

TRAINING PROGRAMMES

REST AND RECOVERY

EAT TO RUN, RUN TO EAT!

POSTURE TIPS AND RUNNING STYLE GUIDE!

GUIDE TO RUNNING KIT/APPEL

TOP TIPS FOR SEASONAL RUNNING

LOVE TO RUN? COULD YOU INSPIRE OTHERS TO RUN?



YOUR GUIDE TO
SETTING UP AND ORGANISING

GROUP RUNNING



RHEDEG
CYMRU
RUN
WALES



LOVE TO RUN?

COULD YOU
INSPIRE OTHERS
TO RUN?



IF YOU ARE...

PASSIONATE ABOUT RUNNING

AND WANT TO SHARE YOUR ENJOYMENT WITH OTHERS

PART OF A COMMUNITY ORGANISATION

WHO SEE THE BENEFITS OF GETTING PEOPLE FIT, ACTIVE AND ENJOYING THEMSELVES THROUGH WALKING, JOGGING, AND RUNNING

PART OF AN ATHLETICS CLUB,

AND WANT TO MAKE SPECIFIC 'BEGINNER FRIENDLY' PROVISION FOR PEOPLE IN THEIR AREA OR WISHING TO ATTRACT POTENTIAL NEW MEMBERS

AN INDIVIDUAL, GROUP OF FRIENDS OR COLLEAGUES

WHO SEE THE BENEFITS AND ENJOYMENT THAT RUNNING BRINGS TO YOUR LIFE AND WISH TO SHARE WITH OTHERS

SOMEONE WHO WOULD

LOVE TO RUN WITH OTHERS

**WHY NOT SET UP A RUNNING GROUP
AND SHARE YOUR ENTHUSIASM AND LOVE FOR
RUNNING WITH OTHERS!**

BENEFITS OF SETTING UP A GROUP

Running is often seen as a solo sport, but more and more we're seeing people coming together and enjoying running in a social environment with friends, colleagues or just in the community. Running with others can bring a whole host of benefits; as mentioned in the [Get Running](#) section of the website.

"It's like I can't run without a group now – I have fun, and the journey feels shorter with company. I learn more about the people who live in the same community as me, and we're able to put the world to right. They are my new friends, and I can't wait for Wednesdays to come around"

member of Wednesday Runaways – Rhiwbina, North Cardiff

What to consider before setting up your group:

- Do you have some experience or a passion for running?
- Is there anyone else who can support you in the community to establish a group? They could be friends, a local club or a group of likeminded people.
- If you're **not** a qualified Leader in Leadership in Running Fitness (LiRF), would you be happy to undertake the course?
- Is there anything else/similar going on in your area? You can visit our [Find a Group Section](#) on the website or undertake some local research to discover what's going on in your area.
- Is there demand? Have you heard people talking or spoken to some of your friends about setting up a little group?
- Your target group. Who would you like to come to the group; beginners, improvers, men, women, seasoned runners? Whilst considering this, also bear in mind your skills and capacity to manage your group.
- How will you be marketing the opportunity to run?
- How will you communicate with your group?
- Where can the group meet?
- Do you require any equipment/kit? If so how can this be funded?
- Will your group have a name?
- If you're part of an existing affiliated running club, find out if your club offers beginner/couch to 5k opportunities that you can help out with? If they don't provide that provision, could you offer such an opportunity for people who are new to running?

"The thinking behind setting up a 'First Steps Group' was to create a safe, comfortable environment to encourage people to take those initial steps to fitness. To keep it simple, free and friendly with the focus firmly on the people who have taken that first step to turn up. No fees, no intimidation, just a guiding hand to get people going."

Christine Vorres First Steps Leader, Pontypool

HOW TO SET UP A SOCIAL RUNNING GROUP

Once you've considered the above points and decided that you'd like to set up a social running group in your community or within the club structure, here is a step-by-step guide to help you start the process.

For new groups: (Steps 1-6 can be done all at the same time.)

STEP
1

If you are not already a qualified Leader in Running Fitness, it's worth considering undertaking the Leadership in Running Fitness course (LiRF) to ensure you have the skills, confidence and knowledge to deliver safe running sessions. **For more information on LiRF visit our [Become a Leader Page](#)**

STEP
2

If you have been on the LiRF course, ensure that you have applied for your Leadership Licence by completing [UKA](#) (British Athletics) DBS check. This process is essential in order to receive your Leadership licence.

