

any suggestions on improving my running...



[mrs. aguirre](#) 7 posts since

Jun 19, 2008

Well let me start off by saying that I use to be a runner in school about some 20 years ago. I have been cycling & racing on & off for the last year or so. I am not consistant with working out as I would like to because I work 12 hour shifts & for the last couple of months have worked almost 6 days a week. I have steadily gained weight over the last couple of years & i just turned 34 years old, & I weighing 155 lbs. I think the number is depressing me! I have started running again for the last month or so, I have been sort of training for a duatholon which consists of a 5 mile run/8 mile cycling/1 mile run, I know this is do able. I have been able to run/jog a mile in about 15 minutes & I wish I could do this alot faster but my body somehow doesn't seem to cooperate. I can finish 3.1 miles in 48:02 minutes but for some reason I have not been able to improve my time. Could someone give me some suggestions on how to improve. I feel like I have hit a wall & don't know which way to go.

?:| [Mrs. aguirre](#)



[silvereagle](#) 800 posts since

Dec 10, 2007 1. **Re: any suggestions on improving my running time?** Sep 19, 2008 6:00 PM

Hey Mrs. aguirre welcome back to the running family,

You really have answered your own question, I think your setting your expectations alittle to high, because I can understand why your not improving.

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There is no consistent workout, I think you would improve by getting on a training program, there are plenty of free programs available online to help you get started

couch to 5k is one of them or even smart coach on runnersworld.com

Second your working 6 days a week 12 hours a day, your so tired and with no energy I cant imagine even trying to run with the workload.

Third its only been a month i think you need to give yourself a break your not 16 anymore so everything will come a little slower.

im not here to scold you as its impressive that you can train for a 5k and run it in 48 minutes on your workload

I think it will come to you with a training program consistent training time and energy to do it.

jmho

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goodluck and keep us posted

Dennis



[medic1226](#) 28 posts since

Apr 2, 2008 2. **Re: any suggestions on improving my running time?** Sep 19, 2008 6:30 PM

in response to: [silvereagle](#)

Hi there! Congratulations on getting back into running, that is the biggest step right there. I really could have written your post myself several months ago. I have been running a little over a year and by month 3 into it I went from running a 15 minute mile down to a 13 minute mile. Some improvement but not enough for me. No matter what I did, I could not seem to top the 13mm pace. I read some articles on here about improving speed...took the advice offered and started upping my mileage, not my speed. I picked a comfortable speed (5mph on the treadmill) and ran for an hour. So I went from running 3.1 to 5 miles. I found that as I increased my miles and became comfortable with running that distance for an hour, my speed naturally increased. Now I am down to a 10 minute mile and honestly I am proud of it!! I do not really expect to get much below that. I am 37 yrs old and I just do not think I have it in me to run an 8 min mile. But you never know, when I was running a 15 min mile pace I NEVER thought I would get down to 10 mins. Hang in there and do not get too down on yourself. You are out there doing it and you WILL see improvements, I promise you. I am a paramedic and work 24 hour shifts, so I understand about it being hard to find time to run and then there is the question of having the energy to run after such horrendous shifts.



[zookeeperrunning](#) 227 posts since

Aug 8, 2008 3. **Re: any suggestions on improving my running time?** Sep 20, 2008 6:37 AM

mrs.aguirre> First let me say, congrats on running!!! I really think you should be careful not to start too fast too soon. I to am 34, and just started running again in June of this year. I too was anxious to get in to it fast, and was discouraged by my time for running a mile...At the end of July I tried amping up my speed by 1mph, and I really hurt my quads and hips,

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took a week off of running, because I could barely even walk...I probably should've taken more time off, but like I said I was anxious. Getting back into it was very hard, and very painful, I ran with a limp for almost a week until I could run normal again. I obviously went back down to my comfortable speed, and stayed there for about another month. The end of August I tried amping my speed again, but only by .5mph, again I over worked my quads, and had to take a few days off from running again. Talk about frustrating!!! I got some really great advice from other runners on this site, and went back to my comfortable speed again, and stuck with my comfortable miles, and finally just this week my muscles feel good again. Running too fast, too soon, is not worth the pain, or how much it puts you behind of achieving your ultimate goal. I have been running 19-20 miles a week for the last two weeks since my last injury, and the advice I got from lenzlaw was to gradually increase my mileage, and as I get stronger from running farther I will also get faster, but first work on distance... Next week I will be increasing my mileage by 1 mile per week, until I am up to 25 miles, then lenzlaw says stay at this for 10 weeks, after this, then start to gradually increase speed. My goal is to be running 5 and 10 k's next spring, so this was his advice for me!! Best of luck to you, just listen to your body, it will let you know if you are asking it for too much!!! Keep on running!!:)

