



Need some inspiration to get started? Check out these resources curated by Harvard Professor [Daniel E. Lieberman](#) and Bob Manson MPA '04, HAA volunteer and long-time runner.

Training Resources:

- [“How to Start Running,”](#) *New York Times*
- [“Six-Week Beginner 5K Plan,”](#) *Runner’s World*
- [“The Total Beginner’s Quick Guide to Running,”](#) *Runner’s World*
- [“Novice 5K Training Plan,”](#) by Hal Higdon
- [“5K Training Plan,”](#) by Nike Run Club
- **Video series:** [“Good Form Running,”](#) by Grant Robison
- [“Adaptive Running Resources,”](#) Move United
- [“How to Start Cycling: 6 Need-to-Know Tips for Beginners,”](#) *Bicycling*
- [“Exercising with Chronic Conditions,”](#) National Institute on Aging
- [“Fitness Advice for Wheelchair Users,”](#) National Health Services United Kingdom
- [Harvard Recreation](#) has a variety of virtual fitness offerings to keep you motivated—including cross training classes, post-run yoga flows, and more!

Inspiration:

- [“Running for a Purpose,”](#) *Harvard Gazette*—Reasons Harvard community members run the Boston marathon
- [“How Fast Can We Run?”](#) *Harvard Gazette*—Q&A with Daniel E. Lieberman, chair of Harvard’s Department of Human Evolutionary Biology
- **Video:** [“Boston Marathon Bombing Survivor Prepares to Run the Marathon,”](#) CNN
- **Video:** [“Dave Wottle—Never Give Up,”](#) 800m Final Munich Olympics 1972

Research and Articles:

- **Video:** [“Evolution and the Exercise Dilemma,”](#) The Leakey Foundation
- **Video:** [“Brains, Brawn & the Evolution of the Human Body,”](#) Daniel E. Lieberman at TEDxBermuda
- [“Exercise is Medicine,”](#) American College of Sports Medicine
- [“The Compelling Link Between Physical Activity and the Body’s Defense System,”](#) *Journal of Health and Sport Science*
- [“Active Grandparenting, Costly Repair: A Biological Anthropologist Explains Why and How Exercise Works to Combat Senescence,”](#) *Harvard Magazine*
- [“Raw and Red Hot: Could Inflammation Be the Cause of Myriad Chronic Conditions?”](#) *Harvard Magazine*
- [“For Older Women, Just 7,500 Steps a Day Lowers Mortality,”](#) *Harvard Gazette*

Recent Books:

- [Exercise is Medicine: How Physical Activity Boosts Health and Slows Aging,](#) by Judy Foreman
- [Exercised: How Something We Never Evolved to Do is Healthy and Rewarding,](#) by Daniel E. Lieberman
- [The Power of Habit,](#) by Charles Duhigg MBA '03