

RUNNING FOR FAST WEIGHT LOSS



Contents	
Introduction.....	3
Why Should I Run?	4
Weight loss	4
Running improves your health and prevents disease	4
Running is not expensive	4
No other cardio exercise burns as many calories as running	5
Running is good for your mental health	5
Running also strengthens your knees and other associated joints	5
Running keeps you mentally sharp	5
Running will boost your self-confidence	5
The Most Important Thing You Must Do!.....	6
Setting Goals	7
Keeping a Journal	7
Setting Realistic Goals	8
Should I Count My Calories?	10
What You Need To Know Before Getting Started	12
Good running shoes	12
Comfortable Running Attire	13
Stopwatch Heart Rate Monitor.....	13
Water Bottle	13
Besides getting equipment, there are 2 essential things you must always do.	14
Running Techniques & Tips	19
Should you run on an empty stomach?	19
Go barefoot or wear shoes?	19
Treadmills or Tracks?	20
How Do I Calculate MHR or Maximum Heart Rate?	20

How should I breathe while running?	20
How do I lose weight by running?	21
Dealing With Injuries	23
Finding Motivation	24
So how do you stay motivated?	24

Introduction

There is absolutely no doubt that running is one of the best forms of exercise on this planet.

Human beings just like most animals have the capability to run. We were made to do so. Our forefathers ran to hunt for food. They ran to escape predators. Running was a necessity for survival.

As time passed and technology got more advanced, we had less need to run. Yet, we do it without even realising it.

Have you ever run after your toddler when he or she was running towards the street?

Maybe you needed to catch the bus and you saw it at the bus stop while you were a distance away. What did you do? Run for it, of course.

Late for work and you need to clock in? Start running.

You run because you have evolved to.

That basically means that your body is designed to run and burn calories faster than most of the other forms of exercise out there.

Swimming, cycling, rowing, skipping, resistance training, etc. are all excellent ways of burning your fat off. Yet, none burn as many calories as a fast run.

Running is a weight loss solution, bar none.

This book will tell you everything you need to know to run fast and effectively burn off the stubborn fat on your body. Follow the advice and tips closely.

There is hardly any fluff in this guide. Everything is explained in an easy to understand manner and you're only given the important information that you need to know. This book will give you a running start to achieve your weight loss goals.

Fat loss is a pretty simple concept. Putting it into practice is difficult. This book will help you with that. The advice and tips within work wonders, if you work them.

You ready? Good... Ready... Steady... Go!

Why Should I Run?

Running has so many benefits that we could actually write another book about it. However, the points listed below are some of the most common benefits that you will gain by running.

Do take note that you should always consult your doctor before you embark on any exercise program. Running can be strenuous and if you're not used to it and try to progress too fast by cutting corners, you may injure yourself.

Pace yourself and progress a little daily. There is no rush. Rome wasn't built in a day.

So, let's take a look at what you stand to gain by running.

Weight loss

Definitely the most important point since you picked up this book. Running is a fantastic way of burning calories, raising your metabolism and shedding those stubborn fat stores.

Running creates an "after burn" effect. That means you will continue burning calories for hours after your workout ends. It is known as EPOC, which stands for excess post oxygen consumption. All that matters is that this makes you lose weight much faster than other forms of exercise such as brisk walking or even swimming.

Running improves your health and prevents disease

Running is an excellent exercise for those who are in the beginning stages of diseases such as diabetes, osteoporosis and high blood pressure. Your overall health will improve over time when you run.

Your good cholesterol levels will go up and your immune system will get a boost. Studies have also shown that running reduces the risk of stroke and certain types of cancer.

Running is not expensive

Your wallet or purse is not going to take a punch if you decide to take up running. Just get a pair of good sports shoes and wear whatever you are comfortable in. That's it. You'll save money and still lose weight.

Unlike cycling which requires you to buy a bicycle and maintain it or weight training that requires a gym membership, running is relatively inexpensive.

No other cardio exercise burns as many calories as running

Research done on the effects of cardio machines such as cross country machines, stationary bikes, cross country ski machines, elliptical machines and stair steppers showed that none could match a fast run when it came to burning calories within the same time period.