STEP
3

Finalise who your target group will be.

STEP
4

Organise a suitable location in the community for the group to meet; it could be a community hub, school, or a local park with shelter.

STEP
5

Decide on a day and time to set the sessions; which does depend on your target group and club times if organising it as part of club activities.

STEP
6

Decide if you would like to charge participants to run.

STEP
7

The name game! Think about a name for your group and start promoting and marketing the news that a new social running group will be established in the community or within your club. [Jen's Joggers](#) is a great example is a social running group within a club (Cardiff AAC)

STEP
8

Start planning your session; considering routes and their suitability in relation to the group's running abilities, and think about the safety of your group. Risk Assessments etc. are available in our [resource section](#)

STEP
9

Get your members to [join](#) Run Wales to receive our newsletter and other great offers.

STEP
10

[Register](#) your group to receive the benefits from being a Run Wales registered group

START RUNNING!

Read how First Steps, RunWithUs and Just Move created their groups by visiting [us](#). Still not sure how to start it all off? Visit our [resource](#) section for tips on organising your first group session.

A successful group is one that places its members' needs at the heart of the group. Groups who get active through fun and friendships in a safe and supportive environment are the ones that thrive.

ALREADY PART OF A RUNNING GROUP?

If you are already part of a social running group in your community, do you know if the group have qualified Run Leaders who deliver the sessions?

If not, then don't despair! We can support you and /or any other group members to become fully qualified Leaders in Running Fitness (LiRF).





BECOMING A QUALIFIED RUN LEADER

Safety is paramount when taking groups out running, and that's why we recommend that all Run Leaders undertake a Leadership in Running Fitness course (LiRF).

LiRF is a 1-day course that will provide a leader with the skills to deliver fun and safe sessions to multi-ability groups. Leaders will be equipped to provide advice and support to new runners, as well as developing pathways for those who want to progress. A LiRF course focuses on understanding and overcoming barriers to participation in running and how to increase participation by those not traditionally attracted to running.

This course is primarily for those considering working with adults and/or young people over the age of 12 who enjoy recreational running for fitness and health.

We strongly advise that anyone starting their own group should undertake this course prior to taking people out running, as it will give individuals the skills, knowledge and insurance to take people out running safely. If you are not qualified, and are leading a group we recommend you undertake a LiRF as soon as possible. We advise a ratio of 1 leader per 12 members as a minimum.

LiRF courses are run regularly throughout the year, however bespoke courses can be organised if there is enough interest, visit Welsh Athletics for the [latest course dates](#) ➡

COURSE OUTCOMES

- How to develop runner led sessions & session components inc. risk assessments, safety, and insurance, setting goals and reviewing practice
- Managing groups to include all abilities
- Session planning, variety of activities
- Goal setting
- Warming up and cooling down activities
- Correct stretching for running
- Kit – the basics



AS A RUN LEADER;

- You can [join](#) ➡ Run Wales and receive continued support and advice along with access to helpful articles to assist you with your group
- You can [register](#) ➡ your group on the Run Wales Group Finder database, and we will promote the opportunities you provide via our communication channels
- Your group members will gain confidence in knowing that you are a licenced leader, fully insured and supported by Run Wales
- From time to time we will also offer you additional training and development opportunities and Group Leader discounts

“Being an official Run Wales leader has given me so much confidence with my own running, but also in establishing my own running group. The course was great, and really inclusive. I had very little experience or knowledge of running – I am a social runner, running with colleagues and friends occasionally. But now I feel I’m able to support others in a constructive way, helping them to achieve their running goals!

Lucy, Run Leader from Cardiff

So, once you’ve completed your LiRF course, you’ll be fully equipped to deliver fun and safe sessions to groups of runners with different abilities, including those new to running.

[Book your course here](#) ➡

INSURANCE AND THE DISCLOSURE AND BARRING SERVICE (DBS) PROCESS; WHAT IT ALL MEANS

Upon registering for a LiRF course, a [profile](#) ➡ will be created for you on the UK Athletics database. A confirmation e-mail will be sent informing you that your profile has been set up, explaining how you can access the portal and your profile.

It’s essential that you access your portal in order to apply for a DBS certificate; which is all free of charge to you as Run Leaders. This process can take up to 4 weeks to complete, we therefore recommend that you apply for your DBS as soon as your profile has been created to avoid any delay in the process.

