On your marks. Get set. Run!

8 tips to get you running

1. Check you've got the right kit. You'll need comfy clothing and a good pair of running trainers. Be prepared for all weathers with an extra layer and a shower and wind proof jacket. Most importantly wear bright clothing and be visible. Check our guide for more tips.

2. Break your miles down week by week and make a plan. We would suggest running 3-4 days each week with lots of planned rest days.

Need some help?

You can email our professional running coaches with any questions.

info@runningwithus.com

3. Make it sustainable. Don't go too fast, too much, too soon and risk tiring yourself out. Gradually build your miles and ensure you're getting plenty of rest days for your body to recover. This challenge is aimed at people with some running experience already behind them.

8 quick tips to get you running

4.

Stretch after every run holding each stretch for 45-60 seconds. Focus on your calf muscles, hamstrings, hip flexors and glutes in particular and make this part of your routine. Check out some stretches in our running guide.

5.

Mix up your runs and plan different sessions to help build fitness and stay motivated. You'll find more information on different ways to train, including threshold and interval training in our running guide.

6.

Find a routine that works. If you struggle to motivate yourself do your run first thing so you can enjoy the rest of your day feeling proud. Or try and build your run into your day to give it purpose. Try running to the shops or to work.

7.

Rest up and fuel your body. Book in at least 3 rest days a week to let your body recover. Keep hydrated by drinking 2-3 litres of water a day and eat small regular meals. More nutritional tips can be found in our running guide.

8.

Avoid two consecutive hard days. Allow your body to recover after each challenging session, this will help you get fitter and faster! Any sustained running at an effort where you could speak less than 3-4 words at a time is considered a hard day.

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