Running is good for your mental health

We live in a fast paced, frantic, stressful society. The daily pressures can take a toll on your mind and mood. Running is fantastic for relieving stress and preventing depression. Millions of people suffering from these two conditions would benefit by running.

Running also strengthens your knees and other associated joints

Contrary to popular belief, running does not “wear out” your knees. In fact, it strengthens it by conditioning the muscles around your knee joints. If you don’t use it, you’ll lose it applies here. Most people who complain of knee pains are often overweight or lead sedentary lives. Once they shed the excess pounds through running or start getting more active, the pains will slowly disappear.

Running keeps you mentally sharp

As people age, they experience a decline in mental functions. Running will improve your memory and thinking by keeping you alert and fit.

Running will boost your self-confidence

Unlike weight training, the improvements in your running ability will come much sooner. It takes ages to build muscle and there are many different factors involved.

Stamina however, can improve within 2 to 3 weeks. You will notice the weight on the scales dropping. You will feel stronger and less breathless when you run. Your timing will improve.

All these will motivate you to run harder and faster to meet higher goals and targets in regards to your fitness.

You cannot go wrong with running.

The Most Important Thing You Must Do!

Before even reading further, you must do this. Get a pen and paper and write down why

you wish to run. What is your motivation?

Your motivation is always an emotional reason. Never factual.

You must find your WHY. Why do you want to run?

It's not about losing 20 pounds. It's about fitting into that sexy dress to impress your hubby.

It's not about getting fit. It's about being able to run after your toddler without feeling breathless.

It's about becoming attractive.

It's about proving to others that you can do it. To get bragging rights.

It's about achieving something so that you feel good inside.

Sit down and self-reflect and discover for yourself why you wish to run. Why?

There is no right or wrong answer. Once you have your "why", you will have a goal to strive for. There may be days when you are really not in the mood for a run. Days when something went wrong at the office or a quarrel with the spouse... and you're just not in the mood.

That's when you will look at the "why" that you wrote and realise that skipping your run is not an option. Better days at the office will come, better days with your spouse will come... but... if you skip on that run, the why you wrote will never come.

Lace up, get up and start running.

Setting Goals

Most people will sigh the moment they hear anything about setting goals and targets.

This is usually due to unfulfilled New Year resolutions and because the majority of people never meet the goals they set for themselves.

The reason for this is that their goals are unrealistic and they lose motivation along the way.

In this guide you will be taught to set small incremental goals that you can reach. You can't become the next, Roger Bannister, and run a mile in under 4 minutes with just 2 weeks of training.

It takes time.

Once you have defined your why, you need to track your progress.

It is highly recommended that you get a journal.

[Keeping a Journal](#)

In this journal you need to record down 1 thing weekly

- Your weight

Every week, on one specific day that you choose, you will measure your weight on the scale and record it down.

Do NOT take your weight daily. Your weight fluctuates on a daily basis and it can be really demotivating to see no progress. A watched pot never boils.

Do not obsess over the numbers. The weekly weighing session is just to see if you're making progress. If, for example, you stop losing weight for 2 weeks in a row, then you know that you have hit a plateau.

You will then have to change things up. Either take a 4 day break from running or change your diet or your training programme.

You will need to record down 3 things daily.

- What you ate for the whole day
- What did you do during your training (e.g. Distance you ran, timing, route)
- How you felt after your training

That's it. You only need to record these three things daily.

When you're first embarking on a weight loss program, it will be a good idea to measure your weight on a scale and write it down in a journal.

Next, you may wish to do a body fat composition analysis. Ask your doctor about this. Or you may go to a gym and get a free consultation with a personal trainer and they may do this for you. You don't have to feel obligated to sign up with their gym.

You can also use this at body fat monitor from Omron.

<http://ilivehealthy.xyz/ormonbodyfatmonitor>

Record down the numbers in your journal.

Alternatively, if you can't or don't want to get a body composition analysis done, you may just use a measuring tape and measure the different parts of your body as stated below.

- Your biceps
- The middle of your thigh
- Your belly
- Your hip
- Your butt

The reason for measuring is that we do not want to rely solely on the numbers the weighing scales show.

