks 1-2: THE WALK/RUN PHASE

- Run for 30 seconds, walk for 2 minutes. Repeat 10 times.
- 3 runs per week.

Weeks 3-4: BUILD STAMINA

- Run for 1 minute, walk for 1 minute. Repeat 10 times.
- 3 runs per week.

Weeks 5-6: BECOMING A RUNNER

- Run for 3 minutes, walk for 1 minute. Repeat 5 times.
- Gradually increase to 5K without stopping!

Tip: **Go at your own pace!** If you need an extra week on any phase, take it.

COMMON RUNNING MISTAKES AND HOW TO AVOID THEM



DOING TOO MUCH TOO SOON

Build up slowly to avoid injury!

WORRYING ABOUT SPEED

There's no such thing as "too slow".

SKIPPING WARM-UPS & COOL-DOWNS

A few minutes of stretching = happy legs!

COMPARING YOURSELF TO OTHERS

Run your run, not someone else's.

WHAT TO WEAR AND MUST HAVE GEAR



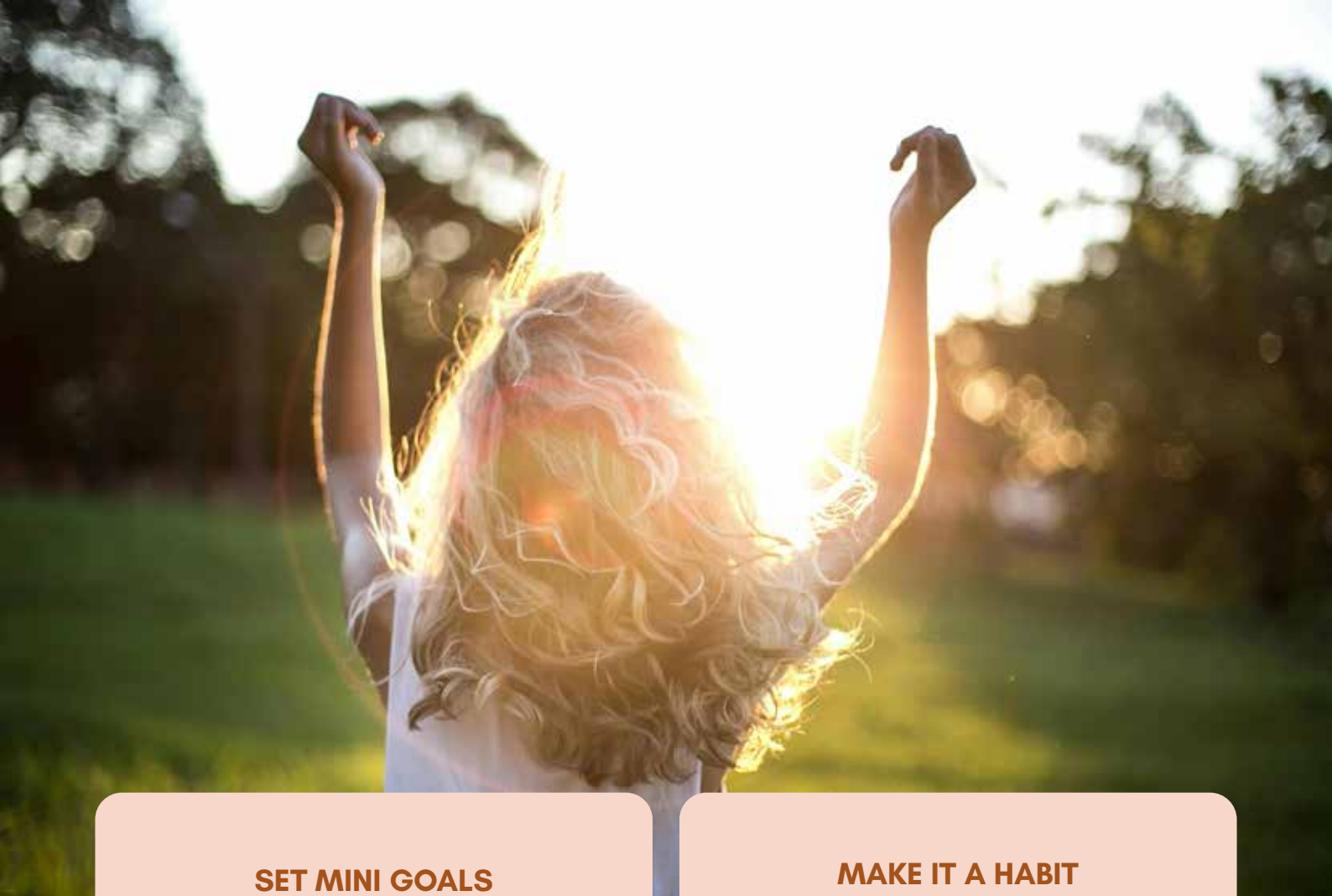
- **SHOES**
Get fitted at a running store if you can!
- **CLOTHING**
Anything comfy & breathable.
- **SPORTS BRA**
Trust me - a decent bra is important
- **EXTRAS**
A good playlist makes runs fly by!



FANCY GEAR ISN'T
ESSENTIAL, BUT
GOOD RUNNING
SHOES MAKE ALL
THE DIFFERENCE.

Check out outlet shops or
head over to Vinted for
some great bargains!

STAYING MOTIVATED



SET MINI GOALS

Aim for consistency, not perfection.

MAKE IT A HABIT

Schedule your runs like appointments.

FIND YOUR WHY

Whether it's fitness, mental clarity, or proving to yourself you can.

CELEBRATE WINS

Whether it's an extra minute of running or simply showing up on tough days!

And remember, every runner started where you are now.
Keep going, and future you will thank you!

WHAT'S NEXT?



Ready to start? Step outside and take that first run – you've got this!

WANT MORE TIPS, TRAINING PLANS, AND MOTIVATION?

Join my newsletter and let's keep this journey going together!
Follow me on Instagram for daily running inspo @RunWithRachel
or check out my beginner guides on runwithrachel.co.uk