READY
SET
GO
YOUR ULTIMATE GUIDE TO START RUNNING
Your introduction to NRC’s World of Running. In the World of Running we run united because we share this truth: We’re all meant to be runners. (Yep, even you.)

But we didn’t start this way. We started as new runners. We ran through the first runs, the struggle runs, the “ugh, this sucks” runs and the “WHOA, I didn’t know I had it in me” runs. Then we realized being a runner isn’t just about the act of running. Being a runner is something that’s within us all.

That’s why the Nike+ Run Club is here to get you started.

Come run with us.
The goal of Ready, Set, Go is to help you become a better runner by introducing you to our World of Running.

You do know that you already are a runner, right? There is no questioning it. The only question is whether or not you are running. After this, you will be.

We’ve packaged up everything we feel you need to kick off your running journey. As you work your way through Ready, Set, Go, you’ll learn the basics, gain confidence, receive motivation through 10 fun workouts, and ultimately discover what makes running so special for millions of athletes around the world. After you’ve reached the end of this journey, you’ll be ready to take off on your own running adventure. But don’t worry—you’re never running alone. Nike+ Run Club is here to provide all the support you need to keep going.

It’s not always going to be easy. There will be days you don’t want to put your shoes on. But there will be other days when you and the run seem to fly. Embrace both of these types of days because both will make you a stronger athlete.

You will be introduced to different ways to run. You will do Recovery Runs, Fartlek runs, intervals and tempos. (You’ll even know what those mean!)

Sounds intense, right? It’s not. It’s just running. And you are meant to run, whether you believe it or not!

So, have fun. And remember, we will be here coaching, guiding and inspiring you every step of the way. We believe in you.

Cheers,

Chris Bennett,
Nike+ Global Head Coach
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You already have the main tool you need to start running - you. Here are just a couple of things to have in your pocket before you get out the door.

NIKE+ RUNNING APP
Tracking your progress is fundamental to your running journey. The Nike+ Running App is here for that. You can track your distance and speed in each run and earn badges as you hit each milestone. You can make a note of what mood you were in while you ran, the weather you ran in and what shoes you wore. Don’t leave off for a run without firing up the App.

Download it now.

SPOTIFY
Music can be a huge motivator on the run. That’s why we’ve created NRC playlists for every type of run. Power your run with the NRC Ready, Set, Go Playlist straight from your Nike+ Running App, or listen on Spotify now.

Listen now.
COME RUN WITH US
The number one rule of running is... run! Sounds easy enough, right? But the hardest part is getting started, so let's jump that hurdle and begin the first run now. Prove yourself awesome, lace up and step out the door. The world awaits you. We'll jump into the running tips and tricks when you get back.
WHAT TO EXPECT
We’re going to kick things off with a simple out-and-back. It’s all about just hitting the road and slowly warming your mind and body up to the idea of running.

WORKOUT
Before you begin, set your Nike+ Running App to a Basic Run. Run for 5 minutes, then turn around and run back. Seriously, that’s it.

TIP
Don’t concern yourself with how far or fast you run today. The effort should feel comfortable and if it doesn’t then slow down the pace until it is. The victory is in getting out there and moving your legs. If you did that you win. You’re awesome. And to celebrate this small victory — and big step — let’s talk about some other things that are awesome… about running, of course.
YEAH, IT'S HEALTHY. BUT IT'S COOL TOO.
Yeah, the health benefits are important, but there are so many more things that make running the coolest way to spend your free time. Here are a few of them.

**THERE ARE NO SIGN-UP FEES**
No monthly fees! You don’t need a fancy gym membership. Just lace up and go, that’s it. And appreciate that you won’t be interrupted during your run by a guy grunting through squats in spandex.

**YOU CAN RUN ANYWHERE**
Lace up and the world is your oyster. Whether it’s your local high school track, the park, on a treadmill or even on vacation, log miles anywhere.

