

TOP TIPS TO GET MOVING THIS RUNUARY!

Irish Life Health is supporting people to get into the habit of running and have a positive and healthy start to 2022. Starting on January 1st, it encourages runners, to commit to challenging but realistic running programmes, with a target distance to be completed on January 31st.



1 GET THE RIGHT GEAR

Wrap up before heading on your runs in **the right gear**. Get fitted for runners that support your feet and running style and buy supportive sports clothing to help prevent blisters.



2 WARM UP

Always **warm up and cool down**, or you'll suffer the consequences.

Start with a simple fast walk or slow jog before getting started at your normal pace.



3 LISTEN TO YOUR BODY

Never ignore pain – it's a sign that something is wrong. Find out what is causing the pain, have a good sports massage and take time off running. Running through pain, can only make an injury worse.

4 START OFF EASY

Running a 5 or 10 mile may be your goal, but to build strength and endurance without injury, you've got to start easy. Follow your training plan, starting with low mileage, and walk if you need to. **Remember: never increase your weekly mileage by more than 10 percent of the previous week.**

5 WALKING ALSO COUNTS

Always **walk if you need to**. Don't pressure yourself into continuing the run once you get tired. It's fine to stop and walk again.

6 COOL DOWN

A good, slow jog and stretch after running will increase flexibility and prevent injury. **Leave a few minutes for stretching after every run.**



7 HYDRATE PROPERLY

Drinking water before, during, and after your run is essential to prevent cramps, headaches, and dehydration. Make sure you continue drinking water throughout the day.



8 MAKE IT A HABIT

Follow your training plan and set time each week. Choosing the same time and days of the week can help your body to adjust faster to your new routine. Getting started is the hardest part.



9 RUN WITH A GROUP

Find a friend or family member to run with. Running can be a great social activity as you can chat while you run, making it much more fun and time flies by. The support keeps you going when you feel like stopping. Just make sure to adhere to the latest Government guidelines in relation to Covid-19.

10 FOAM-ROLL FOR RECOVERY

Keep muscles flexible with a stretching and foam-rolling routine. Foam-rolling exercises will help loosen painful knots and keep you from tightening up after a week of training. Rest days are key as well. Don't forget that sometimes, the best thing for your body is to rest.