A completed and returned DBS certificate means that you are licenced and insured to lead running activities. Without your DBS you will not be insured and not covered by UKA’s Public Liability Insurance to lead running sessions for runners aged 12+.

On completing this process, we recommend that you work from session plans/ task cards created by a licenced Leader in Running Fitness or through the session resources on [UCoach](#) ➡. In addition, you can also access the [resource](#) ➡ section where you’ll find an example of ‘a session plan for new leaders’.

Your licence will need to be renewed every 3 years.



SHARING THE LOVE

MARKETING YOUR GROUP

Social Media is a great way for social running groups to share information with their members and others who may potentially be interested in joining. It's also a fab way for a new group to generate interest. It's free, lots of people are already using it and it enables you to share good news stories about your group's achievements, communicate with members, and/or market new opportunities to run. There are several social media platforms out there to choose from – Facebook, Twitter, Instagram, Snapchat etc. – but how do you know which platform is best for you? There is no right or wrong answer, but here is some information on, and examples of the tools that have worked for our running groups to date.

FACEBOOK GROUP

A Facebook Group is one of the safest and easiest methods of communicating with group members. To set up a group you can visit Facebook's help page which will be able to guide you through the process. The important point to remember when creating this kind of Facebook groups is; social running is all about giving everyone the opportunity to run, from beginners to the more avid runner. The communication platform therefore needs to be a safe place for people to share their stories and achievements. That's why we recommend that social running groups should establish "Closed Facebook Groups" as opposed to "Public Groups". Closed Groups are private forums where members can chat openly about their running, whilst the administrators are able to control who is allowed to join the group by approving or declining their requests. This setting will still allow people to find the group and see members of the group, but not the posts or media files and they will not be able to contribute until they've been accepted by the group's administrator.

[See Just Move's Facebook group](#) ➤ [See RunWithUs Facebook group](#) ➤

TWITTER

Twitter has become part of people's daily routine with people logging onto it every single day. It has been proven as a great marketing tool when used well.

[CDFRunners](#) ➤



[Jj_Runners](#) ➤



[NightCrawlers_1](#) ➤



Twitter is a great tool for reaching wider audiences and sharing good news stories. It's also a brilliant platform for connecting with other similar communities; such as other running group's, events, organisations, or individuals of interest in Wales and beyond. Pictures of your group's activity, inspirational quotes etc. go down a treat on Twitter. You can also get involved with running conversations using #hashtags i.e. #running #irunwales #rwynrhedeg #ukrunchat or start your own.

INSTAGRAM

"A picture paints a thousand words", **Instagram** is a visual marketing tool which you can use stand alone or to support other social media activity. Instagram is your opportunity to get creative with your marketing – capturing both images and videos.

In a nutshell – social media is a great tool when used well. Remember if you do choose to utilise social media platforms it is your responsibility to manage content and ensure the welfare of the users/members.

Click here to view our social media pages:

[Run Wales Twitter](#) ➤ [Facebook](#) ➤ [Instagram](#) ➤



OTHER EXAMPLES OF METHODS OF COMMUNICATION



Posters are a great way of communicating to a particular target market. When placed correctly, attractive posters can lure people nearby into a specific event. Posters have the ability to stick in viewers' minds and can be a great tool for community groups to use to increase the groups presence and to encourage new members. [See our resource section to download a template poster to promote your group](#).



Flyers are another method of raising awareness of your group to attract new members. Flyers can be created easily and cheaply (at home if you have a good printer) and can be shared within the community via schools, community centres, libraries, doctors' surgeries. You can also look at doing a door-to-door mail drop, newspaper insert, instore distribution or even sharing with passers-by as you run.



Word of Mouth is another great way to share the joy of your running group with others. It helps to break down any barriers or challenges that some might face in joining the group as it can put people at ease. If the people sharing and recommending the group are members themselves and they enjoy the session then their enthusiasm and motivation will encourage their friends, family and colleagues to join in.





TAKING YOUR GROUP TO THE NEXT LEVEL

You can do this by ...

OFFERING MORE SUPPORTED SESSIONS:

Being part of a running group is a motivator in itself, so offering additional sessions for your group to come together and run could see them all reaching new levels! Of course this is dependent on your time as a leader, availability and level of interest within the group.

STRUCTURED SESSIONS:

Upon completing your LIRF course you can access UKA's Leadership in Running Fitness post course [information page](#) to discover great resources to help you deliver fun, interesting and varied sessions with your group.

