

Tired of being out of breath!!



flygirlmeg 3 posts since

Nov 17, 2008

A little background: I've been trying to BE a runner for years now. I say try because I always hit a wall and/or get too busy, make excuses, etc . . . then before I know it, it's been months since I've run and I have to start all over again. Well, I'm finally done with that and have made a commitment to myself to JUST DO IT this time!!

This time around (started about a month ago) I've committed to running at least three times a week with a goal of reaching 9 miles a week (3 miles/3 times a week) by my 31st birthday - January 25th. When I made that commitment to myself I could already run a mile, though slowly and with effort. So, my plan was to increase mileage at a rate of 1/10th of the overall distance per week. Since I started at a mile, that basically means I was increasing about a tenth of a mile for my runs, each week (ex: 1 mile 3x/week, 1.1 miles 3x/week, 1.2 miles 3x/week, etc). Well, the first few weeks went just fine but I've noticed over the last week or so, every single one of my runs has been increasingly difficult and just . . . dreadful!! I notice that once I get to about the mile mark and/or just over 10 minutes in, I'm out of breath. It's like I can't get a good breathing rhythm or something and don't feel like I'm getting any full breaths. Today for example I started getting tired around the mile mark and, though I was supposed to run a 1.4, I ended up walking a portion of the 1 mile point, and then ran a bit more - but didn't do the 1.4 because I just couldn't breathe.

Anyway, I don't want to let this problem get in the way of my goals. I really don't feel like increasing mileage at such a slow (and recommended) rate should be this difficult. I'm sure I'm not the only person who's experienced this . . . so, does anyone have any suggestions? I'm all ears!! Thanks!!

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[macd019](#) 696 posts since

Dec 14, 2007 1. **Re: Tired of being out of breath!!** Nov 17, 2008 1:50 PM

My first suggestion would be to slow down. You should be able to talk maybe not sentences, but phrases at least. Another alternative would be to deliberately mix some walking breaks in between running stretches, maybe run 3 min walk 2 min or something like that. You could try the Couch to 5K program, though you might want to start further in than week 1. Congratulations on starting and good luck you CAN make your goal!



[jessep28](#) 5 posts since

Oct 7, 2008 2. **Re: Tired of being out of breath!!** Nov 17, 2008 9:25 PM

I ran quite a bit back in college and took the same approach as you relatively. Even though I was able to do 5k runs, the workout seemed quite a bit more anerobic to me than it maybe should have.

Fast forward to today. I've started running again and opting to do the C25K route to get back into form. I am finding that my breathing is far more controlled than it was back a couple years ago. Albeit, I am only on week 3 which has a max run of .5 miles.

My advice would be to slow down (you are not training for a race) and perhaps consider the C25K program if you so choose.



[flygirlmeg](#) 3 posts since

Nov 17, 2008 3. **Re: Tired of being out of breath!!** Nov 20, 2008 5:20 PM

 in response to: [jessep28](#)

To both Jessep and macd - thanks so much for the advice!! I couldn't run the past two days but got one in this evening and . . . for the first time in weeks, I had a GOOD run!! I slowed way down and managed to surprise my planned 1.4 and made it an 1.8 instead! Couldn't

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gone even further but I ran out of daylight. I guess the saying of "go slower than you think you should" is right. Again, thank you both so much - I'm just so happy to have had a good run!!! 😊



[Jeana0709](#) 2 posts since

Nov 10, 2008 4. **Re: Tired of being out of breath!!** Nov 20, 2008 6:08 PM

👤 in response to: [flygirlmeg](#)

Hi, I am new to running. Started in July. Did a 5 mile run in Sept and a 6.2 run in October.

You just told my story. What I found helpful, as my son pointed out to me, was to stop thinking about my breathing. Just enjoy running and think of it as running on a treadmill with scenery. I now listen to my music and go into my own world thinking about what the song is saying, thinking about how proud I am of myself to just be running, and I keep saying, as the song says, "one step at a time" and "I can do it" and I do. I ran tonight, and well, running in the cold is another story; barely did one mile. Hang in there!



[JasonCR](#) 18 posts since

Aug 30, 2008 5. **Re: Tired of being out of breath!!** Dec 4, 2008 3:04 PM

Ditto, your story sounds much like mine. I tried several times over the last ten years to start running, but never stuck with it because I'd run too hard on the first 1-2 times (and last 1-2 times...) because I felt awful, out of air, would get sick* the next day, etc.

Just start **slow** and keep at it, small increases at a time. After 9 months, I find it much easier to breathe and run now. But really, it took ~3 months to feel like I was solidly jogging ~2.2 miles. It got a lot easier after that point.

(* I read somewhere this is due to immune system suppression from running hard. Also, I've had less sicknesses with regular exercise now!)

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[flygirlmeg](#) 3 posts since

Nov 17, 2008 6. **Re: Tired of being out of breath!!** Dec 4, 2008 6:26 PM

in response to: [JasonCR](#)

Since I've slowed down the past two weeks have been MUCH better. I've worked up to 2.2 miles 3x/week and am thinking of adding a shorter, quicker run to the week as well just to help work on speed as well. I have to say it just feels so darn good after I run these days - so thanks everyone for the advice!!! It worked!!