

THE COMPLETE RUNNING GUIDE

THE RUNNING PLAYBOOK

A **world race calendar**, running tips for beginners, training plans, gear & wearables, plus the **HYROX & hybrid fitness** trend.

2026 RACE CALENDAR

BEGINNER TIPS

4-WEEK PLAN

GEAR & HYROX

WELCOME, RUNNER.

Running is the most democratic sport in the world — **no field, no opponent, just a first step**. And from that single step can grow a journey all the way to a marathon finish line in the world's most iconic cities.

We put this e-book together for anyone just starting out, as well as those chasing their next PB: from the basics of form, training plans, injury prevention and nutrition, to choosing gear, all the way to the **2026 world race calendar** that could become your big goal. One rule from us: **start today. Move today.**

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WHY RUN?

The cheapest sport with the biggest payoff. Here's why millions around the world make running a way of life — and why you should start now.



STRONGER HEART

Regular running lowers blood pressure, strengthens the heart, and reduces cardiovascular disease risk.



BETTER MIND

The endorphins from running (runner's high) are proven to cut stress and anxiety and lift mood and focus.



CHEAP & FLEXIBLE

Just shoes and a road. Any time, anywhere — no membership fees required.



DEEPER SLEEP

Aerobic activity helps you fall asleep faster and sleep more deeply, improving recovery.



BURN CALORIES

One of the most efficient calorie burners, helping manage weight and metabolism.



COMMUNITY

From run clubs to races, running opens up a social network and shared achievement.

30_{min}

ENOUGH PER SESSION
TO START GETTING FIT

3x

IDEAL FREQUENCY
PER WEEK (BEGINNER)

5K

A REALISTIC
FIRST TARGET

42K

THE SUMMIT:
FULL MARATHON

FIRST STEPS

The biggest beginner mistake: too fast, too far, too often. Follow these principles to stay motivated and injury-free.

1

USE THE RUN-WALK METHOD

Don't force a nonstop run. Alternate: run 1–2 minutes, walk 1–2 minutes. Increase the running portion each week. It's the safest way to build endurance.

2

CONSISTENCY > SPEED

Running 3× a week at an easy pace beats sprinting once and being wiped out for a week. Build the habit first; speed follows.

3

APPLY THE 10% RULE

Increase your weekly mileage by no more than 10% over the previous week. Ramping up too fast is the number-one cause of injury.

4

TRY THE "TALK PACE" TEST

You should still be able to chat while running. If you're too breathless to talk, you're going too fast — slow down.

▲ DO

- A 5-minute dynamic warm-up before you start
- Start with a time target, not a distance
- Take at least 1–2 full rest days a week
- Track your progress with an app or watch

▼ AVOID

- Running every day in your first week
- Comparing your pace with other runners
- Wearing random or worn-out shoes
- Ignoring pain that lingers

FORM, POSTURE & BREATHING

Good form makes running feel lighter, more efficient, and far less likely to cause injury.

↑ BODY POSTURE

- › **Gaze** ahead ±10–20 m, not down at your feet.
- › **Relaxed shoulders**, drop them away from your ears.
- › **Arms** bent ±90°, swing front-to-back, not across the chest.
- › **Lean** slightly forward from the ankles.



FOOT STRIKE

- › Land **under your hips**, not far out in front.
- › A **midfoot** strike is safer than a hard heel strike.
- › Keep strides **light & short**; avoid overstriding.
- › Aim for a **cadence of 170–180** steps per minute.

BREATHING TECHNIQUE

3:2 RHYTHM & BELLY BREATHING

Inhale through nose & mouth for 3 steps, exhale for 2. Use belly (diaphragmatic) breathing, not your chest — your stomach expands as you inhale. This steadies your rhythm and helps prevent side stitches.

WARM-UP (DYNAMIC)

Leg swings, high knees, butt kicks, walking lunges, 5–8 minutes. Prep muscles & joints BEFORE you run.

COOL-DOWN (STATIC)

A 5-minute easy walk + static stretches for calves, hamstrings and quads AFTER you run.

4-WEEK PROGRAM

0 → 5K

A progressive run-walk method. Do **3 sessions per week** with 1 rest day in between. "R" = Run, "W" = Walk.

WEEK	SESSION 1	SESSION 2	SESSION 3	TOTAL
WEEK 1	R1' / W2' ×8	R1' / W2' ×8	R1.5' / W2' ×7	±24 min
WEEK 2	R2' / W1.5' ×7	R3' / W1.5' ×6	R3' / W1' ×6	±27 min
WEEK 3	R5' / W1.5' ×4	R7' / W1.5' ×3	R8' / W2' ×3	±30 min
WEEK 4	R10' / W1' ×3	R15' / W1' ×2	R 5K nonstop 🏁	5K!



THE BENCHMARK

Focus on finishing the time/session, not the speed. Slow down whenever you're gasping.



IF IT'S HARD

Repeat the same week before moving on. There's nothing wrong with progressing slowly.



RECOVERY

On rest days, light walking, yoga or stretching is fine. Get enough sleep.



