**RUNNING ADVICE**

Exercise is brilliant to do, however you can do it. Running has been shown to boost your immune system but training for longer distances or intense workouts have been shown to impair your immune system. This is all to do with the stress hormone cortisol which suppresses your immune system at high doses. At present, we advise when running to focus on shorter, less intense workouts aimed at maintaining fitness and giving you the headspace you need. If you can, think about other things you can do to compliment and support your running such as meditation and yoga that will have the added benefit of (hopefully!) reducing your stress levels.

Please think about whether your c/should be running solo or in small groups and who you are coming into contact with. With social distancing advice, think about how this could be applied to running: very small groups only (pairs or threes), single file with large distance between, running in less densely populated areas.

If you decide to run with company: as far as possible, please minimise the number of people you are running with given personal circumstances and potentially vulnerable people in your family: you yourself may not be in a high-risk group but others you run with and/or their families could be. You could think about running with those you live with even if that means a gentle walk or getting little ones out on a bike/scooter to reduce spread.

Equally, don’t feel as if you have to go for a run. If you are struggling with changes to your current routine and situation, you may be feeling lost and unsure of what to do. The important thing here is to realise that how you are feeling is totally normal so don’t push exercising if you are not feeling it. When you are ready, put your trainers on and go for a walk, listen to the birds, feel the wind on your face, breath it in. Try and get into a routine of what your new normal is and build things in gradually. One step at a time.

Finally, as ever, remember all of the usual safety advice for when running solo: most phones have tracking apps, set up your ICE details, tell your household your route and how long you expect this to take you, be bright and be seen!

\*\*For all of the following fitness workouts: please watch carefully and follow the advice if al the professionals in the videos or links below to ensure you are doing the correct pattern of movement to reduce any risk of injury as far as possible.\*\*

**AT HOME WORKOUTS**

There are lots of ways to use this time effectively to maintain both physical and mental health and fitness. While it is rubbish that we cannot run as a group, we can use this time as cross-training to come back ready and raring to go, fit and strong for your rescheduled race days. Here are some tried and tested ideas of things you could be doing while NWR runs are suspended:

* Apps such as FitOn, Nike Training Club etc all have a huge range of at home workouts you can do to target all areas of fitness.
* 30 Day Transform Your Running Challenge from James Dunne: <https://www.kinetic-revolution.com/30daychallenge>
* Les Mills on Demand: currently expanding their range of free at home workouts: <https://watch.lesmillsondemand.com/free-content>
* Fitness Blender videos: <https://www.youtube.com/channel/UCiP6wD_tYlYLYh3agzbByWQ> 600 full length at home workouts with varying length, difficulty, training type, muscle groups etc
* NHS Live Well 10 minute workouts: <https://www.nhs.uk/live-well/exercise/10-minute-workouts/> Warm up, cardio, toning, bums legs and tums, abs, butt, arms and cool down routines all available.
* Lucy Locket Loves Fitness plan (if you use this, please consider donating to the fundraising page as suggested on the website): <https://locketloves.com/blogs/news/free-lll-fitness-plan>

**STRETCHING AND MOBILITY**

If you’ve been neglecting your stretching and mobility exercises, now might be a good time to develop some new habits:

Yoga with Adrienne: <https://www.youtube.com/user/yogawithadriene> Lots of really useful short sessions you can do at home

Blogilates: <https://www.blogilates.com/> Big range or workouts and challenges (squats, abs, arms, glutes and many more!) to keep you motivated!

Stretching and mobility videos such as the below, recommended by one of our RLs: <https://www.youtube.com/watch?feature=youtu.be&v=Ie5SW9mqmuk&fbclid=IwAR1jWdk-kpUDIVZKI6fj_v5tAWuu8PO5d0QUvWmiBXEFH3xfVg2oRiGlMiw&app=desktop>

**OTHER NON-RUNNING THINGS**

Maybe take this as an opportunity to try something new: it doesn’t have to be running or sport-related!

* Brush up on a foreign language in prep of your next holiday
* Find somewhere new in the UK you’d like to visit
* Identify a new recipe with ingredients you haven’t used before and cook it!
* Look at online courses to keep your mind active
* Read a book that’s been sat on your bookshelf for a while. Top recommendations include:
  + This Mum Runs (Jo Pavey)
  + Don’t Stop Me Now (Vassos Alexander)
  + Two Hours: The Quest To Run The Impossible Marathon (Ed Caesar)
  + Running With The Kenyans (Adharanand Finn)
  + Running Like A Girl (Alexandra Heminsley)
  + None running related but very funny: This Is Going To Hurt (Adam Kay).
* Listen to a podcast you’ve never tried. Top ones on my list:
  + No Such Thing As A Fish: from the QI Elves- fun facts of the week discussed!
  + Paul McKenna’s Positivity Podcast: half hour interviews with really interesting people on the challenges they’ve faced, how they stay positive, mental health and more
  + My Dad Wrote A Porno: exactly what it says on the tin- if you haven’t tried it, do, it’s hilarious!
  + The Ross Edgley Podcast: debunking fitness and nutrition myths.
  + Fat Chat: blunt, honest and often hilarious body confidence podcast
  + TED Talks Daily: different topic every day.
  + How To Fail with Elizabeth Day: a podcasts which celebrates the things that haven’t gone right! Each week, a famous interviewee explores what their failures have taught them on how to succeed better.
  + Run Pod with Jenny Faulkner: “some fun to listen to, others really informative!”

**REMAINING SOCIALLY ACTIVE**

It is also really important that your reach out if you are struggle and remain socially active at this time:

* Have a virtual coffee catch up with a friend. Arrange a set day and time, both make a cup of your favourite hot drink and skype/facetime/ring your friend(s) and have a catch up
* Dig out a pen and paper and start writing. It could be someone you love or miss, perhaps a friend or family member is self-isolating. It could even be to yourself! Just allow your thoughts to spill onto the page: it can be quite cathartic to acknowledge how you are feeling.
* Limit your device time except for things that are really necessary. In this information-rich world, it can be really easy to become bombarded with information and it can be overwhelming. If you are struggling and this is making your anxious, limit your exposure time to reduce your stress levels.