

# Running Kit Advice

## ***What to wear - Clothing***

### Key advice

- Don't spend a fortune on kit – wear what you already have or only buy the very basics nobody cares what you look like! Just be comfortable
- Try supermarkets (especially Aldi and Lidl), Primark do great cheap kit, decathlon or the Karrimor Run range from Sports Direct.
- You can always take layers off and tie them round your waist if you get too warm
- BE SAFE BE SEEN – bright colours and reflective are ideal for dark runs!

Warmer runs (>6-10°C)

Breathable t-shirt/vest

Upper layer optional  
but likely to get too  
warm

Shorts/¾ length  
or long leggings  
or jogging  
bottoms



Breathable t-shirt/vest

Upper layer optional  
but likely to get too  
warm

Shorts/leggings/  
jogging bottoms



Cold run (<6-10°C)

Hat/head band /gloves  
optional



Base layer/t-shirt plus long  
sleeves or light jacket



¾ length or long leggings or  
jogging bottoms. Can wear  
shorts over the top.



Hat /gloves optional



Base layer/t-shirt plus long  
sleeves or light jacket



Leggings or jogging  
bottoms. Can wear shorts  
over the top.

## **Trainers**

If you are just starting out any pair of running trainers will suffice so long as they are supportive. Sports direct often sell cheap running shoes for £10-£30 if you don't have any. Be aware your trainers will get muddy and well used. Try to avoid fashion shoes/mesh type/converse as they will rub and be very uncomfortable

In it for the "long run"? Most runners end up getting gait analysis done at a specialist running store to determine what type of running shoe should suit their gait. You can then either purchase shoes in store or you may find them cheaper online (prices seem to range from around £50 to £130 depending on brands etc). Discount is sometimes available for running club members please ask. There are also specially designed shoes for trail/off-roading which have more grip in mud and difficult terrain.

## **Head torches**

If you are running in the dark you need a torch. A hand torch is fine if you don't have one yet but head torches are much better (keeps your hands free). The higher the lumens the brighter the torch. Try Sports Direct/Decathlon or Petzl (usually on Amazon) is highly recommended.



## **Sports bras**

Ladies this is an important detail – a normal bra will be very uncomfortable and most people will need a well fitted sports bra if you are going to run anywhere! If you are just starting out you could try primark/supermarkets/sports direct/deathlon. I would suggest you are looking for a minimum of medium-high impact. Larger busts try shock absorber (these are often reduced on websites such as wiggle.com) these come highly recommended and have a huge selection of sizes.

## **Drinks/food**

Bring a drink with you for after the run and try to hydrate before you come. If you feel you may need a drink during the run (everyone is different) bring a bottle that is easy to hold. Bottles with handles are great or you can just carry a normal water bottle. Squash is fine if you don't like water. Starting out you won't need any sports drinks/electrolytes/energy gels until you get up to much longer distances.



Everyone reacts differently to eating before running. If you are just starting out I would suggest only eating small amounts 2-3 hours prior to the run to avoid feeling unwell/stitch. You can then see how you feel. Of course afterwards you can reward yourself with a treat!

## **Phones/valuables**

Most people run with as little valuables as possible however you may need to bring car keys/phones etc with you. Running clothes often have zipped pockets or you



could try a waist bag/running belt. Tissues are also useful if get a runny nose or need to use the loo!

We suggest you don't use headphones during the C25K program so you can hear the timings.

### **Keeping a track of your run**

Want to keep a log of your progress or show your amazing achievements to your Facebook friends? You can use your phone to log your runs (most members use Strava it is a free app which uses the GPS on your phone to track you) just be aware of the safety and privacy features with these apps.

Some runners use GPS watches to track their runs. These range from basic trackers to those that help do pacing, follow routes, monitor your heart rate or bluetooth music to your wireless headphones.

