



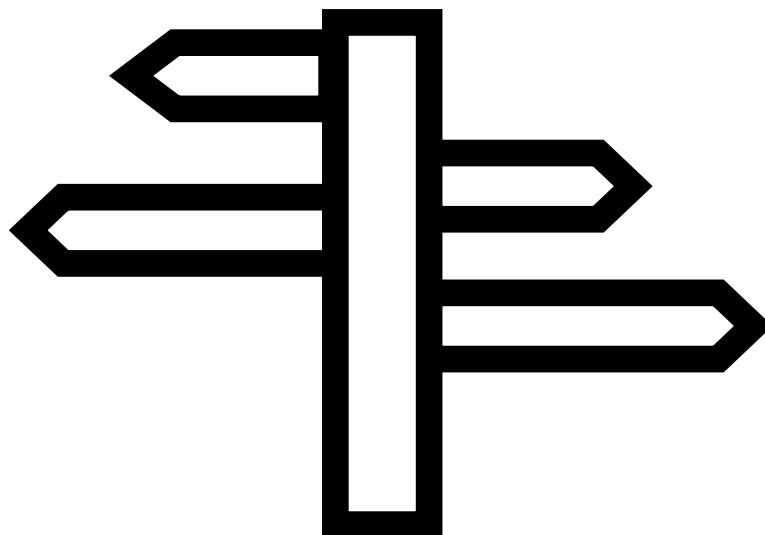
Planning your route

The great thing about running is you don't need to spend loads of cash on equipment, invest in expensive membership or find a whole team to participate! Most people can simply step outside their front door and off they go.

Most beginners start off by running around the block or down roads by their home, but ideal places are parks, running tracks or on grass (cut close and even). If you run on busy roads, make sure you run facing the traffic so you can see cars coming at you. Footpaths are safer; however, beginners may suffer from common aches and pains such as shin splints as result of hitting off hard concrete.

You could even get out in your car and map out a course near your home – at least by using your mileage clock you'll know exactly what distance you're running. Or why not train on a track – admittedly not the most scenic of routes but it does have its advantages for the beginner. It's smooth and soft, preventing injuries and it allows you to continually monitor exactly how far you've been running.

As your ability to run further increases, you can try more challenging areas such as hills or cross-country. Hills build muscles and cardiovascular strength while heading up and down dale can actually reduce injuries with its soft smooth surfaces.



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