**MAKE RUNNING YOUR “ME TIME”**
Crazy commute? Cabin fever? Cramming for finals? Running is a great way to unwind, get outside, enjoy nature and find your Zen. Whether it’s catching up on your favorite podcast, listening to a new album, or enjoying some peace and quiet, running can be your escape. Just slip on those kicks and let the day’s pressures melt away.

**IT MAKES YOU FEEL LIKE A SUPERHERO**
Nothing makes you feel like you can take on the world quite like getting out for a run, especially in the early or late hours. You’ll be taking a stand against the twin villains known as Lethargy and Laziness, and people will take notice. With every stride, your legend grows.

**YOU CAN TRACK YOUR PROGRESS**
Progress is addictive, which is one reason many runners log their runs. With the Nike+ Running App, you can track your progress and compare how different workouts make you feel. Use the App anytime you get on the road to log your speed, distance and mood while you run. You can even share your mid-run selfies.

**YOU CAN MAKE NEW HUMAN FRIENDS...**
...And spend quality time with the furry ones. Running is a great way to make new friends who all share a common goal or inspire your current group of friends to move towards a goal together. Remember, you can find friends to connect with using the Nike+ Running App. It’s also a great way to give your dog some exercise, fun in the sun and a different type of treat.

**YOU CAN EARN SOME BRAGGING RIGHTS**
It’s hard to beat the feeling of setting a goal, crushing it, and then letting your friends know. Make the Nike+ Running App your megaphone. Even if you don’t have a physical running group, your friends can cheer you on through Facebook and check out your post-run photos on Twitter and Instagram.

**OH YEAH, AND YOU CAN MAKE IT A FUN WAY TO STAY HEALTHY**
Running just two or three times a week will help you feel better than ever. And what’s even better than a healthy fun run? A dance party run. Make your workout feel like an epic training montage with the Ready, Set, Go, Run playlist on Spotify. And move your heart rate to a whole new rhythm. Ready to put awesome into action? Let’s move to the beat.
RUN 2

Think of the street as your own personal dance floor. Now get moving, find your groove and experiment with different paces by running to the rhythms of a customized playlist. Go ahead, jam on it.
WHAT TO EXPECT

Mixing up your pace throughout a run, otherwise known as a Fartlek (Swedish for “speed play,” and one of the more humorous words in the running lexicon), teaches your body how to change gears, to go fast, slow, hard and easy. These are all speeds and efforts that will come in handy as you develop as a runner. Music is a tool to help you get there.

PREP

Make a playlist with 4 of your favorite songs. First: slow, second: fast, third: slow, fourth: fast and fun. If you’re looking for song ideas or more motivation, you can find all the NRC Spotify Playlists here.

WORKOUT

Start your playlist and get running. Run easy when the song is slow, and then pick up the pace when the song is fast. Let the beat guide your pace. Singing along is optional.

TIP

Check the Nike+ Running App to see if you ran your fastest pace during the most up-beat songs. On the Run Details screen, rotate your phone to landscape mode to see how your pace changed over the course of your run.
LET’S BREAK DOWN FICTION AND FACT.
SERIOUS RUNNERS ONLY WEAR SHORT-SHORTS
Fewer inches mean fewer distractions, but you don’t have to don a singlet and racing shorts to be a legit runner. A quick look at a running catalog or our apparel options on Nike.com will show you just how approachable the sport has become for athletes of all styles.

YOU HAVE TO JOG IN PLACE AT EVERY STOPLIGHT
Killer moves on the corner, huh? Some folks prefer to keep moving at all times and it’s a personal preference, but it’s okay to chill mid-run. And your numbers don’t have to suffer; the Nike+ Running App will stop when you stop, so you don’t have to worry about rushing to hit pause.

RUNNING BRINGS BATHROOM STRESS
The reality is, anything could happen. But try to be prepared. If you’re heading out on a Long Run, plan your route to take you by a few publicly accessible restrooms. If you’re hitting the trails, don’t be afraid to become one with nature. It’s a rugged sport, you know?