MORE RUN LEADERS:

At a minimum we say that each group should have 1 qualified Run Leader per 12 participants. If you are establishing a new group that focuses on getting beginners up and running, we recommend that you have 2 leaders per 12 to ensure that one leader is at the front, and another at the back to make sure that all runners are safe and supported.

The more participants/members you have in the group, the more leaders you'll need; especially if you have to offer different running sessions based on ability. For example, a ladies social running group in Llandrindod Wells called Just Move have up to 90 women running regularly on Monday evenings, and as a result the group has over 16 qualified Run Leaders supporting, motivating and encouraging the ladies. Click [here](#) for more information on **Just Move**.

We recommend that all social running groups become self-sustaining! If for any reason you cannot attend the sessions, and you are the only leader within the group, it could pose a problem with maintaining momentum. We therefore encourage as many group members/ participants as possible to become leaders themselves. If you have individuals within the group who have been on their own running journey, have natural leading abilities and/or the group respect – then consider upskilling them!

UPSKILL RUN LEADERS TO RUN COACHES

The Coach in Running Fitness (CiRF) programme is designed for those who want to get involved in coaching – as opposed to leading-runners **over the age of 12** who take part in **non-track based activities** e.g. road, fell, cross country or multi-terrain events.

The CiRF award would provide you with an introduction to coaching knowledge and skills relating to running. During the programme you will be asked to consider the needs of individuals who have a range of fundamental movement skills and a range of physical fitness abilities regardless of their chronological age. Similarly to LiRF, CiRF coaches would also work with runners of all abilities and interests, including those new to the sport and returning to the sport.

The CIRF programme is a six-month development process. However, once underway, applicants have up to one year to complete all elements of the qualification from their start date.

FUNDING

As your running group grows you'll need cash to cover certain expenses or resources. You might want to buy equipment for the group, arrange trips to events, upskill leaders or just arrange a celebratory end of year party/award ceremony. Whatever your reasons, you might want to consider applying for funding.

If applying for funding, as a first step, the group will need to consider opening a bank account. Once you decide to open an account your group will have to establish a constitution (most banks require this). This is a governing document that helps things run smoothly. Having a constitution will help in providing the group with a structure. However, don't be fearful of this process as Run Wales has a very simple [template](#) that social running groups can complete in order to access funds.

Local Sport Development Officers within your community can help you with this process as well.

If you do not want to have a constitution, or be responsible for opening a bank account then there are other ways of accessing funds;

- Contact us at Run Wales to discuss funding opportunities within Welsh Athletics and Sport Wales.
- Is there a local community group that can hold funds for you?
- Could you fundraise?
- Are there options for local companies to sponsor you?
- Through charging participants and money being re-invested in the group.

Check out Welsh Athletics' [guide](#) on funding opportunities that could be suitable for your group.



TO STRUCTURE OR NOT?

This is a question that many social running groups asks us. Here, we'll highlight the requirements and benefits of becoming a Welsh Athletics affiliated club. Ultimately the decision to proceed with the process of becoming a Welsh Athletics club will be for you and your group members to decide.



WELSH ATHLETICS
ATHLETAU CYMRU

WELSH ATHLETICS REQUIREMENTS

In order for a club to be approved for affiliation, Welsh Athletics expect it to demonstrate the following as a minimum:

- A formal constitution for the management of the proposed club.
- A number of appointed, independent individuals, appropriate to the size of the proposed club, responsible for the development and organisation of the club.
- A registered bank account in the name of the club.
- All clubs must have a minimum number of elected officers. This includes; chairperson, treasurer, secretary and an appropriately qualified welfare officer.

WELSH ATHLETICS NOTES THE FOLLOWING BENEFITS FOR CLUBS WHO AFFILIATE:

- Insurance provision for your registered athletes, coaches and officials to protect your members during club activities.
- Access to grants and funding schemes designed to support club activities.
- Support from our local Club Network Officers and other Welsh Athletics staff.
- Advice and support with club welfare issues.
- Opportunities for club coaches, officials and volunteers to develop through a comprehensive range of education and training opportunities.

Guidance on becoming a Welsh Athletics club can be found [here](#) ➤





YOU AS A
RUNNER



SETTING
UP A
GROUP



JOIN THE
COMMUNITY

GROUP RESOURCES



Here you'll find some additional resources to help you manage and organise your group. If there is anything further you'd like to know, or ask us, please do not hesitate to get in touch.

