

# The Couch-to-Community Running Guide

Start running, stick with it, find your crew

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The hardest mile is the first one out the door. Run clubs blew up because running is better with people. This guide gets you running sustainably and into a community.

## Start without getting injured

- Run/walk intervals: 1 min run / 2 min walk, repeat 20-30 min. Build gradually.
- Follow the 10% rule — don't increase weekly mileage by more than ~10%.
- Easy days should feel conversational. Most beginners run their easy runs too hard.

## Gear that actually matters

- Properly fitted running shoes (get gait-checked at a running store) — the one real investment.
- Everything else is optional: a watch/app helps track progress and stay honest.
- Dress for ~10°F/5°C warmer than it is — you heat up fast.

## Find (or start) a run club

- Most cities have free weekly social runs — check local running stores and apps.
- Run clubs add accountability + a finish-line brunch; pace groups mean no one's left behind.
- Starting your own: pick a fixed time/place, keep it 'all paces welcome', be consistent.

## Insider glossary

**Easy run** — A conversational-pace run — the bulk of healthy training.

**Negative split** — Running the second half faster than the first.

**PR/PB** — Personal Record/Best.

**Taper** — Reducing mileage before a race.

## Starter checklist

- Fitted running shoes
- Run/walk plan
- A route you enjoy
- A local run club or a friend

☐ Water for 45+ min runs

**Pace optional, snacks mandatory: 'Slow Runners Club' at  
[15d0.com/shop/runclub/](https://15d0.com/shop/runclub/)**