MILES ARE THE ONLY THING THAT MATTER
Don’t stress about hitting a certain mileage goal. A number can’t capture the quality of a workout—the true measure of a run is how you felt and what kind of effort you gave.
YOU SHOULD CARBO-LOAD BEFORE A RACE
Eating enough calories (and getting enough sleep) is super important before you take the starting line, but you don’t need to have a pasta party unless you’re tackling a marathon distance or longer. Too many carbohydrates can actually slow you down on a shorter race.

RUNNERS ARE LONERS
Sure, running is a great way to escape the hustle and bustle of your busy life. But it’s a social sport. Attend any run club or race and you’ll see just how vibrant and welcoming the running community is.

RUNNERS ARE WEIRDOS WITH THEIR OWN VOCABULARY (AND WHAT’S WITH THE WAVING?)
Like any sport, running has some technical terms. Just check out our Running Lingo Guide for help with those. Runners do tend to get excited about stuff most people wouldn’t understand (“I knocked out five strides and a tempo run. Wooo!”). But we mean well. Runners just love running—it’s our subculture. Now you can start sharing your own training stories, and next time you’re out on a run, don’t be afraid to wave back.

RUNNING IS BORING
That’s not even a myth. That’s an excuse. Check out our comprehensive list of reasons why running is objectively awesome.

IF I’M HAVING FUN, I CAN’T BE A REAL RUNNER
This may be the most unfortunate misconception of all. Too many people think running has to be a grind—that serious runners are a particular type of person that inexplicably enjoys pain. But it’s supposed to be fun! If you start smart, develop a routine, make some running friends, find your groove and begin seeing progress, you’ll fall in love.
During your last run, you played with various speeds. This workout is all about finding a pace that you’re comfortable with throughout the course of your run. It’s not always about running fast; it’s about running smart.
WHAT TO EXPECT
In between hard workouts (Speed Runs or Long Runs), it’s important to take a day to recover. This doesn’t always mean rest—you can go on a short, easy run and let your body actively recover, too. This workout is designed to help you keep it cool and controlled during a Recovery Run.

WORKOUT
Run for 8 minutes and turn around, taking the same route to return to start. The second half should be slightly faster, but no more than a minute faster than you went out. Your goal is to stay relaxed and maintain a comfortable pace throughout the entire duration of your run.

TIP
Your last run was speedy! And nothing helps you recover from a Speed Run like a Recovery Run. Make it your main goal to keep it easy and relaxed the entire time, to help your legs recover for your next big effort.
TIME TO LOOK AND FEEL THE PART.
Now that you’ve notched a few runs, it’s time we talk about properly gearing up. We want you to better understand the performance innovations behind why you should rock certain running gear, so you look and feel the part.

**LET’S KICK IT OFF**

Okay. We’re Nike. Of course we mention shoes first. But trust us, it’s the one piece of the kit you can’t neglect when starting your running journey.

Don’t even think about grabbing an old pair of workout shoes to run in. And don’t pick your new running shoes because of style alone (even if those limited edition kicks would match your new fanny pack).

Get the shoes that fit your needs. Visit your nearest Nike Store for a free Run Analysis. This is when you run on the treadmill so Nike experts check your gait and see what shoes best fit your biomechanics. It takes a few minutes and will ensure you are kitted with the perfect pair.

If you can’t make it in the store, click here to live chat with a Nike Running Expert who can help answer your questions. You can also use the Nike Shoe Finder to explore our shoes based on how you want to run. Whether you want a fast, natural or easy ride, there’s a running shoe for you.
DON’T SWEAT IT
One rule: Don’t run in a cotton t-shirt. Cotton fibers get heavy and stay wet when you sweat, which can make it hard to keep your cool. Shirts made of fabrics specifically engineered for running (like Dri-FIT) are great because they’re light, comfy, and they won’t get waterlogged. We recommend having one or two Dri-FIT shirts in your running closet.

