

A light gray silhouette of a person running, positioned on the left side of the page, extending from the top to the bottom.

# How to Become a Morning Runner

**IN 5 DAYS**

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- DAY 1.** Wake up. Place your running shoes by the door. Go back to sleep.
- DAY 2.** Wake up. Put your running shoes on for 5 minutes. Take shoes off and go back to sleep.
- DAY 3.** Wake up. Put your running shoes on, go out and walk around the block.
- DAY 4.** Wake up. Put your running shoes on, go out and walk around the block then jog for 5 minutes.
- DAY 5.** Wake up. Put your running shoes on, go out and jog for 10 minutes. Repeat indefinitely. You are now a morning runner.