

# The Ultimate Guide to Overcoming Excuses, Injuries, and Other Obstacles for New and Returning Runners

Running is an incredible way to improve your physical and mental health, but it can also be a challenging endeavor. If you're new to running or returning after a break, you may encounter a variety of excuses, injuries, and other obstacles that can prevent you from achieving your goals.

This comprehensive guide provides practical strategies and expert advice to help you overcome any challenges that may prevent you from achieving your running goals. Whether you're a new runner or returning after a break, this book will empower you to reach your full potential and enjoy the transformative benefits of running.



## The Born Again Runner: A Guide to Overcoming Excuses, Injuries, and Other Obstacles—for New and Returning Runners by Pete Magill

★★★★☆ 4.6 out of 5

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## **Chapter 1: Overcoming Excuses**

The first step to overcoming any obstacle is to identify and challenge the excuses that are holding you back. In this chapter, we'll explore the most common excuses that runners use and provide strategies to help you overcome them.

- **I don't have time.**
- **I'm too tired.**
- **I'm not in shape.**
- **I'm afraid of getting injured.**
- **I don't know where to start.**

Once you've identified your excuses, you can start to develop strategies to overcome them. For example, if you don't have time, you can break your runs down into smaller chunks and fit them into your schedule throughout the day. If you're tired, you can run in the morning or evening when you have more energy. And if you're not in shape, you can start with short, easy runs and gradually increase your distance and intensity over time.

## **Chapter 2: Preventing and Treating Injuries**

Injuries are a common obstacle for runners, but they can be prevented and treated with proper care. In this chapter, we'll discuss the most common running injuries and provide tips on how to prevent and treat them.

- **Shin splints**
- **Runner's knee**

- **Plantar fasciitis**
- **Stress fractures**
- **Achilles tendinitis**

If you do experience an injury, it's important to seek medical attention as soon as possible. Early diagnosis and treatment can help to prevent further damage and speed up your recovery.

### **Chapter 3: Overcoming Other Obstacles**

In addition to excuses and injuries, there are a number of other obstacles that can prevent you from achieving your running goals. These obstacles can include:

- **Lack of motivation**
- **Bad weather**
- **Lack of support**
- **Financial constraints**
- **Time constraints**

While these obstacles can be challenging, they can be overcome with the right strategies. For example, if you lack motivation, you can set small, achievable goals and track your progress. If you're struggling with bad weather, you can run indoors or on a treadmill. And if you don't have a lot of support, you can join a running group or find a running partner.

Running is a challenging but rewarding endeavor. If you're new to running or returning after a break, you may encounter a variety of excuses, injuries,





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