BOTTOMS UP
Most runners prefer running in shorts and/or tights. There’s a wide variety of styles and innovations for performance tights, and a wide variety of lengths and types of shorts. Tights can help keep your legs warm and prevent chaffing, while shorts are perfect for warmer days. What you wear is up to you, just be sure you wear bottoms that won’t slow you down.

ROCK THOSE SOCKS
Blisters suck. Runners’ socks can help you avoid them. They wick sweat better than regular socks, provide zoned cushioning for comfort, as well as compression that minimizes swelling. There are a lot of choices out there—from no-show to quarter to crew to over-the-calf—but your sock choice is really a matter of preference.

SUPPORT YOUR GIRLS
If you’re a woman, your sports bra matters as much as your shoes. 80% of women are wearing the wrong size and type of bra – don’t be one of them. Help avoid back problems and seek maximum comfort with a bra that supports you on the run. Use the Nike Pro Bra 360 Fit service online to find your fit.

KIT
Let’s start with the basics. Sure, we focus a lot on our innovations, but the reason all that tech matters is that some of this gear can help you run better. It can make you feel faster, more comfortable and more cool (which makes running more fun). Here’s a few things to think about when putting together your running kit:
You’ve already played with pace and distance, but now it’s time to go long—whatever that means to you. Whether it’s one mile or five miles, the challenge is all the same. You’ll soon discover (if you haven’t already!) that running is about learning to push yourself to go harder, longer, faster. The big thing is to have fun while doing it.
WHAT TO EXPECT

This workout is designed to introduce you to the Long Run without getting intimidated by the distance. Stay positive, be creative and then go crush it.

WORKOUT

Running is an art. And today, you’re the artist. Your main goal is to go longer (or farther) than ever before. Take your mind off the miles by using the Nike+ Running App to design a creative route, turning your first Long Run into a masterpiece to share with friends.

TIP

Keep your route design simple. Think of ways to take advantage of the city blocks, trails or open spaces that you’ll encounter on your run. And don’t forget to factor in the distance it will take you to complete your artwork by foot—the goal is to complete your design without hitting a wall (or not making it to the finish line). The pace should feel comfortable, similar to the previous run. Longer doesn’t mean faster or harder, it just means longer.
MAKE SENSE OF THE WEIRD AND WONDERFUL.
WHAT’S THE DEAL WITH...

PEOPLE RUNNING IN GROUPS?
Maybe they zipped by unnoticed before, but now you’re starting to spot these early-morning run clubbers. They can range widely in size, age range, experience level and intensity, but all run clubs have one thing in common: community. It’s what makes the sport of running so unique. (Come run with us at a physical NRC location near you).

THOSE ELABORATE FANNY PACKS?
Some runners wear hydration belts with space for maybe snacks and performance gels. Most often, these folks are doing super-long-distance training. You don’t need all these supplies (at least not yet). But hydration is important for runners of every level. You don’t always need to carry water for short, quick runs, but you should consider carrying water on a longer run, especially if it’s hot out. When possible, plan your run to take you past a water fountain, or carry some cash so you can buy a drink while you’re out.

THAT WEIRD PAIN IN MY SHINS?
Runners call it shin splints. Shin splints are no fun and develop when you increase your training speed and intensity too quickly. One way to avoid them in the first place is by ramping up your training carefully, focusing on gradual increases in distance and pace.

PEOPLE RUNNING BAREFOOT?
Sure, it feels nice to go on a jog with soft grass and dirt underfoot. But, whatever you may have heard, you don’t need to rebuild your stride and buy zero-drop shoes to run “the right way.” The right way is your way.
You’re halfway through your 10-run challenge. Nice going. The good news is it's almost all downhill from here. And speaking of hills... get ready to tackle them. Why? We’re not going to tell you it’s because they’re fun. It's because they’re important. Push yourself to the highest height, and then celebrate how far you’ve come.
LEVEL UP

WHAT TO EXPECT
Incorporating hills, or any kind of incline, really, into your training will make you a stronger runner, period. It not only challenges your cardiovascular system, but it also strengthens your glutes and improves your running efficiency.