After your 5K? Keep the same pattern, adding no more than 10% distance each week toward 10K, then a half marathon (21K). Consistency is the key.

PREVENT INJURY & RECOVER FAST

Running injuries almost always come from "adding load too quickly". Recognize, prevent, and treat them the right way.

• THE MOST COMMON INJURIES

SHIN SPLINTS

Pain along the shin bone. Cause: mileage spikes & worn shoes. Fix: reduce load, ice, strengthen calves.

RUNNER'S KNEE

Pain around/below the kneecap. Cause: weak hip/thigh muscles. Fix: strength training.

PLANTAR FASCIITIS

Pain in the sole near the heel, worst in the morning. Fix: calf & foot stretches, supportive shoes.

BLISTERS & CHAFING

Skin friction. Fix: moisture-wicking socks, anti-chafe balm, well-fitting kit (no cotton).

FIRST AID

THE R.I.C.E METHOD

Rest · **I**ce (15–20 min compress) · **C**ompression (elastic wrap) · **E**levation (raise above the heart). Pain lasting >1 week? See a doctor/physiotherapist.



SLEEP 7–9 HRS

Muscle repair happens while you sleep. The most underrated "training" there is.



REST DAY

A rest day isn't a step back – it's exactly when your body gets stronger.



FOAM ROLL

Massage muscles 5–10 minutes to boost circulation & ease stiffness.

FUEL FOR RUNNERS

What you eat shapes how you run. Time your intake around your training schedule.



BEFORE A RUN

1–3 hours before: easy-to-digest carbs (banana, bread, oats). Avoid high fiber/fat. A short morning run on an empty stomach is fine.



DURING A RUN

<60 min: water is enough. >60–90 min: add electrolytes & gel/carbs at ±30–60 g per hour.



AFTER A RUN

Within 30–60 min: combine carbs + protein (±3:1 ratio) to restore glycogen & repair muscle.

● HYDRATION GUIDE

- › **Daily:** keep your urine pale yellow and clear as a sign of good hydration.
- › **Before a run:** drink ±400–500 ml of water about 2 hours beforehand.
- › **Hot/humid weather (like Indonesia):** fluid & electrolyte needs are higher — don't wait until you're thirsty.
- › **After a run:** replace the fluids you lost; weigh yourself if you want precision.



The golden race-day rule: never try new food, gels, or drinks on race day. Test everything on your long runs so your stomach won't betray you mid-race.

ESSENTIAL GEAR

You don't need much to start — but a few items change your running experience dramatically.



RUNNING SHOES

Your number-one investment. Pick for your foot shape & surface (road/trail). Replace every **500–800 km**. A fitting at a specialist store is highly recommended for beginners.



SMARTWATCH / GPS

Tracks distance, pace, cadence, & heart rate. This data is the key to measured training. Brands like Garmin are a community favorite for accuracy & training features.



TECHNICAL APPAREL

Choose **moisture-wicking** fabric (not cotton) so it dries fast & won't chafe. Dedicated running socks lower blister risk.



SUPPORT ACCESSORIES

A running belt/vest for bottle & phone, a cap/visor for heat, a headlamp for night runs, and anti-chafe balm for long distances.

WHAT MODERN WEARABLES TRACK

DATA = SMARTER TRAINING

Pace & distance · Heart-rate zones · Cadence · VO₂ max estimate · Training load & recovery · GPS route. With data, you can train in the right zone — instead of just running hard.

★ **Move Today tip:** get the right shoes first. Everything else can be added gradually as you get more serious. Expensive gear won't make you faster — consistent training will.

WORLD MARATHON MAJORS 2026

The seven most prestigious marathons in the world. Finish all seven and earn the **Seven Star Finisher Medal** – the ultimate dream for many road runners.

MARATHON	2026 DATE	COUNTRY	FINISHERS*
TOKYO	1 Mar 2026	Japan 🇯🇵	±38,000
BOSTON	20 Apr 2026	United States 🇺🇸	±30,000
LONDON	26 Apr 2026	United Kingdom 🇬🇧	±56,000
SYDNEY	30 Aug 2026	Australia 🇦🇺	±33,000
BERLIN	27 Sep 2026	Germany 🇩🇪	±48,000
CHICAGO	11 Oct 2026	United States 🇺🇸	±54,000
NEW YORK CITY	1 Nov 2026	United States 🇺🇸	±59,000



7 STAR DREAM

Sydney became the 7th Major (debut edition 2025), making 2026 the first full year with all 7 Majors.



FASTEST COURSES

Berlin, London & Chicago are known as flat & fast – the sites of many world records.



HOW TO GET IN

Via ballot (lottery), qualifying time, or charity bib. Spots are tight – enter well ahead.



*Finisher counts are estimates based on recent editions. Dates follow the official 2026 Abbott WMM calendar. **Always verify dates & registration on each race's official website.**

ICONIC WORLD RACES & 2027 PREVIEW

Beyond the Majors, the world is full of legendary races — from the fastest streets to the most brutal trails. The months below show the usual season; check exact dates each year.

