

#Runuary



Irish Life
health

TOP TIPS TO GET YOU UP AND MOVING THIS RUNUARY!

Irish Life Health have developed #Runuary in conjunction with Athletics Ireland to support runners of all levels, to continue their running routine and to have a positive and healthy start to 2021.

Below are our top ten tips to get you started.



1 GET THE RIGHT GEAR

You don't need much gear to run, but you do need **the right gear**. January will be cold, so remember to wrap up well before heading out. Get fitted for runners that support your feet and running style.



2 WARM UP

Whether you are running for 10 minutes or 10 miles, **put time aside for warming up and cooling down**, or you will 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. Have a good sports massage and take time off running when needed. Running through pain will only make an injury worse.

4 START OFF EASY

Running a 5 or 10 mile may be your goal, but you've got to start off easy. Follow the appropriate training plan and gradually build up to running more, following the 10% rule:

never increase your weekly mileage by more than 10% of the previous week.



5 WALKING ALSO COUNTS

Don't be afraid to **walk if you need to**. It's fine to stop and walk again. Regular runners do this all the time — they call it taking an 'active rest' in between higher-paced runs.



6 COOL DOWN

A good, slow jog and stretch after you've worked your muscles will increase flexibility and prevent tightness that can lead to injury. **Leave a few minutes for stretching after every run.**



7 HYDRATE PROPERLY

You may not be thirsty but **drinking water before, during, and after your run is essential** to prevent cramps, headaches, and dehydration.



8 MAKE IT A HABIT

Follow the appropriate training plan and set aside time each week to get the sessions completed. Choosing the same time and same days can help your body to adjust to your new routine. Getting started is the hardest part, but if you stick with it and make it a habit, it'll be easier.



9 RUN WITH A GROUP

It's always easier to run with others so **find a friend or family member** (in your bubble) to run with. Running can be a great social activity as you can chat while you run, which makes it much more fun and time seems to fly by. 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 **regular stretching and foam-rolling routine**. Foam-rolling exercises will help loosen painful knots and keep from tightening up after a week of training.

Remember, rest days are key as well. Stay consistent with your new routine, but don't forget that sometimes, the best thing for your body is doing nothing at all.

YAY!
I DID IT!
#RUNUARY

GO ME!
#RUNUARY

RUN JANUARY,
DON'T LET IT RUN YOU!