As you run and train, you will lose fat and gain lean muscle at the same time. Basically, that means that the weight on the scales may not change yet your body composition

has.

Since a pound of fat is much larger in size than a pound of muscle, you may have gotten smaller without any change in the numbers. Many people may notice that their friends say they have lost weight but the scale doesn't say so. Now you know why.

Setting Realistic Goals

Do not aim to shed unrealistic amounts of weight. You may have seen the infomercials, ads, supplement claims and all the other weight loss marketing hype that make claims to shed pounds of fat without exercise and in no time at all.

It's all hype and not healthy. Losing 4 pounds in 2 days is ridiculous and mostly water weight. You've not lost fat. You're just dehydrated.

Realistically, you should aim for a 1 percent decrease in body weight per week till you reach your ideal weight.

Let's assume you are 210 pounds. So, a 1% decrease would mean about 2 pounds a week.

If you're aiming to reach 180 pounds, that would mean a drop of 30 pounds which will take about 15 weeks roughly.

These are just general numbers. You may lose a lot more weight initially and the results will gradually taper down. The point to note is that it takes time to lose weight. It took you time to gain weight... It will take time to lose it.

So, do not expect miracles. Set realistic goals.

Set goals such as...

- I will run for 30 minutes a day, 5 times a week
- I will aim for a daily caloric deficit of 500 calories
- I will avoid sodas and chocolates for 6 days this week
- I will rest less during my runs and push myself a little harder
- I will reduce my timing by 20 seconds

These are examples of attainable goals. You can achieve these with some will power. You can aim for 5 runs a week. It can be done.

Don't set a goal like, "I will lose 5 pounds by the end of this week". You do not know how your body is going to work. It may only shed 3 pounds and you're going to end up feeling disappointed.

Set goals that you can control. Then you will be motivated to stay the course and finally get the body you desire.

Should I Count My Calories?

Many people make the mistake of obsessing over their calories. If you're wondering whether you should count your calories, the answer will depend on your goals.

Are you losing weight to get a set of ripped abs? Are you obese and need to lose a huge amount of weight to become healthy? Or are you just mildly overweight and want to shed a few pounds?

If you're trying to get a six pack, then yes, you'll need to count your calories and monitor them closely because you're trying to achieve a body fat percentage below 10% and every calorie counts. If you're obese, as long as you exercise and eat slightly less than you normally do, you'll shed weight gradually and in a healthy manner. Slow and steady is the way to go.

If you're mildly overweight, you'll need to have a general idea of how many calories you need and roughly target that number. As long as you are running, your metabolic rate will be high and you will be burning the fat. There is no need to watch the calories too closely unless you do not see any change in your body fat percentage.

There are several excellent guides on eating for fat loss. These guides will show you how to eat in a manner that will force your body to burn fat. One of the best guides online is known as "Eat Stop Eat". It will guide you on an eating method that is so revolutionary that the body has no choice but to lose the fat. Implement the info in the guide and start running. It's an awesome combination that will make you a fat burning furnace.

The key is to keep it simple. Eat wisely and moderately and run. Your body will automatically get stronger and healthier. The mistake most people make is that they try to do too much too soon. They start running daily, restrict their calories ridiculously, start eating healthy food that they are not used to, etc. They are setting themselves up for failure without even realising it.

The first step is to know how many calories you need to consume to lose weight steadily. You can find this out at http://www.freedieting.com/tools/calorie_calculator.htm

Now, once you are aware of the numbers, you should eat moderately throughout the day to meet the number. Never cut your calories too drastically and hope to lose more weight. Your body will go into starvation mode and hold on to its 'precious' fats. It'll become more difficult to burn the fats.

So, just follow the number provided by the calorie calculator and you will drop the pounds steadily. Initially, you may need to check the calories of the food you eat to know roughly how many calories you are consuming. You can always Google this and know. After some time, you'll roughly know how much to consume.

A quality diet and fitness regime can greatly help your efforts. You can try this effective method.

<http://awesomeshape.xyz/2weekdiet>

Do not change your diet too drastically. Just eat the same foods you are accustomed to but just eat them in smaller amounts. Switching to clean, healthy, wholesome food is a daunting task and takes time to get used to. Ditching the pizzas and wings for lean chicken breast and broccoli is enough to make most men weep.

