

Welcome to Running Club!

Equipment-

For each session, it would be helpful if you brought ...



- A filled water bottle
- Any medications (e.g. inhalers)
- A plastic bag to put muddy footwear in
- Sensible running clothes (trainers with grip, layers, loose clothing.)
- Sun cream for the Summer months.

Useful App- (Free from the NHS)

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

(Remember to always get permission from an adult before locating and trying an app.)

Useful organisations- (Also free to join)

<http://www.parkrun.org.uk/>

(In order to join parkrun, you need to register before racing so that you can obtain a barcode. If you are under the age of eleven, you need to run with a responsible adult. Again, use this website with an adult present.)

Advice between sessions-

If your muscles ache afterwards, make sure that you take a bath or that you do plenty of stretches. Our bodies also work better when they are properly hydrated so drink plenty of water. Take a rest day after each run before you do any more running.

If you decide to run before our next session, make sure that you always run with an adult present (in case of accident or injury) and that you use warm up and cool down exercises.

Have fun!