Resources include;

- Group training plans for beginners.
- Safety and risk assessment templates.
- Poster templates to promote your group.
- Registration forms template.
- Leaders Session Plan example and template.



TOP TIPS
FORSUMMER
RUNNINGTOP TIPS FOR TAKING YOUR GROUP RUNNING
IN THE SUMMER1
TIME IT
RIGHT

Consider changing the time of your sessions to avoid running in hotter temperatures – early morning or late evening sessions will ensure you and your runners are out in cooler temperatures.

2
CHOOSE
YOUR
LOCATION

Tarmac radiates heat while running by water is generally cooler and breezier. Parks and trails with tree cover can also stave off the sun. Use this as a chance to get your group exploring!

3
HYDRATE

It's imperative that you explain the importance of hydration to your running group. It is advised that you should drink at least 8oz (0.3 litres) of water every hour before you run, some of your group may want to consider bringing water with them in a specially designed handheld bottle.

4
SUNSCREEN

Sun burn is dangerous, unsightly and downright painful. Consider applying factor 30 or higher before heading out, or you can advise your group to wear a long sleeved running top to protect their skin from harmful rays.

5
DRESS
WISELY

Light colours reflect the sun rather than absorbing heat. Avoid cotton and opt for technical moisture-wicking tops to keep you cool, so if you see one of your group sweating profusely wearing all black and sporting a balaclava you might want to pass this advice on.

6
SLOW IT
DOWN

Use the heat as an excuse to slow your sessions down and concentrate on technique. Advise all of your group to stop if they start to feel unwell, and if all else fails have a rest and try again on a cooler day!

For more information: www.irun.wales ➔



TOP TIPS
FORWINTER
RUNNINGTOP TIPS FOR TAKING YOUR GROUP RUNNING
IN THE WINTER1
DRESS
FOR THE
COLD

It is important that you and your group dress sensibly in the cold by wearing layers – a bit like an onion. Your group can find information on running gear [here](#)

2
STAY SAFE
– BE SEEN

If your running sessions are before or after work during the winter, it's likely you'll be running in the dark. When running in the dark, it's essential that you're visible to other people, particularly motorists. Encourage your group to wear clothes that are reflective or a bright, light colour, such as white or fluorescent yellow.

As a Run Leader you will receive a Run Wales fluorescent Leader bib that can be worn over your running clothes which is perfect for running after dark. Your group can buy one for less than £10.

Stick to well-lit areas and avoid running anywhere you don't feel completely safe. If the weather is particularly bad and the pavement is icy, it's best not to run outside at all. Even the best runners don't go out if the conditions are too bad. If your group has access to a gym, they could run on the treadmill or do another activity, such as swimming or a session on an exercise bike.

3
WARM UP
AND COOL
DOWN

A good warm-up is essential to avoid injury, but it's particularly important in winter when it can take a little longer for your body to warm up.

Start your group off slowly with some very gentle running or even walking. What's the rush?! Gradually increase the pace until after around 10 minutes, when the group reach the pace they are going to maintain for most of the run.

Don't stop after your warm-up to stretch, the body will cool down again and you'll have wasted the time you spent warming it up. If you want to stretch before you start running, you could do some walking lunges or high knee skips.

To cool down, carry on running at an easier pace or walk for five to ten minutes. This will help the body recover after the run. Don't stop and stretch outside or you could get too cold. Advise your group to do some stretches indoors instead.

4
IF YOU
HAVE A
COLD

Colds are more common in winter, but we don't necessarily have to stop running if we are feeling under the weather. If any of your runners are concerned just tell them to use common sense and listen to their body.

If symptoms are not severe and they generally feel OK, then running could be fine. If they feel absolutely rotten, then it's probably best they sit it out.

It is important however not to run if you or any of your group members have a fever. A fever is when your body's temperature is 38°C (100.4°F) or above this is rarely a symptom of a cold. Running with a fever can be dangerous, so it's best that individuals rest if they're feverish.

If you have asthma sufferers in your group, they will need to take extra care when running in winter as cold air can trigger symptoms. These individuals might want to take their inhaler before a run, and bring it with them to the sessions. As a leader you might want to check that individuals have their inhalers with them!

5
STAYING
MOTIVATED

Group running is one of the best ways to stay motivated when it's cold outside. Creating a close nit group where everyone feels comfortable is the best way to make sure everyone gets out there. Another good way to avoid the group getting bored is to vary your route. Even running the same route in the opposite direction will add variety to your run.