A better way to do it will be to eat 3 slices of pizza instead of the usual 5 slices you're used to. With time as you gain better self-control over your eating habits, you may switch the foods for healthier options. Take it slow.

Inch by inch, life's a cinch. Yard by yard, it is hard.

What You Need To Know Before Getting Started

You will need a few things before you start running.

Good running shoes

The most important thing you will need are good running shoes. There are many brands on the market with a range of prices. You may be tempted to go for the cheapest pair but bear in mind that this is the only investment you will be making.

It is best to get running shoes that provide good support. Most running injuries are caused by wearing old shoes or ill-fitting shoes that are on the verge of falling apart. There is a lot of impact in running and this impact needs to be cushioned by shoes that were designed for running.

The best thing you can do is to visit a running speciality store where the staff can evaluate what type of shoes are best suited for you. Different types of feet will require different types of support. For example, someone who is flat footed may require a higher arch. Get shoes that work for you and that's half the battle won.

A good practice would be to note down the day you buy your running shoes. You will need to replace your shoes after about 400 miles or about 640km. Do not judge the condition of a shoe by its outer appearance. Sometimes the shoe may still look good but the inner cushioning may be all worn out.

A sign of poor cushioning would be pain in your knees, muscle fatigue, shin splints, etc. If you're feeling a nagging pain that has appeared out of the blue, chances are it's time to get a new pair.

If your budget allows for it, get 2 pairs and alternate them. The shoes will last longer since the cushioning has more time to dry and decompress. In the long run, you'll actually save money on shoes by using this method.

About halfway through the life of your running shoes, you might want to buy another pair of running shoes to rotate into your runs. Your shoes will last longer when you allow them to decompress and dry out between workouts. Also, having a fresh pair of shoes as a reference will help you notice when your old ones are ready to be replaced.

Although you should replace your shoes every 300 to 400 miles, there are ways to make sure they last until the higher end of that range. Follow these tips for making your running shoes last longer. Once you've bought a new pair of running shoes, you can donate your old ones to one of these organizations that collect used running shoes.

Comfortable Running Attire

One man's meat is another man's poison. This is true with running attire.

There are all kinds of attire being sold for running. Some people like tight fitting sportswear, others like loose fitting t-shirts and some men don't even like wearing a shirt when they run. Your best bet is to wear what you are comfortable in and run

That being said, women will need to get a good sports bra. Both sexes will have to get socks that are made for sports. These are usually a synthetic blend of materials because 100% cotton socks tend to cause blisters.

As you become a more avid runner you may decide to invest in clothing specifically designed for running. These clothing often have unique features such as removing moisture from your skin fast so that you feel cooler and they also do not chafe your skin, especially during long runs.

Stopwatch Heart Rate Monitor GPS

Having a stopwatch is essential to tracking your progress. You will want to reduce your timings and strive for improvement. You can only do that if you're keeping track of your runs. Most digital watches including the inexpensive ones come with a stopwatch feature. Get one and use it. Record your distance and timings in a journal religiously.

Recommend this Heart Rate Monitor wrist measured with GPS from Garmin. It records all your data so you can view it online or from your mobile device.

<http://youridealbody.xyz/garmin235runwatch>

Water Bottle

This is not essential if you hydrate well prior to your run. However, some people may feel breathless and thirsty while running if they are not used to it. If you get thirsty easily, get a water bottle. The only issue is that you will have to carry it with you and run or you

could leave it on a bench nearby and get to it whenever you need to.

If you're getting water bottles, it's best to get a BPA water bottle that is made out of hard plastic. It is safer for you.

Anti-Chafe Balm

Some people may experience chafing since they run often. You may get an anti-chafe.

Other than the items mentioned above, runners may prefer other items such as headphones to blast their favourite music, running armbands to slot in their smart phones, heart rate monitors, sunglasses, running tape, headbands, head lights, etc.

Quite frankly, all these are luxuries and totally up to you. If buying these motivates you to run, then by all means get them and run. If you don't have the budget, you don't need them and it doesn't make you uncool. What really matters is how good a runner you are

What else do I need to know?

