



BEFORE YOUR VIRTUAL IRISH RUNNER 10M:

PLAN YOUR ROUTE

Before you begin your 10 Mile, it is important you plan the route you will take and when. You can submit your 10 Mile time anytime between 24th August – 30th August. When planning your 10 Mile route, consider the following:

- Running/walking at a time you are less likely to meet people or when footpath and parks will be busiest.
- The condition of the surface, we recommend you walk/run on pathways and foot walks or on pathways within public parks, and not to run/walk on roads.
- Completing the event on a familiar route.
- Check the weather forecast, check met Eireann for any weather warning.

WARM-UP

It is recommended that you complete a warmup before you start your 10 Mile. Your warmup should include some light jogging/walking and stretching. It is vitally important to warm up the working muscles especially if the weather is cool.

HYDRATION

Please ensure you are hydrated before your 10 Mile, you can also carry a water bottle with you. Alternatively, you could plan your route to pass your house for a water stop.

COVID-19 GUIDELINES

It is important you adhere to all guidelines as set out by the Dept of Health regard exercise and social distancing. Please see [HSE.ie](https://www.hse.ie) for the latest advice.

View [Athletics Irelands](https://www.athleticsireland.ie) updates and resources in relation to the COVID-19 Pandemic.

HEALTH WARNING

Moderate physical activity is safe for most people, it is advised that you talk to your doctor before you start any exercise if you currently have any medical conditions.