

## Couch to 5K Equipment List

The beauty of running is that it is a completely free activity and a great way to keep active. However, there are a few things that we feel you may need to make your running experience enjoyable and safe, these are listed below.

**Running Trainers** - These don't have to be running specific, however a good pair of trainers that you feel comfortable running in are ideal, rather than plimsolls or shoes.

**Running Clothing** - Again this doesn't have to be the latest flashy breathable clothing. A t-shirt and shorts or jogging bottoms/ leggings will be fine and a warmer jumper/ sweatshirt or lightweight jacket will be good for colder days. Ultimately it's whatever you feel comfortable running in.

**Sports Bra** - For the women you may find this beneficial to provide extra support when running.

**Water Bottle** - For the length of running you will be taking part in you may not need a water bottle, however if the temperature is warm you might find carrying a bottle will help keep you hydrated. The course leaders will bring along water bottles for the coached sessions.

**Reflective Clothing** - If you are running in the evenings or early mornings, when it is dark or visibility is low it may be worth wearing reflective clothing, such as a yellow jacket or high visibility bib. Bibs will be provided for the course.

**Emergency Contact Details** - It is a good idea to carry emergency contact details with you when running. If you have an accident at least someone will know who to contact in such a situation.

### Further Information Rules and Guidelines

- By signing up to the course you're agreeing to take part in the 9 sessions. If you're unable to make a session, please inform me using the details below
- You are running at your own risk so it's important you feel comfortable doing so and if you are feeling unwell before or during the course please let the trainer know immediately.
- For your own safety, please make sure you follow the run leader's instructions during the course.
- You should aim to run a further two times during the week after the Wednesday session, using the course programme on the written handout attached or by downloading the free podcasts from the following website <http://www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k.aspx>
- If you would like to find out more information about the 'Couch to 5K' scheme or further schemes run by the NHS visit [www.nhs.uk/Livewell](http://www.nhs.uk/Livewell)

If you're in any doubt about what to wear or you have further questions about the course please get in touch ASAP.

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