Carey



[Mrs. Aguirre](#) 7 posts since

Jun 19, 2008 4. **Re: any suggestions on improving my running time?** Sep 21, 2008 10:17 AM

 in response to: [silvereagle](#)

thank you for your comment silvereagle. As I finished writing my post I realized that I had answered my own question but posted it anyways cuz I just wanted feedback. I have been out of the loop for such a long time that I just wanted some suggestions from other runners. I have cut back on my work days to 2-- 12hrs shifts a week cuz I really want to get into some kind of shape.

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It was hard for me at first to start running cuz I always felt winded & would turn beet red @ the beginning but now I can run comfortably & I absolutely love it. I REALLY WISH I would not have stopped running in the first place. I have looked at the couch to 5 k training plan & I am thinking about using it.

I totally understand what you mean about not being 16 anymore. My body is so much different now & that was the part for me to adjust to (the extra weight & all the aches & pains) . That is why I wish I would of kept up on the running; but thats the past & I am here ready to start a new chapter & become a better person through fitness. I don't want to be the one always lagging behind everyone else anymore cuz I can't breath or cuz I simply can't keep up. Let's see what will happen.


thank you for your support & advice

Mrs. Aguirre:D



[mrs. aguirre](#) 7 posts since

Jun 19, 2008 5. **Re: any suggestions on improving my running time?** Sep 21, 2008 10:30 AM

 in response to: [medic1226](#)

thank you medic 1226 for answering my post. I have always been the type of person that is dedicated to anything I do, at work, as a wife, as a parent & now as a cyclist & runner. I always want to do things to the best of my abilities & I realize now that my unhealthy habits

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have taken a toll on me & my body. I have cut back on my working days so that I could get back into fitness & stay in fitness. Work will always be there, but my health will not & if I kept going at the pace I was going I probably would end up having a heart attack or a stroke & I will not stand for that.

I almost feel guilty when I don't run now & I am glad about that cuz BEFORE if I missed a day of working out I would just shrug my shoulders & say oh well! Now I make myself go to the gym & do cardio. So now that I found my nitch I am sticking to it.


Yesterday I was able to finish my mile in 14 minutes flat. I was so excited! I know it's just a tiny improvement but it still made a difference. Thank you for your advice & your support.

mrs. aguirre:D



[mrs. aguirre](#) 7 posts since

Jun 19, 2008 6. **Re: any suggestions on improving my running time?** Sep 21, 2008 10:37 AM

 in response to: [zookeeperrunning](#)

zookeeper thanks for answering my post. I am trying to take it slow but sometimes it gets really frustrating! I am enjoying every day that I run & it's improving my life as well. I will keep you posted on my progress.

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thank you for your advice & support.

mrs. aguirre:D



[amarie14](#) 1 posts since

May 3, 2008 7. **Re: any suggestions on improving my running time?** Sep 21, 2008 1:41 PM

Mrs. Aguirre,

Everything everybody has told you is true. If you can run a 5k, try to go for a 10 or 15k next time. This time, don't think about your time of how slow or 'fast you are going. I jumped from running 5k to a 10 mile run. I didn't think I could do it but I told myself that I will run as far as my body will let me. I mapped out a 10 mile run and went for it. I didn't think I would make it the whole way, but I did. My next 5k run was a breeze. No matter how slow you run, if you can improve your distance, you 5k time will get better...with time.

Angela

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[Mrs. Aguirre](#) 7 posts since

Jun 19, 2008 8. **Re: any suggestions on improving my running time?** Sep 21, 2008 3:04 PM

in response to: [amarie14](#)

thanks angela! I am going to try to increase my mileage & see how I do. Some days are just frustrating & others are great, but that's just the way it goes sometimes.

thanks for your advice & your support. Talk to ya soon!:D

Mrs. Aguirre