[fitday.com](https://www.fitday.com/fitness-articles/fitness/how-to-make-beach-running-more-approachable.html)

**How to Make Beach Running More Approachable**

3-4 minutes

The beach is definitely one of the most beautiful places you can run! You’ve got the beautiful ocean on one side, the gorgeous sand on the other, with the blue sky and bright sun overhead. What’s not to love?

Beach running is also one of the hardest types of running. Thanks to the low density of the sand, you have to push off harder with each step, which means your body uses more energy to propel you forward. You’ll run out of steam faster, meaning less distance covered.

But don’t worry! We’ve got a few tips that will help you to get in a better, easier beach workout every time:

**Run on the Hard-Packed Sand**

The hardest place to run is in the thick, soft sand piled up above the level of the water. This is the sand where you’re going to sink in, and it’s going to feel like running through the snow with every step. Instead, walk through the soft sand until you reach the hard-packed sand along the edge of the ocean. The water has packed it much more tightly, so you’ll have a more solid platform to step off of as you run. Just keep an eye on the waves so you don’t get wet!

**Watch for the Slant**

If the decline from the sand to the ocean is too steep, you will find yourself running on a pretty strange slant. This can put pressure on your knees, ankles, hips, and spine and can actually be terrible for your joints and skeletal structure. Ideally, you want to find a beach that’s fairly flat, or at least doesn’t have too steep an angle near the ocean. The flatter the beach, the more natural your movement.

**Shorten Your Run**

Seeing as the run is going to take a lot more effort, don’t worry about covering the same distance as you would on solid ground. Be willing to shave a mile or two off your usual distance because you’ll start feeling the burn far faster on sandy ground.

**Embrace the Difficulty**

Instead of going for distance on hard-packed sand, why not try for intensity on the soft-packed sand? You can cut your run down to a mile or so in the soft sand, where you’ll feel the burn far faster and kick your heart rate up significantly. It’s a higher intensity workout on par with hill running, so you’ll be able to get a proper workout with far less time invested.

**Try Barefoot Running**

Some people need the support of a good pair of shoes, but it’s often worth trying barefoot running to see how your body can handle it. If you can manage to run barefoot, you’ll be able to run right on the water’s edge where the beach is as flat as possible. You’ll have to get used to running without an elevated heel (courtesy of the heel support built into your running shoes), but if you do, it can make for a more natural running experience.

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