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Anyone can run and you can too. Really. But it will be much more pleasant if you start running the right way. Here's how not to do it. Growing up, I didn't play sports, so I didn't run. In eighth grade, I wanted to play field hockey and agreed to run after school with three friends. I had no idea what I was getting into. All three friends were footballers (read: aerobic monsters) and I found myself having to stop to tie my shoe several times. I was mortified and wheezing. I realize that Now I made the same mistake of many new runners: I tried to run non-stop when I had never done it before. Don't want to be miserable, wheezing, or worse, limping when you first start? Follow this advice and the 7-week walk-run plan outlined by writer DIMITA McDowell. Seven weeks may seem like a long time, but just think: Finally, you'll be able to run for 30 minutes straight. Thirty minutes! Things You Need Shoes Expect to shell out at least \$75 for good running shoes. Sneakers that don't meet your foot type and running style can lead to Achilles tendonitis, plantar fasciitis (heel pain), knee pain and shin splines, says Stephen M. Pribut, D. P.M., clinical assistant surgeon at George Washington University Medical Center. Need help shopping? Check out WH Shoe Finder reviews for the latest models or head to your local running store where employees are generally more helpful than in sports stores. Sports bra According to one study, running can cause your to fly up and down by as much as eight inches. (Ouch!) A sporty bra that holds each breast in a separate cup will reduce bounce and support you better than a bra on a shelf. When you try one on, run in place, do jumping jacks, and swing your arms in circles to see how support will be. Stopwatch Any watch with start and stop button will do! Plan Follow this plan with running coach Christine Hinton three times a week on non-follow-up days. Go slowly. Really slow. Repeat the week if you don't feel ready to go up. When you can run consistently for at least 30 minutes, you can start adding more distance. Start and end each session with a five-minute walk. Week 1: Run 2 min, walk 3 min; repeat 6 times Week 2: Run 3 min, go 3 min; repeat 5 times Week 3: Run 5 min, go 2 min; repeat 4 times Week 4: Run 7 min, go 3 min; repeat 3 times Week 5: Run 8 min, go 2 min; repeat 3 times Week 6: Run 9 min, go 1 min; repeat 3 times Week 7: Run 30 minutes After starting for at least six weeks, add spacing to continue building fitness and shed pounds. Tell me: If you start running, how is it? If you've run, what advice would you give to someone who Starts? This content is created and handled by a third party and imported to this page to help users provide their email addresses. For more information on this and similar content, see piano.io As As Fighting for backward compatibility between Xbox One and PS4, PC looks at this tribal console with detached entertainment. The option to vacuum and run old games has always been a Windows platform car, so the idea of backward compatibility practically does not exist. Yesteryear games should just work. However, as Windows modernizes to meet the demands of recent games, running Ultimas, Thematic Hospitals and other retro titles can be difficult. So, at TechRadar's Pc Gaming Week 2020, we've put together the best ways to get old pc games back on their feet in Windows 10 and in better shape than ever before. How to run DOS games on Windows 10It was eons because Windows ran by prompting DOS, which is a problem for many games from the 90's that are designed for the ancient CLI. This is where dosbox appears. DOSBox is a DOS emulator that is so essential for running DOS-era games on modern computers that a game vendor without DRM GOG.com (the best legal source for old games) integrates it with all the games in its store. If you have DOS installed, you can simply drag and drop its executable icon (usually a .exe or .bat file) above the DOSBox icon and you're away. If you don't want to go through this drag-and-drop process every time, you can create a game shortcut that automatically runs it in DOSBox.First, download and install DOSBox, and then create a shortcut to the DOSBox executable (right-click DOSBox and select Create Shortcut). Move the newly created shortcut to where you want to open the game from. Then right-click the shortcut, click Properties, and then click the Shortcut tab, and then type the full directory path of the quotation marks in the Goal box (leaving a space after existing text). So, to start Sid Meier's Civilization, the full text in the target box will be C:\Program Files (x86)\DOSBox-0.74\DOSBox.exe -userconf D:\Downloads\Sid-Meiers-Civilization_DOS_EN\CIV.exe Click OK, rename the DOSBox shortcut to the game name (you can also change the icon image in the Properties window) and the game is ready to run. How to install old CD-ROM games If you have a DOS game on a CD-ROM, don't