

Gear

- Buying a good pair of running shoes is essential. You don't need the most expensive pair in the shop but a good pair with adequate cushioning will help keep injuries at bay and increase comfort.
- When you buy, don't be afraid to take your time ask questions making sure you get the right fit. Think feel and fit, not fashion and remember sizes differ across brands. It is a good idea to talk to your local running shop for recommendations on the right shoe for your foot and running style.
- When it comes to clothing a good rule of thumb is to wear three layers, a base, mid and outer layer. Technical gear is not essential but it is designed to wick moisture away and keep you dry. Stay away from cotton as this will get wet once you sweat and you will end up cold.
- A good supportive sports bra is essential. This should fit properly and not be too stretched out.
- Runners are vulnerable road users and should always wear bright colours, reflective belts and high-viz vests when going out on the roads

Tips and Advice

- If you have health problems or are worried about any aspect of your health, check with your doctor for advice before undertaking any exercise, it is important to get a clean bill of health before starting.
- Take your time, don't be afraid to start off slowly and progress gradually.
- Keep a logbook. Writing down time, distance and how you felt, will show your progress and act as motivation and keep you on the right track.
- Try and run with a group, there is safety in numbers and you are more likely to stick to your plan
- Be sure to fuel up for your run and have plenty of water to stay hydrated throughout your run.