



10 Useful Items for New Runners

So you decided to start running, good for you! This list gives you our top ten useful items to help you get going.

1. **The right running shoes** - the most important thing to get right, a good running shoe will support you and help prevent injuries. So don't run in trainers designed for other sports or 'fashion trainers' as these will not offer the support you need. Visit Coventry Runner and we will do our best to kit you out using our gait analysis service and by understanding your running schedule and goals. When choosing shoes, always allow plenty of time and try on a range of brands and styles.
2. **A good sports bra** - if you are male evidently this is not essential to you, but that is the only excuse for not buying a good sports bra to support your breasts as you run. Once the ligaments around the breast stretch there is nothing you can do to shorten them again and this is certainly worth avoiding.
3. **A technical t-shirt** - Today's modern fabrics are a big improvement on the heavy cottons of the past and work by moving sweat away from the skin and allowing it to evaporate more easily. This will help keep you cooler and more comfortable.
4. **A training log** - every run you complete is an achievement and logging your sessions will not only give you a sense of satisfaction but allow you to keep an eye on how much training you are doing and any patterns that lead to either success or problems. Record as much or as little as you want (weather conditions, distances, routes, times etc.) and watch your running take off!
5. **A bag of frozen peas** - the quicker you can ice an injury the better! This is the best way to minimise tissue damage and prevent trips to the physiotherapist. Wrap the bag of peas in a towel and press it to the site of the injury for approximately fifteen minutes. Repeat hourly (or as often as possible) for the next couple of days (or longer if you feel twinges when you stretch the damaged area on subsequent days). If you want to go a little more 'up-market' then invest in an ice pack from Coventry Runner.

6. **A complex-carbohydrate energy drink** - a purpose made sports drink is a good way to get large quantities of easily digestible energy. A sports drink is also a convenient way to restore muscle fluid and glycogen after a training session.
7. **A comfortable drinks carrier** - it is very important to drink regularly during longer runs as you can lose significant amounts of fluid through sweating. If you do not replace this water your performance will be affected and so you may need to top up as you run. The bottle you use will depend upon your own personal preference - belt bottles carry more but are a little heavier. Hand held bottles hold less liquid but are easy to carry and drink from.
8. **A lightweight jacket** - makes training in cold or wet conditions more comfortable. Your jacket needs to be able to 'breathe' and allow sweat to escape and evaporate. A shower-proof, breathable jacket is a very good option and if it is in a bright, visible material it will also help keep you safer on those dark winter nights.
9. **A sports watch** - if you are running more seriously a good sports watch may enable you to train faster and better. Being able to record times and distances will enable you to focus on the detail of your running and see patterns in your training that can help identify mistakes. Coventry Runner offers several different watches with basic or more complex functions.
10. **A heart rate monitor** - this will help you judge the effort you are putting into your training, something that can be difficult to do. A heart rate monitor gives you an objective snapshot and helps you know whether you should be speeding up or slowing down for the particular session you're doing.