WORKOUT
Run up a moderately sized hill/stairs/incline as fast as you can, and then jog back down to recover. Repeat 4 times. Try to find a stretch that is at least 30 seconds long. A victory cheer (or high-five from your running partner) after each climb is not required, but is highly encouraged.

TIP
While running uphill, don’t lean too far forward. A slight lean with your chin leading your chest is enough. Take shorter strides so you’re not putting as much strain on your quads, while maintaining a quick cadence, and use your arms to create momentum. On the downhills, focus on getting your breathing under control and lowering your heart rate.
FIND THE FORM THAT FITS YOU.
You’ve tackled a few different types of runs now. It’s time to start thinking about how your form will affect your running experience.

**BE UPRIGHT, NOT UPTIGHT**
Runners tend to hold tension in their upper body. Keep your head up, eyes forward (but be cautious of objects on the ground, such as tree roots while on a trail), let your arms swing naturally, and don’t bunch your shoulders or clench your fists.

**RELAXED RUNNING LEADS TO FAST RUNNING**
Keeping your face, neck and shoulders relaxed will help you avoid burning energy that you’ll need to finish strong. Relaxed running leads to fast running.

**BUT NOT TOO LOOSE...**
You want your stride to be consistent and efficient. Find the right balance.

**MOST IMPORTANTLY, YOU DON’T NEED TO CHANGE YOUR FORM TO GET FASTER**
Your body is unique. Because of that, you will naturally have your own stride. Embrace it. While there are some general tips, your form will become more efficient as you run more and get stronger.
Your last run was hard. Nothing like a good hill to make you really appreciate running on flat terrain, huh? Lucky for you, today is another Recovery Run. You’ll play with your pace a little bit, but the main goal is to give your body a chance to recover.
RECOVERY MISSION

WHAT TO EXPECT
Most of the runs you do will be Recovery Runs. This is because every one of these simple, out-the-door runs you do is actually helping you recover from your last hard run while building stamina for the next. This particular run will also familiarize you with running in kilometers, rather than miles.

WORKOUT
Set your Nike+ Running App to KM and go for a 3K distance run. Start off easy for your first 1K, and then try to run each kilometer that follows faster than the last.

TIP
Make your Recovery Runs work harder for you by finishing faster than you started. To see your splits (how fast you ran each kilometer), turn your Nike+ Running App sideways.
YOU GOTTA WORKOUT TO RUN FASTER, FITTER, STRONGER.
You’re six runs in (booyah), but guess what? You’re not just a runner. You’re an athlete. Cross-training is a great way to take advantage of a Recovery Day.

**YOU’VE GOT TO DO MORE THAN RUN TO RUN BETTER**

From building a strong core, to strengthening your legs for those long strides, cross-training will help you run better.

We use the Nike+ Training Club workouts to make us stronger, faster and fitter runners. We recommend working out with the NTC App on a Recovery Day or using a workout to complement your run.
HERE ARE SOME NTC WORKOUTS TO GET YOU STARTED

TO BUILD STAMINA:

FRESH HIT
An introduction to high intensity interval training with moves that challenge every part of the body.

CARDIO HUSTLE WORKOUT
Improve reaction time and build lean muscle with power moves and stability work.

TO STRETCH IT OUT, TRY:

RUN READY YOGA WORKOUT
Bend, breathe and find your flow with this 6-minute yoga-inspired program to support your running. This can be used before or after your workout.

YOGA READY WORKOUT
Go with the flow and explore posture and technique with this calm introduction to yoga.

FOR A STRONGER CORE:

CORE STABILITY WORKOUT
This focuses on your core and strengthens the muscles groups that support the hip joint, helping to build strength for your stride.

ABS AND ARMS WORKOUT
This strength-based workout incorporates drills focused on alternating upper and lower body muscle groups while consistently activating the core.

