

Running Tips 1

SAFETY

- BE SAFE BE SEEN - it is advisable to wear a reflective jacket, top or vest when running in the dark. If you don't have these, a white T shirt is a good substitute.
- Don't be tempted to run with headphones on as you are not aware of what is going on around you.
- If running on your own make sure someone knows your route and when you expect to return. If possible have a mobile phone with you.
- Watch out for cars as they will not be watching out for you especially in the dark. If you have to run on the road make sure you face the oncoming traffic.

CLOTHING

- Wear loose comfortable clothing, and in cold weather wear layers. Gloves are also a good idea.
- Ladies – it is essential that you wear a sports bra for running as this ensures support and comfort.

WARM UP/COOL DOWN

- It is strongly recommended that you always warm up before running. This should be dynamic exercises such as marching on the spot, circling the arms, walking etc
- After a run, cool down by having a slow walk then carry out some static stretches.

DIET

- Running will help you lose weight but only by a keeping to a healthy, balanced diet.

PROGRESSING YOUR RUNNING

- To build on the Monday night sessions it is beneficial to get at least one extra run in per week. Try to space the runs out to allow recovery.
- If you are struggling to motivate yourself to run see if there is someone else that you can meet up with from the group.
- It is a good idea to keep a running diary to record how far you have run or for how long. Record how you feel at the end of the session. This will give you something to look back on to measure your progress.

SPECIALIST CLOTHING

- If you are considering buying a pair of running shoes please seek advice from a specialist running shoe retailer. Runners World advises that you do not run in worn out shoes or shoes designed for other sport.
- As beginners any comfortable clothing will be sufficient but if you carry on running and increase your mileage it is advisable to purchase some specific running clothes. This should include items that wick moisture away from the skin. This applies to socks too as in rainy weather the feet can get very wet!