add it to the kitschy WALL MIRROR CD yet, as you can install it using DOSBox. To install a DOS-based CD-ROM game, first create a folder in Windows where you want to install it (for example, we'll use 'c:\DOSGames'), and then enter the following command to DOSBox: mount c:\DOSGamesNext, you need to mount the CD drive to DOSBox. Assuming it's a 'd' drive on your computer, the command you need to enter into DOSBox is:Mount d:\ -t cdrom -ioctz CD drive now mounted in DOSBox, change the active drive in DOSBox to a CD drive by entering D:. In on the line, enter the command that corresponds to the game installer on the CD (you may need to open the CD in File Explorer to check this, but it is usually install, setup, or So the command prompt should look something like this: Z:\>D:\>install Finally follow the installer's instructions to install the game. If a CD-based game is to run with an older version of Windows, things become a bit more complicated because old Windows installers (especially from the XP era and back) are often not compatible with modern versions of Windows (as a side note: a few CD-based games using DRM securom won't work on Windows 10 either. You can find the full list of these games here). One possible solution is to run the installer as an administrator (see below). If you're really desperate, you can run an older version of Windows on a virtual machine and install the game through it. In this scenario, however, we probably recommend simply purchasing a digital version of the game that is at least guaranteed to be installed on Windows 10. If you're having trouble actually starting the game, the tips below should help. Compatibility modes and administrator privilegesA first thing to try, if your old game isn't running on Windows 10, is to run it as an administrator. Windows 10 has stricter security than Windows XP, so if the game was released in 2001 or therefore, it could fall foul of that. The easiest solution is to right-click the in-game executable file and click Run as Administrator. If that fails, it's time for peeks to be peeks to take a look at compatibility modes that use a process called shimmiing to trick apps into thinking they're running a different version of Windows. Right-click the game executable, click Properties, and then click the Compatibility tab and select the Run this program in compatibility mode check box. In the drop-down menu below, select the version of Windows that corresponds to the year the game was released. Gothic II, for example, came out in 2002, which is why we chose Windows XP (Service Pack 3). Open-source versions and community fixesif you have installed an old game from a CD or even bought it from an online retailer, you may have to deal with such horrible scenarios as limiting it to 1024 x 768 resolution, graphical singularities or the game doesn't even work. This is especially true for post-DOS games from the turn of the millennium, with 3D graphics designed to work on hardware and APIs that are virtually unrecognizable from those currently in use. To make your old game work on Windows 10 and take advantage of modern amenities like HD resolution, unlocked frames per second, DirectX support, and so on, check to see if open source or community fixes are available. For example, you can download full-featured, open-source versions of classics, such as & Conquer: Red Alert (OpenRA) and Theme Hospital (CorsixTH), complete with high-resolution and modern, redesigned interfaces. Classic but creaking games from the noughties, meanwhile, such as Gothic II, Vampire The Masquerade: Bloodlines and Arx Fatalis (anyone?) have been fixed and improved by community improvement projects. Just look at how nicely Gothic II looks running in DirectX 11 at 1080p, with dynamic lighting and shadows, and huge drawing distances (follow these instructions if you want to achieve the same effect). Here, too, are links to Vampire: The Masquerade unofficial patch and the much improved open-source version of Arx Fatalis, which include years worth of bug fixes and technical improvements that modernize your games. These are just concrete examples, of course, but the point is that even obscure old games often have communities that are zealous enough to keep these games up to date and alive. If a group of modders love John Romero's seminal Daikatana flop enough to patch it into modern systems (yes, that's actually something), there's a good chance that your beloved old game has received similar treatment. So, do some searches [game name] unofficial fixes and [game name] community fixes, and see what you find. Happy hunt. TechRadar's PC Gaming Week 2020 celebrates the most powerful gaming platform on Earth with articles, interviews and essential shopping guides that show how diverse, imaginative and unusual computer games – and gamers – can be. Visit our PC Gaming Week 2020 page to see all our stories in one place. Place.

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