Download the NTC App here.
Welcome to the wild side of running. Sometimes you’ve got to channel your inner spirit animal to run as fierce, fast and free as you can. We’re talking full-on beast mode. Today’s run is going to focus on incorporating some more serious speed play into your routine. Don’t worry—you’re going to love it.
WHAT TO EXPECT

As you’ve learned, Fartlek workouts are when you alternate between various speeds within the same run. Just as in Run 2, this workout will challenge you to switch gears throughout the course of your run, teaching your body how to be comfortable at faster (and slower) paces.

WORKOUT

Run hard and fast for 1 minute. Then recover (run easy or stand still and concentrate on your breathing—whatever it takes for you to be ready to rock it afterward) for 1 minute. Repeat 5 times.

TIP

Don’t fight your fast. It’s okay to push it. Sure, you may feel it a little when you’re finished, but it perfectly natural to run fast, and it will only make you stronger. Just relax, listen to your body and run wild.
TURN YOUR FAQs INTO WTRS.
You’re seven runs in. It’s getting serious. Let’s clear up some of those “frequently asked questions” you may have as an up-and-coming running star.

**SHOULD I STRETCH BEFORE I RUN?**

Traditional static stretches aren’t great for cold muscles. Leave the stretching for after you warm up. Hip, quad and hamstring stretches, as well as more dynamic movements like high knees, A-Skips and B-Skips, are a great way to prepare your body for the run.

**IS RUNNING BAD FOR MY KNEES?**

Running can help strengthen muscles around the knee joints and increase bone density. So while any athletic endeavor carries potential risks, a sensible running plan that includes recovery should keep you going strong. Seek medical advice before starting your running journey.

**SHOULD I EAT BEFORE I RUN?**

While the answer to this question varies from person to person, you should never feel stuffed or starved before a run. Ideally, a light snack consisting of complex carbs and some protein 1.5 to 2 hours before your run should keep you fueled for your effort.

**DOES RUNNING MEAN I CAN EAT WHATEVER I LIKE?**

No, running doesn’t mean you can have free reign on your favorite junk food. Food is fuel, so a nutritious diet will help you to run better. But remember, balance is the key. So if you want some cake, treat yourself!
WHAT’S THE BEST WAY TO HAUL MY WATER AND PHONE WHILE I RUN?

If you don’t want to run with one of those elaborate utility packs, there are plenty of other options for carrying the supplies you’ll need. Looks into shorts with functional pockets, smartphone armbands and lightweight water bottle belts.

WHAT’S THE DIFFERENCE BETWEEN RUNNING ON A TREADMILL AND RUNNING OUTSIDE?

The treadmill pulls the ground underneath your feet and eliminates wind resistance. It’s great on days when you can’t bear to battle the weather or want to decrease impact, as most treadmills are padded. Running outdoors gives you the opportunity to explore new territory and admire the scenery.
Once again, it’s time to go long. That’s right—you’re going to be eating some miles this week. This is your milestone run, and you’ll be going farther than you’ve ever gone before. Crush those goals.
MILE MUNCHER

WHAT TO EXPECT

This is your Long Run. The goal is going the distance, and your pace should be comfortable enough to sustain more miles than ever before. You’re building up your endurance with each extra step you take.

WORKOUT

Find your farthest run in the Nike+ Running App, and then set out to beat it. Whether you go five more minutes or five more miles, you should feel good. This isn’t about speed; it’s about outrunning your best self. Focus on going the distance, and recover when you need to.

TIP

Need some motivation to go the distance? Imagine the farthest run you’ve logged in the app belongs to your arch-nemesis, and you have to beat it. We know it’s weird, but every runner has a competitive streak, and tapping into that side of yourself can help you dig a little deeper. Don’t quit until you surpass your rival’s farthest stretch and you will finish the run a better version of yourself.
FIND YOUR FAST EVEN FASTER.
FINDING YOUR PACE
You have different gears when you run. During speed work, you should push yourself to a point where you are a little uncomfortable. During every other run, you should be able to talk (and breathe!) for the majority of the run. The correct pace is challenging, but always sustainable.

