

RUNNING PREPARATIONS



Basic stretching and warm-up



Proper hydration



Adequate sleep and rest



Sufficient and nutritious meals



Setting reasonable goals (pace and distance)



Comfortable clothing



Practice



Planned route

WHY ARE THESE PREPARATIONS IMPORTANT?

- Lowers the risk of acquiring injury.
- Prepare yourself physically and mentally for the activity.
 - Helps develop a positive mindset.
 - Calms any jitters or nerves before the activity or a race.
 - Improves blood circulation
- Prepares the body for optimal performance.
- Stimulates metabolism.
- Improves balance and coordination.
- Avoids dehydration.

BARRIERS

- Lack of time
- Lack of access to recreational/sports facilities
- Lack of motivation or energy
- Lack of resources/equipment
- Restrictive health concerns (e.g. cardiovascular and chronic diseases, COVID-19)
- Low self-efficacy, poor body perception, self-consciousness
- Poor fitness
- Age
- Life demands and priorities (e.g. work, familial responsibilities, and studies)

WAYS TO OVERCOME

- Proper time management
- Prioritizing other life demands to accommodate for the activity.
- Set realistic goals
- Proper pacing
- Conducting adequate preparation and practice before the activity.
- Find methods to motivate yourself, such as:
 - Asking friends and family to join in as well.
 - Recording your progress.
 - Being focused on your goal.