

## **Five Mistakes Most Beginning Runners Make... And How to Avoid Making Them!**

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Congratulations! By signing up to receive this SPECIAL REPORT and 4-Week Training Plan, you are starting on a journey that is certain to change your life forever! Yes, you *can do it*, I know you can, I believe in you! Of course, no matter how much I believe in you, that alone won't be enough. YOU must believe in yourself too, and then you must take action! THIS, my friends, is your first step...

So...will becoming or improving as a runner be easy? No it won't, but few things in life worth achieving are. Will it be worth it? Absolutely! Running can be an incredibly empowering and fun activity IF you go about it the "right" way. One major step toward doing it the "right way" is to follow the guidelines I have set out for you below in this SPECIAL REPORT. If you do that, then you will be well on your way to success.

Before we get started though, I want you to ask yourself an important question: Do you know why you want to do this? Whether it's to gain more energy, feel younger, be healthier, look better, lower your blood pressure, lose weight, or finish a marathon, recognizing WHAT your primary motivation is may be the MOST important element for success, because it is THAT reason that will inspire you, drive you, motivate you, and create the burning desire that YOU WILL NEED to achieve the rewards you desire!

So, now that I've got that out of the way, are you ready to get going?

OK, me too! Let's begin!

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## **Mistake #1: Doing too much mileage - progressing too fast, too soon.**

*"Patience and fortitude conquer all things"* – Ralph Waldo Emerson

The most common mistake most beginning runners make is to let their initial enthusiasm run rampant by running too many miles too soon, going farther and more frequently than their bodies are truly ready for. The risk of this happening is much higher, earlier, when motivation is high and there are no aches and pains in your legs!

However, as the days turn into a week, and then two weeks, the knees, hips, shins, and low back begin to feel some tweaks. If those runners don't heed these warning signs that the body is beginning to rebel, before too long they will most surely have an injury, and then BAM!, just like that, the new passion for running is stopped DEAD in its tracks. Game over!

### **How do you prevent this mistake from happening?**

- Be more conservative than you think you need to be with how often, how long, and how much you run, especially early on in your development.
- If you are completely new to running or just getting back into it, start with walking first, and then slowly and progressively add small amounts of running into the mix.
- Be aware of the warning signs of injury. If you feel ANY pain that you don't think is normal for what you are doing, STOP immediately and walk home, or call for a ride home. Doing this could literally SAVE you weeks or months of down time away from the sport.
- Be aware that very often injuries sneak up on you; they don't always happen when you might expect them to. Be aware, listen to your body!
- Take AT LEAST one complete day off from exercise each and every week. Take REST days seriously! It's when you rest that your body adapts and gets stronger!
- Be aware that all of the other mistakes I have covered here can ALL contribute to injury in one form or another. Be smart! If in doubt, leave it out!

**(With this SECRET REPORT, you received a 4-week plan that incorporates Runner-Core, and that will surely help you from going too far too soon. Use it! <http://runner-core.com/>)**

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## **Mistake #2: Not doing enough planning or preparation.**

*"Four steps to achievement: Plan purposefully. Prepare prayerfully. Proceed positively. Pursue persistently."* - William Arthur Ward

Many beginning runners begin their running journey by simply deciding one day to start running, so they go out and buy some running shoes from the local department store, and then just like that, proceed to head out the door for a "jog." They'll do this without a plan, without any advice, without a schedule, without a clue what is next, without any help or anything! They just figure that they should start

running, and the rest will come naturally. Before too long, due primarily to a lack of planning and preparation, injury, burn-out, lost motivation, or some other unforeseen element, will have caused lost forward progress and prevent them from keeping the initial promise they made to themselves.

### **How do you prevent this mistake from happening?**

- Go to the local library or get onto the internet and do some reading and some general research from a reliable source, *before* you head out the door. An educated runner is a healthier, happier runner!
- Seek the guidance or advice from a friend or colleague who has already done what you are hoping to do. Ask and you shall receive!
- Use the 4-Week Plan that has been provided to you as a starting point. If you decide to follow a different plan, be SURE that it is conservative and the RIGHT plan for you. Given the choice, most runners will choose a too aggressive or advanced program or plan because they want to achieve a certain time for a race.
- Hire a good coach! ☺
- If you are reading these tips, you are already on your way to NOT making mistake #2. Congratulations!

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### **Mistake #3: Not doing any core training or functional strength training.**

*"A terrace nine stories high begins with a pile of earth."* – Lao-tzu

Many beginning runners think that running will make them stronger, so they start a running program without realizing this fact: **running in and of itself will not make you stronger!** Rather, running actually breaks you down making you weaker in many ways!

As you may know, with each stride you are landing with about three-times your body-weight in impact forces. Not only that, the *less optimal* your running form is, the higher the impact forces are. What is helping to absorb this pounding and keep your body from taking a tortuous beating? The answer is: your CORE should be!

*The real true secret to avoiding injury and improving as a runner is to develop a stronger, more durable and stable FOUNDATION.* The foundation starts with the CORE, and includes the low back and pelvis. When your foundation is weak, your form deteriorates as you get more tired. You are forced to slow down or even stop, while your risk of injury goes up because your legs are forced to absorb the pounding your core *should be* absorbing.

**(Runner-Core contains the circuits YOU NEED to build a stronger foundation: <http://runner-core.com/>)**

All of your core muscles act together to provide stability to your hips, pelvis, knees, and low back, taking the strain off of the running muscles and lessening your chance of impact and overuse injury. Your CORE supports the rest of your torso, giving you better posture (the first and most important part of good running form and technique!), less low back pain, and a more stable consistent gait.

The bottom line: to stay healthy and injury free, you NEED a strong core to help absorb impact and to take the pressure off of your low back.

