

**On your marks.
Get set.
Jog!**



8 tips to get you jogging

1.

Check you've got the right kit. You'll need comfy clothing and a good pair of running trainers. If you're looking for new trainers we suggest going along to a good sports shop to get them properly fitted. Be prepared for all weathers with an extra layer in case you get cold. A shower and wind proof jacket can be a great option.

2.

Take it easy and ease yourself into the extra exercise. Jogging can be a high impact sport so you need to allow your body to adapt gradually over time.

3.

Make it sustainable. Most of us won't be able to go straight out of the door and jog for 30 minutes continuously. Start with a planned jog/walk strategy (e.g. 5 mins jog/3 mins walk and repeat), then gradually increase the jog time and decrease the walk time.

Need some help?

You can email our professional running coaches with any questions.

info@runningwithus.com

8 quick tips to get you jogging

4.

Don't forget to stretch! Stretch after every jog 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. It's easy to skip it, but its very important.

5.

Make your jog part of your daily routine and try to make it social. Buddy up with someone at work for a lunchtime jog or plan your jog into everyday activities like visiting your friends house. Make sure you're following government guidelines to keep you safe.

6.

Get out early. We all have busy lives and can lose energy and motivation throughout the day. Aim to get a jog in early and enjoy the rest of your day feeling proud.

7.

Rest up! Your body gets fitter as you rest and it adapts to your exercise routine. We recommend that people new to jogging take a minimum of two rest days each week and focus on getting a good nights sleep.

8.

For frequent joggers, 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.