Besides getting equipment, there are 2 essential things you need to do.

1. Stretching

2. Hydrating

Always stretch after your body is warmed up a little. Do not stretch cold. You can warm up by doing jumping jacks for a minute. Other exercises that are good would be skipping, mountain climbers and burpees.

Once your heart is pumping and your blood is circulating, then you should engage in a series of stretches. Ideally, you should aim for a total body stretch. Focus on the knees, calves, ankles, waist and hamstrings. You should also rotate your head and shoulders. Just get limber and mobile.

The whole stretching session could be about 3 to 5 minutes. It doesn't have to be a drawn out yoga stretch that lasts 45 minutes. In fact, you do not want to stretch too long.

Insert youtube of adrien running yoga stretches.

Your body will warm up during the run. This initial stretch is just to prep you up for the run.

As for hydration, make sure you are consuming the recommended amounts of water daily. Since you're a runner now, you will need to consume as much water as required. Constant sips throughout the day is ideal. Don't overdo the water consumption but don't neglect it either.

11 Common Running Mistakes

Before you start running, you need to be aware of the common mistakes that most people make when they run. Once you avoid these potential pitfalls, you will get the best results for your efforts and also reduce your chances of injury.

1. Do not do static stretching before a run. Many beginner runners stretch while their body is still cold. This is not safe and can cause injury. Research has also shown that muscle strength decreases after stretching. This means that you will not be able to run at your full strength.

Your best bet will be to do some dynamic warm up such as a few minutes of skipping, mountain climbers, burpees, etc. Once your heart rate is up, then you may do some mild stretching.

2. Do not wear old, worn out shoes. Period.

3. Do not have unrealistic expectations. This often leads to beginner runners trying to do too much too soon. It takes time to lose weight, get fit, run faster and get healthier. It takes time! Many people want results overnight.

They think that if they do more they'll lose the weight faster and run better. This is totally wrong. All that happens is that they raise their chances of getting injured. Furthermore, it makes running become tortuous since they are pushing themselves way past the point of comfort. After some time they quit because nobody wants to endure suffering if they can help it.

Slow and steady wins the race. Aim to improve little by little and you will shed the weight steadily and reach your goals.

4. No change in running tempo. Steady state cardio has its benefits but you should always have interval cardio in your training regimen. That means sprints, uphill runs, etc. This will constantly challenge you and high intensity training not only increases your strength and endurance but will also keep you in fat burning mode for hours.

5. Not eating enough healthy foods. Active bodies need various sources of nutrients to recover faster. Learn to pay attention to your body. A headache could mean a shortage of minerals or vitamins.

6. Over striding when running is another common mistake. Over striding is when your heel lands way past your body's center of gravity. People make this mistake falsely assuming that they are running faster. They are just wasting energy and may get shin splints due to this.

Always strive to land with your foot directly beneath your upper body. Your strides should be quick, not overly wide. This is proper running technique.

7. Poor upper body form is another mistake. You may see people running with their

arms flailing or flapping around. If you've been running long enough, you would have encountered all kinds of runners with strange upper body form.

The correct technique will be to keep your arms at a 90 degree angle and at waist level close to your hip. Keep your chest out, your posture straight and when you swing your arms by your sides when you run. The arms should not cross your body but always be at the sides.

8. Not resting enough. This is such a common mistake and one of the biggest causes of injury. Beginners need to give their bodies time to heal and rest. Music is the space between the notes. If you run daily without any rest days, your body will not be able to restore its glycogen stores.

Furthermore, the undue stress will cause your body to release the stress hormone, cortisol. You really do not want this to happen because cortisol indirectly leads to weight gain. Let your muscles and cardiovascular system heal. In this way, you will become a better and stronger runner. There is no rush.

9. Failure to train with other methods is another mistake. Yes, running is an excellent exercise but it does have its limitations. So, while you may be a runner, go ahead and incorporate a few sessions of weight training, swimming, rowing, etc. in your training regimen. This is excellent for all round body development. It also keeps things interesting.

10. Running stiff is extremely common among beginner runners. The only way to be a good runner is to relax and breathe properly as you run. Drop your shoulders, unclench your jaw and watch what state your body is in when you run. Consciously make an effort to relax your body while you are running. You want to be in a zone. Relaxed, focused and still efficient.

