



# Hamilton Harriers & Hamilton City Hawks Running Clubs Top 10 Running Tips

With Lugtons Round the Bridges drawing nearer and nearer each day, our friends from the Hamilton Harriers Club have given us some handy running tips for you ahead of the event on Sunday 18 November.

Here are the top 10 tips for beginner runners who're looking to complete Lugton's Round the Bridges...

1. **Invest in a good pair of running shoes** - it's important to wear a good quality pair that are supportive and comfortable. If you don't, you may run the risk of suffering from blisters or injury.
2. **Set small achievable goals** - there's nothing more satisfying than smashing a new goal. Keep yourself motivated by setting small achievable goals that you can reach in the lead up to the event.
3. **Aim to run two to three times a week** - it takes more than one training run to get you ready for a big event. Make sure you fit in a decent amount of trainings runs so that you're confident and ready to go on the big day.
4. **Ease into it and aim for distance rather than time** - don't worry about your pace, just try and make the distance that you set. And don't forget that it's OK to take walking breaks as long as you keep moving.
5. **Make your training fun** - make training interesting by organising a run or walk with friends or by picking a nice scenic place to train like along the river, around the lake or at a park.
6. **Switch it up** - not every session needs to be a run! Switch it up and take part in some other cardio related activities like cycling, swimming or hiking.
7. **Drink water** - keep your body hydrated by sipping on water throughout the day - especially after running.
8. **Make sure you stretch** - stretching is super important before and after a hard training run. It keeps your muscles flexible and strong and helps prevent injury you may also want to invest in a foam roller... it'll be a love / hate relationship but your muscles will thank you for it!
9. **Make sure you take rest days** - the worst thing you can do is overdo it and burn yourself out or cause an injury. Make sure you give your body a break and take rest when you need it.
10. **Join a running club** - a running club is a great way to meet new people and to keep yourself accountable to get out and hit the pavement. And not everyone is a competitive runner - there will always be people who run at a similar pace to you.

So there you have it - a few tips to keep in mind ahead of Lugton's Round the Bridges... so get out there, start training and have some fun... we will see you Sunday November 18th.