### **How do you prevent this mistake from happening?**

If you don't increase the strength of your core in a running specific way, and treat your legs to some running-specific functional strength training, you will eventually find yourself injured or at a fitness plateau, guaranteed! How can you develop your core for more powerful and injury free running?

- Make the choice TODAY to incorporate as little as 15-minutes of core training, 2 to 3 times per week, into your weekly running routine.
- Keep it simple, not complex! Do it!
- Here is an example of one exercise you can do RIGHT NOW to strengthen your core for running:

Try a BODY PIKE: a body pike is one of the most effective and simple exercises you can do to build core strength and stability, and mental toughness too! To start, get down on all fours and then...

- Pull your belly button tight into your spine and extend your legs out straight, resting your upper body on our forearms. Think push-up position, except that your body weight should be resting on your forearms, not on your hands.
- Hold that belly button in TIGHT, keeping your core stable in this "up" position. Your eyes should be looking down such that your head is in line with your spine, and your entire body is in a nice straight line from head to toe.
- Try holding this position for 30 seconds to start, and then each time you come back to it, increase your "hold" by 15 seconds. Over time, you'll develop a rock solid core, and be more injury resistant and powerful as a result.

**(Runner-Core contains the core and functional strength circuits YOU need to have a stronger foundation so you can keep running! <http://runner-core.com/>)**

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**Mistake #4: Not doing any stretching, or if they do, doing it the wrong way at the wrong times.**

*"Prepare yourself for the world, as the athletes do for their exercise; oil your mind and your manners, to give them the necessary suppleness and flexibility; strength alone will not do."* - Lord Chesterfield

Many beginning runners finish their runs and then don't take the time to stretch. If you choose to be like the many and NOT take the time to stretch, over time your running muscles will become tighter and tighter and with it, your comfortable range of motion will go down, the suppleness of your muscles and any flow you are feeling will go away, your back will tighten, muscle imbalances will develop, and then, bingo, your risk of injury will go WAY UP and along with it, your enjoyment will drop like a rock!

No, stretching will not in and of itself prevent injury, and it won't make the soreness go away. But common sense dictates that a chronically tight muscle is a muscle primed for injury and reduced performance.

### **How do you prevent this mistake from happening?**

- As soon as you can AFTER you finish your run (not before), do at least 5 minutes of gentle stretching, focusing on the muscles that feel most tight to you. Those are likely to be the calf/Achilles, hamstring, and hips.
- Relax, breathe deeply, and make the mind-body connection! Never go past the point of pain! Be at ONE with your body.
- Start with holding each stretch for 5-10 seconds, and then relax for a few seconds before repeating the stretch. The next time, try to hold it a little bit longer, eventually up to 1 minute.
- Be gentle, don't force it, and relax!
- Decide to make the choice today to DO IT!

**(Runner-Core contains two different stretching circuits that will show you the best ways to counteract the inherent tightness that comes from running: <http://runner-core.com/>)**

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### **Mistake #5: Not fueling their bodies well with smart daily eating, and smart fueling before, during, and after running.**

*"You are what you eat."* - Unknown

Most beginning runners make the mistake of underestimating just how important their daily eating habits are, for both their running and their health and vitality. As a result, they make simple, basic, and often catastrophic mistakes with their meal timing and food choices, much of which ends up really sabotaging their success! You truly are what you eat! Very often I even see more experienced runners at group workouts, sabotaging their hard work with poor fueling choices OR poor timing of those choices too.

What and when you eat and how you fuel PRIOR to your run, DURING your run, and AFTER your run WILL have a major impact on both how you run and how you recover from running.

**(Runner-Core includes a BONUS 75-minute Audio CD that contains my 5-Keys to Fueling Your Perfect Run! I share with you my time-tested secrets to having more energy and less body fat! <http://www.runner-core.com> )**

### **How do you prevent these nutrition mistakes from happening?**

- Don't follow a LOW-CARB diet thinking it will help you lose weight. You need a certain amount of carbohydrate in your diet because carbs provide the fuel for running!
- Don't suffer from chronic dehydration by underestimating how much fluid you lose during running. Your urine output should be light yellow to clear, not dark. Always weigh yourself before and after running to learn how much fluid you lost during the run. Replace it as soon as you can!

- Remember this: water follows salt, so after the run, to increase reabsorption of fluids, include a little salt in your post run fluids to ensure you rehydrate adequately!
- Plan to take in 2-4 servings a day of fruits and vegetables, especially those high in antioxidants and "phyto-chemicals." Antioxidants, such as Vit. C, Vit. E, carotenoids, and certain phyto-chemicals found in Soy, are important to counteract the stress induced from hours of running. Foods such as oranges and other tropical fruits such as cantaloupe, leafy greens, green tea, and wheat germ, are some good choices.
- Avoid eating anything up to 2-3 hours before you run, if you can. Your body will perform better if your hormones are normal, including insulin.
- Have at least 300-400 calories of a high quality carbohydrate source available for consumption within 10 minutes after your runs. You can include some quality protein as well, to help with muscle rebuilding. If you can't stomach solid food so close to the completion of your workout, make it liquid instead. Bananas or other fruit, an energy bar, low fat yogurt, peanut butter and jelly sandwiches on whole grain bread, a soy protein "smoothie", are some of the things I like to use right after workouts.
- Take advantage of the magic "30-minute" window after you run, when your body is particularly receptive to carbohydrate intake, so as to re-synthesize muscle and liver glycogen (the stored form of sugar that fuels your muscles).
- For optimal health and performance, try this daily pattern of eating on occasion and see how you feel: Eat breakfast like a King, lunch like a Queen, and Dinner like a Pauper.

That's it! Best of luck!

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