11. Failing to drink enough water results in dehydration, exhaustion and may even result in heat stroke. Drink lots of water and the occasional isotonic drink will be beneficial too.

7 Fat Blasting Running Techniques & Tips

Running is a very natural activity. Unlike weight training which has many nuances in form and methods, running is a basic activity and as long as you maintain good posture and follow what was mentioned earlier, you will definitely become a good runner.

The most important point to remember is that the only way to lose weight with running is to actually go out and run. Reading this book will not make you lose weight. You

absolutely MUST take action. Once you put in the sweat equity, your body will drop the pounds.

Now let's look at certain issues that are highly debated among runners and fitness professionals.

Should you run on an empty stomach?

This question has been debated so much its critics and defenders have written books about it.

If you want to lose weight, you should definitely run on an empty stomach, preferably upon waking. The reason for this is that your glycogen stores are low. So, your body will burn fat for fuel instead of the muscle stores.

There are 2 conditions which you absolutely must follow.

- The duration should be between 20 to 30 minutes. No longer.
- You should run at a steady pace. A good way to measure this is to ask yourself whether you could hold a steady conversation during your run. You must be able to. If you can't because you're panting, then you're going too fast.

Running on an empty stomach is a tool you can use every now and then to burn stubborn fat stores. Alternate it between days of high intensity runs.

Go barefoot or wear shoes?

Shoes. Always wear shoes. There are proponents of barefoot running who believe that wearing shoes hinders their natural stride. So, they choose to run barefoot.

Since the aim here is to lose weight by running, let's just keep things simple and run with shoes. You do not want to spend time looking for a safe place to run without shoes. If you're using a treadmill at home, you may wish to give it a try and see if it works for you.

However, it really is best to stick with shoes because running is a high impact activity. Having shoes that cushion your feet is definitely a good idea.

Treadmills or Tracks?

This is up to you. There are pros and cons to both. With treadmills, things can get boring and the scenery never changes. The speed is pretty much fixed and you will have to adjust it if you want to go higher or slower. If you're on the tracks, you can speed up or slow down as you wish.

However, if the place you live in is facing inclement weather, going out to run may not be an option. Or if you only have time to run at night, safety may be a concern. In cases

like this, a treadmill in the privacy of your own home will be better. In the end, both are effective. It's just a matter of preference and budget.

Recommend having one with an incline HRM like this one.

<http://ilivehealthy.xyz/sunnyhealthtreadmill>

How Do I Calculate MHR or Maximum Heart Rate?

You can get your MHR by deducting your age from 220. For example, if you're 35 years old...

$220 - 35 = 185$ (your max heart rate)

To easily keep track of your heart rate, it would be a great idea to get a heart rate monitor. They are pretty affordable and you'll always be able to track your heart rate and see if you are in the zone ideal for you.

Take note that the MHR can be affected by factors such as hydration, heat, heart size, etc. So, if you feel discomfort while exercising in the MHR zone, drop your intensity a notch or two. Don't push past beyond the point of discomfort.

How should I breathe while running?

There are a few pointers to take note of about breathing while running. Correct breathing will result in you running faster and experiencing less fatigue.

- Breathe with your belly, not your chest. You should see your belly expanding and contracting.
- Breathe deeply.
- Measure your breaths to your steps. If it's a leisurely run, inhale once for every 3 or 4 steps and exhale once for the same amount of steps. If it's a fast run, breathe in for every one or two steps.
- Keep your mouth slightly open so air can go in through both your nose and mouth.

The key point to note is that breathing just like running is a natural activity. Don't worry too much about it. The more you run, the better your lung function will be and breathing will be easier and natural. Run consistently. That's the key to improvement.

Pick an event race to help stay focused and committed?

Racing is one the easiest ways to motivate yourself to push yourself to accomplish new goals. It's recommended if you run a race never pick a marathon as your first event. Do a simple 5k road race to find out all the aspects of running without as much suffering. If you are a seasoned runner and want to challenge a marathon, it is not necessary to run long miles in your training. Running on pavement over the years can break down your

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

