

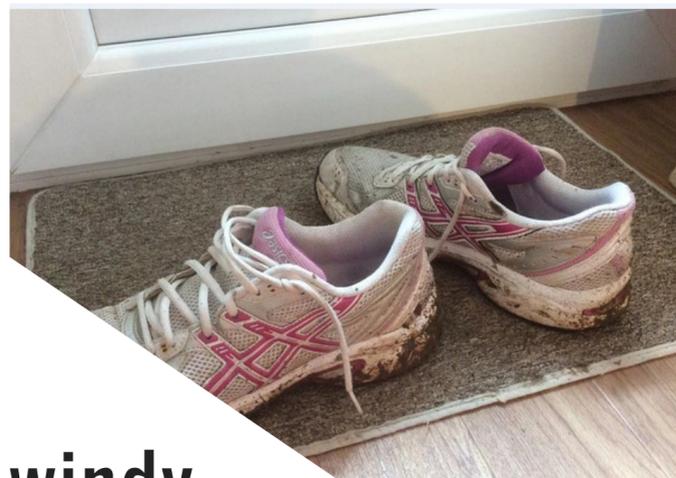


Sensible tips for beginner joggers



www.sevenoaksladiesjoggers.co.uk

Don't put it off!!



Yes, it may be wet, cold, rainy, hot or windy.

The dishwasher needs to be emptied, the dog needs walking, there are household tasks to be done - none of these things are reasons why you shouldn't, in most cases, put your running shoes on and get out of the house.

It takes anything from 21 days to 12 weeks to start to form a habit, so the sooner you start, the quicker you will get there!

1

**Don't put
it off.**

So you went out for a run with someone who said they would 'help you get fit'.



They ran, you spluttered. They disappear into the distance shouting reassuring words to you while you wonder what on earth made you say 'yes' to running with them.

You never go again. You hate running.

Or- join a group where someone else controls the speed, where you stop, when you take a walk break and all you have to do is chat with  the group who are feeling just like you.

Surprisingly you get fitter and stronger together and find that you actually do enjoy running.

2

**Join a group or
find a buddy**



Ladies - invest in a supportive running bra.



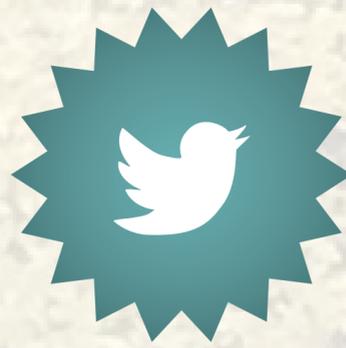
Yes, you might have one in the drawer but does it really hold you in place? Before you step out of the door jump up and down in front of the mirror, in private, and if you notice any wayward movement up and down or round & round, your bra is not doing what it should be.

Visit a specialist (sports) bra shop (in Sevenoaks that might be Lovell and Vie, Up and Running or Bat and Ball Sports) John Lewis and Marks and Spencer also have a good range. Even if you have small breasts is it still important to support them properly in the correct size bra.

3

Invest in a running bra

Tell someone that you are going to learn to run.



Sometimes actually telling someone what your plans are, means you are more likely to stick to it. If you use social media, uploading your goal as a status means you have openly committed to it, your friends and family can support and motivate you and encourage you when the going gets tough - because it does!

WARNING For some people telling NO ONE has the same effect. Keeping the secret from loved ones until the goal is achieved can be a real motivator so if that's what works for you, try that!

4

**Tell someone
(or tell no one!)**

Plan to fail- fail to plan



In order to stick to your fitness goals you have to plan in advance. Note running sessions in your diary & prioritise them over everything else.

Share your diary with others who need to know your day to day plans so they understand what you are trying to do.

Manage your day so that you can stop when you need to, tell your colleagues that it is important that you leave on time on a particular night. Make sure you eat the right thing before you run so hunger doesn't stop you.

5

Plan Plan Plan

Start off slowly.



Everyone puffs and pants when they run, the point at which we puff though, depends on how fit you are. As your fitness increases you can increase your speed without getting out of breath. Aim to be able to talk during your runs at a conversational level, if you can sing, you are going too slowly!

Obviously if you run up a hill you may not be able to talk as easily but that will settle again once you get onto the flat.

6

Start off slowly

Be aware of the Toxic Ten!



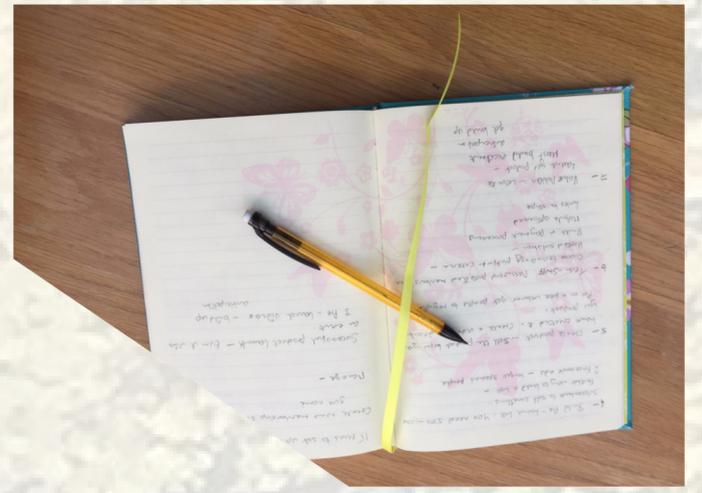
The first ten minutes, or even twenty for some people, are tough. You swing between hating running, hating the coach, hating the weather and hating yourself but somewhere after that time, without actually realising it, your breathing settles, your legs feel lighter and movement becomes more natural and less lumpy.

However fit or experienced you are, everyone feels less than comfortable until they have warmed up and got into their stride, it's not just you!

7

The toxic TEN

Keep a running diary or log.



Your first few runs might feel really hard, reaching 30 seconds of jogging seems like a long way when you first start but gradually over time it becomes easier. After each session jot down what you did, if you are doing this on your own make a note of the time you are jogging and if you can, how far you covered. This doesn't have to be in miles, measure from tree to tree or bench to bench. Each time you might make it to the next one before you take a walk break, it's great to look back at what you have achieved so you can see how far you have come - literally.

8 Keep a running diary

You wouldn't go for a drive without enough fuel in the tank and exercise is exactly the same, especially when you are new to it.



Have some fluid before you run, 200-300mls water in the two hours before you go will be fine. Don't go for a run hungry, if you run in the evening have a small snack late afternoon such as a banana or a Power Ball, to give you some quick release energy. If you are a morning runner, don't skip breakfast, try to eat at least an hour before, ideally longer, try oats, eggs or bread, experiment with what works for you. Don't be fooled into thinking you will lose weight if you exercise on an empty stomach, the run will feel horrible and you will run out of energy and possibly go home and eat all the wrong things too!

9

Get fuelled up

**Spend money on kit -
but only where you need to**



There are so many places to buy 'leisure wear' that it can be tempting to splash out on lots of new kit but what do you buy & where from?

Bras are a priority for ladies & running shoes, fitted specifically for you & your running style, would be my next on my list of purchase advice. Don't buy running shoes off the shelf or on the internet if at all possible. When buying clothes look for fabrics designed for exercise as they will wick away sweat.

Try on running tights to make sure they don't slip down when you run (memories of school tights that didn't fit!) and a key pocket is useful.

**10 Treat yourself
to new kit**