Hate Running and You Can Too: An Ex-Non-Runner's Guide to Getting Started


Do you despise running? Do you avoid it at all costs? If so, you're not alone. Millions of people hate running. But what if I told you that you can actually learn to love running? In this article, I'll share my personal journey from hating running to loving it. I'll also provide you with some tips on how to get started if you're a complete beginner.

I Hate Running and You Can Too: How to Get Started, Keep Going, and Make Sense of an Irrational Passion

by Brendan Leonard

★★★★☆   4.7 out of 5
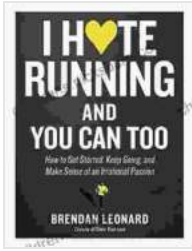
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My Journey from Hating Running to Loving It

I used to be one of those people who hated running. I thought it was boring, painful, and a waste of time. I would do anything to avoid it. But then one day, I decided to give it a try. I started out by running for just a few minutes each day. And gradually, I started to increase my distance and duration. To my surprise, I started to enjoy it! I found that running was a great way to relieve stress, clear my head, and get some exercise. I also started to see improvements in my physical and mental health.

If you're thinking about starting to run, but you're not sure where to start, here are a few tips:

- **Start slowly.** Don't try to do too much too soon. Start out by running for just a few minutes each day. And gradually increase your distance and duration as you get stronger.

- **Find a running buddy.** Running with a friend can make it more fun and motivating. Plus, you can hold each other accountable.

- **Listen to music or podcasts while you run.** This can help to keep you entertained and distracted from the effort.

- **Set realistic goals.** Don't expect to become a marathon runner overnight. Just focus on making progress each day.

- **Reward yourself.** When you reach a goal, reward yourself with something you enjoy. This will help you to stay motivated.

Benefits of Running

There are many benefits to running, including:

- **Improved cardiovascular health.** Running is a great way to improve your heart health. It can help to lower your blood pressure, reduce your cholesterol levels, and increase your endurance.

- **Weight loss.** Running is a great way to burn calories and lose weight. In fact, you can burn up to 1,000 calories per hour while running.

- **Reduced stress.** Running is a great way to relieve stress. It can help to clear your head and improve your mood.

- **Improved sleep.** Running can help you to fall asleep more easily and sleep more soundly.

- **Increased energy levels.** Running can help to increase your energy levels. It can also help to improve your focus and concentration.

If you're thinking about starting to run, I encourage you to give it a try. It may just surprise you how much you enjoy it! Just remember to start slowly, find a running buddy, listen to music or podcasts while you run, set realistic

goals, and reward yourself. With a little effort, you can learn to love running too.
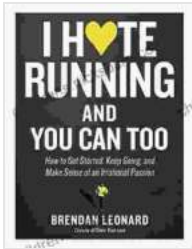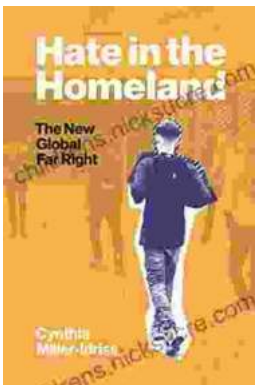
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