RACE	SEASON	NOTES
PARIS MARATHON	April	One of Europe's largest marathons, routed past iconic landmarks.
COMRADES (Ultra)	June	The legendary ±89 km ultra in South Africa.
UTMB (Trail)	August	The most prestigious ultra-trail, circling Mont Blanc.
MARINE CORPS	October	"The People's Marathon" in Washington D.C.
VALENCIA	December	A super-fast course, a favorite for PB & record hunters.
HONOLULU	December	No time limit, a relaxed seaside vibe in Hawaii.

● PLANNING AHEAD? 2027 MAJORS

7 Mar TOKYO 2027	19 Apr BOSTON 2027	25 Apr LONDON 2027	Q4 SYDNEY · BERLIN · CHICAGO · NYC
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Don't forget local races! Indonesia's running scene is growing fast — from city fun runs and half & full marathons to trail races. Keep an eye on the event calendar at [@move.today.id](https://www.move.today) for domestic race dates.

RACE TYPES & THE **HYBRID** TREND

Get to know race distances from the most beginner-friendly to the most extreme — plus a fitness trend that's exploding.

FUN RUN / 5K

The ideal entry point. 3–5 km, a relaxed vibe, perfect for a first race.

10K

A mid-level challenge. Needs an endurance base, still very beginner-friendly.

HALF MARATHON

21.1 km. A big milestone that needs a structured 10–12 week plan.

FULL MARATHON

42.195 km. The summit of road running. Demands 16–20 weeks of dedicated training.

ULTRA

Any distance beyond 42 km. From 50K to 100 miles — a test of mind & body.

TRAIL RUN

In nature/mountains with elevation & technical terrain. Focus on time & effort, not pace.

THE TREND THAT'S EXPLODING

HYROX & HYBRID FITNESS

A blend of running & functional fitness going viral worldwide — Indonesia included. The format: **8× 1 km runs** alternating with **8 functional workout stations**. It tests endurance and strength at once.

01

SKIERG

02

SLED PUSH

03

SLED PULL

04

BURPEE BROAD JUMP

05

ROWING

06

FARMERS CARRY

07

SANDBAG LUNGES

08

WALL BALLS

RACE DAY CHECKLIST

Preparation decides 50% of your race experience. Tick everything off for a drama-free race day.

1 WEEK TO DAY BEFORE

- ☐ **Taper:** cut training volume, let your body rest.
- ☐ Collect your **race pack** (bib, chip, jersey) at the expo.
- ☐ Study the **route, elevation & water stations**.
- ☐ Lay out your outfit — **nothing new on race day**.
- ☐ Sleep well, especially 2 nights before (not just the eve).
- ☐ Check the weather & your transport plan to the venue.

MORNING & DURING THE RACE

- ☐ Eat **2–3 hours before** the start (something tested).
- ☐ Pin your **bib** on the front, charge your watch, safety pins.
- ☐ Light warm-up & a toilet stop before entering the corral.
- ☐ **Start slow!** Don't get swept up in the early-km euphoria.
- ☐ Hold your pace & hydrate at every water station.
- ☐ After the finish: walk, drink, stretch, celebrate! 🎉

• PACK YOUR RACE BAG

Running shoes & socks · bib & safety pins · watch/phone + charger

Energy gel/snack · bottle/hydration · anti-chafe balm

Cap/visor · sunscreen · light rain jacket · change of clothes

GLOSSARY & PACE CHART

Talk shop with other runners without getting lost — and estimate your finish time from a target pace.

• RUNNER'S DICTIONARY

PACE

Time per km (min/km). A runner's main reference.

CADENCE

Steps per minute. Ideal is ± 170 – 180 spm.

TAPER

Reducing training load in the lead-up to a race.

CORRAL

A start group based on estimated finish time.

CARBO LOADING

Boosting carbs in the days before a race.

PB / PR

Personal Best / Record — your fastest recorded time.

NEGATIVE SPLIT

Running the second half faster than the first.

BIB

Your race number, containing the timing chip.

DNF / DNS

Did Not Finish / Did Not Start.

ELEVATION GAIN

Total climbing along the route (meters).

• PACE CHART — ESTIMATED FINISH TIMES

PACE (MIN/KM)	5K	10K	HALF (21.1K)	FULL (42.2K)
5:00	25:00	50:00	1:45:30	3:31:00
5:30	27:30	55:00	1:56:03	3:52:06
6:00	30:00	1:00:00	2:06:36	4:13:12
6:30	32:30	1:05:00	2:17:09	4:34:18
7:00	35:00	1:10:00	2:27:42	4:55:24
7:30	37:30	1:15:00	2:38:15	5:16:30
8:00	40:00	1:20:00	2:48:48	5:37:36

ONE RULE. ONE STEP.

START TODAY.

Every marathon runner once stood exactly where you are now: at the first step. No pace is too slow, no distance too short to begin. What matters is that you **move — today.**



@movetoday.id

Curated sport & lifestyle updates · Race calendars, gear & running inspiration, every day.