FINISH FASTER THAN YOU STARTED
Practice running negative splits—this means running the second half of your run faster than the first. It may take some time to learn about your body in order to do this right, but nothing feels better than flying along at the end of your run.

OWN YOUR OWN FAST
Don’t compare yourself to others. The goal of each run is to be better at the end than you were at the beginning. Focus on what you need to do to become a more elite version of yourself and you will find your own fast.

PREP FOR YOUR NEXT SPEED RUN
Think of your favorite track and field star. Imagine you’re that person. Now imagine you’re that person running a race. In the Olympics. What they feel on that greatest stage is what you are feeling during the Speed Run. The only difference between you and your favorite runner is the time on the clock. You are both elite.
You know how we can tell you’re getting stronger? You’re totally ready to hit the track. That’s right, that 400 meter (m) oval is for real runners. You belong out there. Simply bring your running shoes and your confidence along. You’ll find your fast on the track.
WHAT TO EXPECT

Track workouts are no joke. It’s not going to be the easiest of the 10 runs, but you’ve got this. It’s all about pushing your pace for a short period of time, recovering after, and then walking away with more speed than what you had when you arrived.

WORKOUT

Warm up with 2 easy laps on the track. Then stretch. Run 200m at a hard, fast pace, followed by a 200m recovery walk or jog. Repeat 6 times. Cool down with 2 more relaxed, easy laps.

TIP

If you don’t have access to a track, find a flat stretch where you can do the following: Warm up with an easy 5-minute run. Stretch. Follow with 1 minute at a hard, fast pace and recover for 1 minute. Repeat 6 times. Cool down with a 5-minute jog.
SQUASH THE FEARS, OUTRUN THE SCARES.
You’re nearly there. You’ve almost finished your 10 runs. But that probably doesn’t make you feel like a seasoned vet. Some fears, doubts, or apprehensions might remain. Before you cross the finish line, we want to squash some of the common fears that many early runners carry with them.

**YOU DON’T NEED A PARTICULAR BODY TYPE TO BE A RUNNER**

The truth is, if you have a body, you’re a runner. That’s it. No matter your body type—there is no questioning whether you’re a runner or not.

**NO ONE IS JUDGING YOU BECAUSE YOU’RE A NEW RUNNER**

Unless you run with a giant sign that says “newbie” around your neck, people won’t know. You may feel self-conscious, but the truth is, no one is judging you when they see you running. More likely, they’re inspired by you.

**YOU DON’T NEED TO RUN EVERYDAY TO GET BETTER**

Consistency is key to improve your running, but don’t overdo it. Recovery Days are just as important as the harder workouts, so it’s fine to take a day or two off.

**YOU DON’T HAVE TO WAIT TO GET BETTER TO RUN WITH OTHERS**

Don’t be intimidated by running in a group. In fact, find friends to run with sooner rather than later. Runners who run together often run stronger, supporting each other regardless of pace and level. Remember you can run with us at NRC live sessions. Find a run club near you.
And just like that, you’re almost done. See, we told you 10 runs wouldn’t be that hard. All it takes is some motivation, support and well, hard work. Repeat after us: “I am a RUNNER.” All there is to do now is celebrate your stride with some freestyle miles. Just lace up and run it your way.
WHAT TO EXPECT

Today is all about you. Run where, when and with whomever you want. Whatever you do, know that you are going to be stronger, healthier and fitter afterward.

WORKOUT

Today is a freestyle run. Choose your adventure—pick a new route you’ve been meaning to try, run with a friend who is (or used to be!) faster than you, or simply put on your headphones and rock out to your favorite playlist for a few miles. It’s your choice, you’re the runner here.

TIP

Runners run. This was only the beginning of your journey and there is no finish line...only more starting lines. Goals will keep you going and friends will keep you motivated. Find both at nike.com/nrc.
YOU WERE ALWAY A RUNNER.
YOU JUST PROVED IT.
Maybe you didn’t believe us, but you were a runner from the start. Now you’ve proved that fact to yourself.

