

very

BREAST  
CANCER  
IRELAND  
PROCEEDS FROM  
**PINK  
RUN**

# 12 TOP RUNNING TIPS

from Olympian and Very Pink Run Patron, Sonia O'Sullivan



## Make the time

Set aside some time at least 3 days per week where you can take time to prepare and see for yourself how you are improving each week



## Write down a plan

It's a good idea once you make the commitment to write down a plan, tell your friends and family so you are accountable.



## Get your gear ready

Put out your gear the night before so there is no stalling in the morning.



## Hydrate

Water is good but when it is really warm some electrolyte drinks with some sugar and salt helps rehydrate after exercise. A drink before you head out and again when you come back in is essential.



## Stay cool

Wear light/ loose-fitting clothes these will ensure you don't overheat and get too warm.



## Buy a good pair of runners

Make sure your shoes are comfortable, they may feel tighter in the warm weather so keep the laces a bit looser or wear thin socks. Find socks that are not too thick and don't slip in your shoes, try different types, and decide which is best for you.



## Eat well

Once you start to build your running routine you will also want to improve your diet and eat healthy foods so that you feel good from the inside.



## Keep practising

Practise always makes you better



## Link up with friends & family

Just arranging to meet to run puts some discipline to your day and ensures you will turn up and enjoy the process



## Keep going

Don't think too much just pick up your feet and run or walk just keep on moving and set yourself achievable goals each week



## Make time to rest

Try to get a good night's sleep the night before!



## Start slowly and finish strong

Save some energy for the finish it will be exciting, and you will want to smile and wave your hands.

Haven't signed up yet? It's not too late!

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