



Tips & Advice



Gear

Footwear	Function
<p>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.</p>	<p>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.</p>



Wrap Up

When it comes to clothing a good rule of thumb is to wear three layers

- A base layer
- A mid layer
- & an 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.



HEALTH CHECK

Health

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.

Safety

Runners are vulnerable road users and should always wear bright colours, reflective belts and high-viz vests when going out on the roads



Tips & Tricks

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.

A good supportive sports bra is essential. This should fit properly and not be too stretched out.

Be sure to fuel up for your run and have plenty of water to stay hydrated throughout your run.

Try and run with a group, there is safety in numbers and you are more likely to stick to your plan

