



## **BEFORE YOUR VIRTUAL IRISH RUNNER 5K:**

### **PLAN YOUR ROUTE**

Before you begin your 5k, it is important you plan the route you will take and when. You can submit your 5k time anytime between 27<sup>th</sup> February – 28<sup>th</sup> February. When planning your route 5k, consider the following:

- Running/walking at a time you are less likely to meet people of 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 5k. 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 5k, 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.