

**On your marks.
Get set.
Jog!**



8 tips to get you jogging

1.

Check you've got the right kit. You'll need comfy clothing and a good pair of trainers. Be prepared for all weathers with an extra layer and a shower and wind proof jacket. Most importantly wear bright clothing and be visible. Check our [guide](#) for more tips.

2.

Take it easy and ease yourself into the extra exercise. Jogging can be a high impact sport so you need to allow your body to adapt gradually over time.

3.

Make it sustainable. Most of us won't be able to go straight out of the door and jog for 30 minutes. Start with a planned jog/walk strategy (e.g. 5 mins jog/3 mins walk and repeat), then gradually increase the jog time and decrease the walk time.

Need some help?

You can email our professional running coaches with any questions.

info@runningwithus.com

8 quick tips to get you jogging

4.

Stretch after every jog holding each stretch for 45-60 seconds. Focus on your calf muscles, hamstrings, hip flexors and glutes in particular and make this part of your routine. Check out some stretches in our [running guide](#).

5.

Make your jog part of your daily routine and give it purpose. Jog to the shops or jog to work. If you're working from home then plan your jog to break up your day.

6.

Need motivation? Get out early. We all have busy lives and can lose energy throughout the day. Aim to get a jog in early and enjoy the rest of your day feeling proud.

7.

Book in rest days to let your body recover. Make sure to hydrate and eat regularly to keep your energy levels up and speed recovery after each jog.

8.

For frequent joggers, avoid two consecutive hard days. Allow your body to recover after each challenging session, this will help you get fitter and faster! Any sustained running at an effort where you could speak less than 3-4 words at a time is considered a hard day.