Over the course of this journey, you’ve defined yourself as a runner:


You proved you were up for something new. You proved you could do all the same workouts as the elites. You proved you had it in you all along. The World of Running is yours.

So, what now? Now you keep running. You’re in the opening chapter of a lifelong running story. There’s a phrase we use around here, and we think it applies to all running journeys:
Running is an adventure. And it can take you places you couldn’t even imagine.

Want to get faster or go farther? Want to run a race? Or maybe join a running club? We’ve got you. Find all the tools you need to get after your next goal.

See what’s next on nike.com/nrc

COME RUN WITH US.
PEAK LIKE THE RUNNER YOU ARE.
RUNNER LINGO

Speaking the language will help make you feel every bit the runner you are. Here are 10 runner’s terms to know.

1 – SPEED RUN
A Speed Run is where you run fast for multiple brief periods. These intervals can be the same length and pace with the same amount of recovery time, or can involve various distances, paces and recovery periods. Intervals are the best way to improve your fastest pace. Ideally, this type of a workout is done on a track but it can be done just about anywhere. You may choose to use city blocks, traffic lights or even trees as interval markers.

2 – ENDURANCE RUN
An Endurance Run is a long distance run at a comfortable pace. It is an essential part of your training that helps the body and mind adapt to increased distances. This run should be run as a Progression Run (see definition of Progression Run).

3 – RECOVERY RUN
Recovery Runs are the runs you do on days between your hard workouts. They shouldn’t be challenging, but they should be run progressively (see definition of Progression Run). Recovery Runs are just as important as your hard workouts.

4 – PROGRESSION RUN
Progression Runs are runs that start at a slower pace and finish at a faster pace. They improve stamina and allow the body to adapt to the stress of running. Anytime you’re not doing a speed or strength workout, you should aim to run progressively.
5 – FARTLEK
The Swedish term for speed play, a Fartlek works on speed and strength by alternating distances and paces during a continuous run. An example Fartlek workout structure could be one minute running easy followed by one minute running hard, repeated for a certain amount of minutes, miles or alternating every city block.

6 – TEMPO PACE
This is the pace that teaches your body to be comfortable being uncomfortable by maintaining a quick and steady pace for a specified distance.

7 – STRIDES
These are very short, fast efforts that build your overall speed without exhausting you. Not all-out sprints, but fast, relaxed running. Take plenty of recovery between each stride. Start with two or three after your run, and eventually work your way up.

8 – OVERPRONATION
This occurs when your heel contacts the ground, and your foot rolls inward excessively as you toe-off with your big toe.

9 – PR OR PB
A personal record or personal best – a person’s fastest time at any given distance.

10 – PACE
When runners talk about pace, they are referring to the amount of time it takes to run one mile. So, 10-minute pace becomes a run at 10-minutes per mile.
Take time to reflect on your 10 run journey and how you felt doing the runs.

I FELT UNSTOPPABLE!
See? We always knew you were bad-ass.

I FELT AWESOME
Way to rock it!

I FELT SO-SO
Write down what was good and what was bad about your run.

I FELT TIRED
You got out there, so you’re a winner anyway. Jot down what was bad about it.

I GOT INJURED
Uh oh, easy now. Seek medical attention now, then get right back to the guide when you feel better.
These 10 workouts will help you learn the basics, gain confidence and discover why running is NRC’s favorite pastime. The workouts are designed to be run sequentially, but unlike other rigid training plans, you can choose what days you run. You’ll get the best from your RSG plan if you take a rest day in between each run. We’d recommend printing this page and placing it somewhere visible so you can track your progress as you go.

**READY, SET, GO**

10 RUNS

Try to get in the habit of recording your post-run thoughts and feelings using the Nike+ Running App. As your training journey continues, you’ll be able to look back on ups and downs, spot trends, monitor your progress, and learn more about yourself as a runner.

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**HOW DID YOU FEEL?**

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