

# Lose Weight, Stay Healthy, and Have Fun with Science-Based Natural Running

Running is a great way to get in shape, lose weight, and improve your overall health. But if you're new to running, it can be tough to know where to start. That's where science-based natural running comes in.

Science-based natural running is a method of running that is based on the latest scientific research. It focuses on running in a way that is natural and efficient, which can help you to avoid injuries and improve your performance.



## Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running

by Magdalena Jackowska

★★★★☆ 4.5 out of 5

Language : English

File size : 5894 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 172 pages

Screen Reader : Supported

FREE

DOWNLOAD E-BOOK



In this article, we'll discuss the benefits of science-based natural running and provide you with some tips on how to get started. We'll also provide you with a sample training plan that you can follow to help you reach your fitness goals.

## Benefits of Science-Based Natural Running

There are many benefits to science-based natural running, including:

- **Improved running economy:** Science-based natural running can help you to run more efficiently, which can lead to improved performance.
- **Reduced risk of injuries:** Science-based natural running can help to reduce your risk of injuries by teaching you to run in a way that is less stressful on your body.
- **Improved overall health:** Running is a great way to improve your overall health, and science-based natural running can help you to maximize the benefits of running.

## How to Get Started with Science-Based Natural Running

If you're new to running, it's important to start slowly and gradually increase your mileage over time. You should also listen to your body and take breaks when you need them.

Here are a few tips to help you get started with science-based natural running:

- **Start with a walk-run program:** If you're new to running, it's a good idea to start with a walk-run program. This will help you to gradually build up your endurance and reduce your risk of injuries.
- **Run in a relaxed, upright posture:** When you're running, your body should be in a relaxed, upright posture. Your head should be up, your shoulders should be back, and your chest should be open.

- **Land on your midfoot:** When you're running, you should land on your midfoot, rather than your heel or forefoot. This will help to reduce your risk of injuries and improve your running economy.
- **Take short, quick strides:** When you're running, you should take short, quick strides. This will help you to run more efficiently and reduce your risk of injuries.

## **Sample Training Plan for Science-Based Natural Running**

Here is a sample training plan for science-based natural running:

### **Week 1:**

- Monday: Walk for 30 minutes
- Tuesday: Rest
- Wednesday: Run for 20 minutes
- Thursday: Rest
- Friday: Walk for 30 minutes
- Saturday: Rest
- Sunday: Rest

### **Week 2:**

- Monday: Walk for 30 minutes
- Tuesday: Rest
- Wednesday: Run for 25 minutes

- Thursday: Rest
- Friday: Walk for 30 minutes
- Saturday: Rest
- Sunday: Run for 20 minutes

### **Week 3:**

- Monday: Walk for 30 minutes
- Tuesday: Rest
- Wednesday: Run for 30 minutes
- Thursday: Rest
- Friday: Walk for 30 minutes
- Saturday: Rest
- Sunday: Run for 25 minutes

### **Week 4:**

- Monday: Walk for 30 minutes
- Tuesday: Rest
- Wednesday: Run for 35 minutes
- Thursday: Rest
- Friday: Walk for 30 minutes
- Saturday: Rest

- Sunday: Run for 30 minutes

### **Week 5:**

- Monday: Walk for 30 minutes
- Tuesday: Rest
- Wednesday: Run for 40 minutes
- Thursday: Rest
- Friday: Walk for 30 minutes
- Saturday: Rest
- Sunday: Run for 35 minutes

### **Week 6:**

- Monday: Walk for 30 minutes
- Tuesday: Rest
- Wednesday: Run for 45 minutes
- Thursday: Rest
- Friday: Walk for 30 minutes
- Saturday: Rest
- Sunday: Run for 40 minutes

### **Week 7:**

- Monday: Walk for 30 minutes

- Tuesday: Rest
- Wednesday: Run for 50 minutes
- Thursday: Rest
- Friday: Walk for 30 minutes
- Saturday: Rest
- Sunday: Run for 45 minutes

### **Week 8:**

- Monday: Walk for 30 minutes
- Tuesday: Rest
- Wednesday: Run for 55 minutes
- Thursday: Rest
- Friday: Walk for 30 minutes
- Saturday: Rest
- Sunday: Run for 50 minutes

### **Week 9:**

- Monday: Walk for 30 minutes
- Tuesday: Rest
- Wednesday: Run for 60 minutes
- Thursday: Rest

- Friday: Walk for 30 minutes
- Saturday: Rest
- Sunday: Run for 55 minutes

## Week 10:

- Monday: Rest
- Tuesday: Rest
- Wednesday: Run for 60 minutes
- Thursday: Rest
- Friday: Rest
- Saturday: Rest
- Sunday: Run for 60 minutes

You can continue to follow this training plan for as long as you like.



## Slow Jogging: Lose Weight, Stay Healthy, and Have Fun with Science-Based, Natural Running

by Magdalena Jackowska

★★★★☆ 4.5 out of 5

Language : English

File size : 5894 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

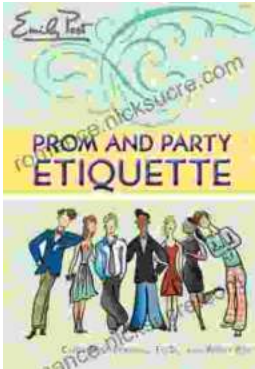
Word Wise : Enabled

Print length : 172 pages

Screen Reader : Supported

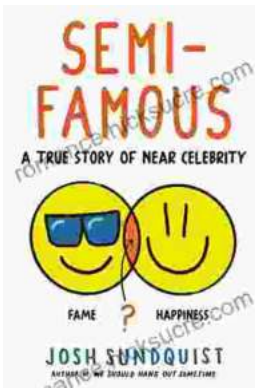
FREE

DOWNLOAD E-BOOK



## Prom and Party Etiquette: A Guide to Impeccable Behavior and Gracious Manners by Cindy Post Senning

Prom and other formal parties are momentous occasions that call for impeccable behavior and gracious manners. Embracing proper etiquette ensures a memorable and enjoyable...



## The Semi-Famous: True Stories of Near Celebrity

The Case of the Almost Star John Doe was a talented actor with a promising career. He had starred in a few small roles in films and television shows, and he was on the verge of...