Having a realistic goal to gradually work towards is also a great motivator. As a Run Leader you could enter your group into a 5K race in 12 weeks' time, for example, or simply aim for some kind of challenge.

As a Leader you can remind your group that getting out of the front door is the hardest thing about running in winter. Once everyone gets going, it's much easier! You can support and encourage them, and remind them to think about the satisfaction they'll get when the run is done – the only run you will ever regret is the one you didn't do – You can use that!

GUIDE TO RUNNING KIT/APPAREL

Running is not an expensive sport, once someone has the basic kit, they're good to go.

So how do you make sure it's the right gear for you and your runners?



LEADERS KIT BAG

As a Run Leader, you have overall responsibility for your group whilst out running, therefore consider carrying a small running small bag or belt to keep your essential kit items.

These could be;

- Your Phone
- A whistle – especially handy when you want to vary the sessions and need to instruct the group
- A small First Aid Kit
- Head torch – especially advisable in the winter
- A small water bottle
- Some money
- Hi-Vis vest

Expect to pay between £10 to £50 for a bag.

RUNNING SHOES

As a Leader you'll know that your running shoes are your best friend, and buying the right pair for you is the key to happy running! Some of your group members might look to you for advice – so what do you say?

- Find a good, specialist running shop where they can get their gait analysed. Once they know how their feet work they can buy the best trainer for them.
- Fashion does not take precedence! The key is, finding the right shoe that will make their running easier, more enjoyable and help prevent injury.

Prices start at around £50 to £130

Running shoes usually last between 300 to 500 miles depending on the type of shoe. The manufacturer will have guidelines on this.

DIGITAL/GPS WATCHES/MONITORS

As a Leader, you might own a specialised sports watch, then again you might only have a basic digital watch that you use to time your sessions. It is all about what works for you.

The type of watch a runner chooses simply comes down to preference – and a basic digital watch that will time a run is definitely a nice to have for all runners

Some of your group members might wish to upgrade to a more a specialised sports watch. But where do they start? The market is full of watches that do this, that, and the other... so here's what we've found:

- Most speed and distance GPS monitors will be able to store lap times and mile splits, let you upload a training plan and download incredibly detailed stats to your computer, so you can get the most out of your session – which is more than sufficient for many runners.
- Some watches come with Heart Rate Monitors, and these vary in technical details. A basic model will just report your heart rate, while top-of-the-range versions will be able to count calories and produce reams of other stats – great to monitor intensity and effort.
- There is also a huge variety of GPS add-ons for mobile phones and iPods out there too, as well as an array of smart phone apps you can download i.e. Run Keeper, Strava etc., so at the end of the day it's possible to spend as little or as much as your heart desires – the choice is endless.

Budget between: £10 – £300+



CLOTHING

All anyone needs to head out the door is;

- A pair of shorts, leggings or tracksuit bottoms (depending on the weather/season),
- socks,
- a technical t-shirt or vest,
- a long-sleeved top,
- and a windproof/waterproof Hi Vis jacket that is breathable – especially for winter running.

So, there is no need to spend a fortune on kit, especially to start with. However as a Leader you'll know that buying kit you like, that is comfortable and suitable for the activity, does make heading through the door for that run a little bit easier – it'll be the same for your group runners too!

It's possible to get kitted out in running apparel for about £50.



SPORT BRA

Gentlemen – this one isn't for you, but if you are leading a running group which includes women, they will need to be aware of the following.

A High-Impact Sports Bra is a must – regardless of size. The effects of gravity when running are irreversible, and even though normal bras reduce breast movement by around 35%, a good sports bra can achieve up to 60% reduction in movement. A to B-cup sizes normally suit crop-top compression styles, while larger sizes require moulded cups. Either way, it's advisable for runners to look for a bra which has been designed for high-impact activities.

Runners can expect to pay between: £10 – £40



POSTURE TIPS AND RUNNING STYLE GUIDE!

Here are some tips for you (the Run Leader) to pass on to your running group as and when you feel it appropriate. You can share the following posture tips and running style guide with your group verbally during sessions, you could print these tips out as handouts or simply direct individuals to the resource section of the website.

TORSO

The position of your torso while running is affected by the position of your head and shoulders. With your head up, looking ahead and your shoulders low and loose, your torso and back naturally straighten to allow you to run in an efficient, upright position that promotes optimal lung capacity and stride length. Many describe this ideal torso position as "running tall".

