General Training Tips

Don't Over Train - Always make sure you get plenty of rest in between training sessions and alternate hard sessions with easy ones. Unless you are an "elite" athlete, make sure you get at least one days rest every week.

Watch your pace - A lot of runners train at far too high an intensity and get injuries as a result. A heart rate monitor is useful for controlling your effort.

Never train when ill or feverish - Don't try and train through illness. It will probably make it worse. Training with a fever is very dangerous as some viruses can affect the heart.

Be sensible about injuries - If an injury becomes worse when you try to train, then stop training.

Be careful with stretching - Although stretching before a run is desirable, your muscles will not be warmed up and over-zealous stretching can do more harm than good. The rule should be to warm-up before your work-out by doing the intended activity very slow with low intensity. Leave stretching for after your work-out. You are less likely to damage your muscles at this point because they have warmed up. Make sure you know the correct techniques.

Use the right shoes for your running style - A good specialist running shoe shop can help here. If you over-pronate, you may need shoes with extra medial arch support or you may simply need a shoe with good heel support. An appropriate pair of well fitting shoes can make a big difference to your running. Don't expect your shoes to last forever. The cushioning of running shoes usually fails well before the sole wears out.

Enjoy your training - This is most important. You train for enjoyment. Vary your routes and don't push hard in your training all of the time. Think about joining a club and meet some like minded people.

Keep your training Individual - we all have different bodies and goals and our training programs should be individual. You should not go out and do what the others are doing.