ANKLES/FEET

To run well, you need to push off the ground with maximum force. With each step, your foot should hit the ground lightly—landing between your heel and midfoot—then quickly roll forward. Your feet should not slap loudly as they hit the ground. Good running is springy and quiet.

HEAD TILT

How you hold your head is key to overall posture, which determines how efficiently you run. Let your gaze guide you. Look ahead naturally, not down at your feet, and scan the horizon. This will straighten your neck and back, and bring them into alignment.

SHOULDERS

Shoulders play an important role in keeping your upper body relaxed while you run, which is critical to maintaining efficient running posture. For comfort, your shoulders should be low and loose, not high and tight. As you get tired on a run, your shoulders will creep up toward your ears – If they do, shake them out to release the tension.

ARMS

Even though running is primarily a lower-body activity, your arms aren't just along for the ride. Your hands control the tension in your upper body, while your arm swing works in conjunction with your leg stride to drive you forward. Keep your hands in an unclenched fist, with your fingers lightly touching your palms. Your arms should swing mostly forward and back, not across your body, between waist and lower-chest level. Your elbows should be bent at about a 90-degree angle.

HIPS

Your hips are your centre of gravity, so they're key to good running posture. The proper position of your torso while running helps to ensure your hips will also be in the ideal position. With your torso and back comfortably upright and straight, your hips naturally fall into proper alignment—pointing you straight ahead. If you allow your torso to hunch over or lean too far forward during a run, your pelvis will tilt forward as well, which can put pressure on your lower back and throw the rest of your lower body out of alignment. When trying to gauge the position of your hips, think of your pelvis as a bowl filled with marbles, then try not to spill the marbles by tilting the bowl.

LEGS/STRIDE

While sprinters need to lift their knees high to achieve maximum leg power, distance runners don't need such an exaggerated knee lift—it's simply too hard to sustain for any length of time. Instead, efficient endurance running requires just a slight knee lift, a quick leg turnover, and a short stride. Together, these will facilitate fluid forward movement instead of diverting (and wasting) energy. When running with the proper stride length, your feet should land directly underneath your body.



EAT TO RUN, RUN TO EAT!

As a Run Leader some of your group members will come to you for advice on their diet, and knowing what to say can be difficult. We all know that eating a balanced diet is essential to a healthy, happy and long life – however it's not something we all follow.

We, at Run Wales, are not experts when it comes to telling runners what they should or shouldn't eat therefore we do not advocate our Run Leaders to dish out advice either.



We specialise in providing leaders, groups and individuals with inspiration, opportunities and above all support to ensure that running is an enjoyable experience. We're therefore leaving the nutrition advice to the professionals, and listed below you'll find all the information you need on healthy eating.

USEFUL LINKS TO SHARE WITH YOUR GROUPS ARE:

[NHS: CHANGE 4 LIFE](#)

[NHS: LIVE WELL](#)

[British Dietetics Association](#)

REST AND RECOVERY

Rest and recovery is essential to any training you and your group will do and should be a compulsory element of any training programme - even if your groups are complete beginners. Use this guide to advise your group about its importance...



REST PREVENTS INJURY!

Rest days prevent overuse injuries, such as shin splints and stress fractures.

YOUR MUSCLES NEED REST

Without a proper period of rest for your immune system to repair and grow the muscle you have been using, then you are not giving yourself a chance to get fitter, stronger and quicker.

YOUR PERFORMANCE WON'T DIP

In general, it takes your body about 2 to 3 weeks of non-activity before you notice a change in your performance level (also called reversibility). So taking a day or two off from training will not affect your performance - if anything, it will benefit it!

OVER-TRAINING AFFECTS SLEEP

Too much exercise can put your body in a constant state of restlessness or on high alert making a good night's sleep tough to achieve. Listen to your body!

YOUR IMMUNE SYSTEM CAN OVERHEAT

During periods of heavy activity, our immune systems are constantly activating to repair muscles and joints. Without proper rest, your immune system can't catch up with all the repairs your body needs. And then? You guessed it: injuries.

MENTAL EDGE

From a psychological standpoint, taking a rest period can rekindle your hunger for exercise and help prevent burnout. Mental fatigue can be every bit as detrimental as physical fatigue, taking a rest day helps to recharge the psyche.



TRAINING PROGRAMMES

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