



Beginner's Guide to Running Apparel

Women's 101 Fitness, LLC

What to Wear?

Shoes:

- Shop for shoes in the afternoon or evening because your feet tend to swell during the day. Buy the shoes that feel the most comfortable and fit the best.
- When you try on a shoe, slide your foot all the way to the front of the shoe and make sure you can stick two fingers inside the back of the heel – that will insure that you are buying shoes that will give your feet room to swell and grow.
- Bring the socks you plan on wearing when you try the shoes on.
- The first week or two, keep your shoes dry and clean. If you discover any “hot spots” on your feet or the shoes are just not comfortable, take them back and exchange them.
- Never throw shoes in the washer. Let shoes dry naturally, and then remove loose dirt with a brush.

This is the most important investment you will make in this program!

Apparel:

- Avoid 100% cotton. Buy cotton/polyester type fabrics that will wick moisture away from the body.
- Never overdress in summer or winter – dress just enough to stay dry and comfortable. Rule of thumb, if it's 50 degrees outside, it will feel 20 degrees warmer when you settle into your pace and warm up. If the temperature is lower than 50 degrees, wear running tights or warm up pants – over 50 degrees, wear shorts.

Jog Bras:

In looking for a good jog bra, you need to consider comfort and fit as well as how much support you need.

Standard items to look at for fit and comfort:

- Fabric blend – for fast drying fabrics
- Smooth seams and detailing. Flat stitching.
- Type of cut – for best performance.

Standard items to look at for support:

- Elastic band around midriff, light but supportive – bounces back when stretched
- T-shape across back for best support
- Jog bra straps that are reinforced for support
- Molded cups for extra support, smooth seams that help mold cups and reinforce them.

Miscellaneous Equipment:

- Wear sunglasses during sunny or bright days. Yes, you can sunburn your eyes if you don't.
- Wear identification – a dog tag or a shoe tag with emergency information such as name, phone number, blood type, and whether you are an organ donor.
- Put Chap Stick on your lips; wear sunscreen over the bridge of your nose and on your shoulders when you are sleeveless in the sun.
- Invest in a functional water bottle and belt to carry water or your favorite sports drink when you are out on the trail.
- Invest in a watch with a timer – this will help keep track of your times over different courses and distances.
- Invest in a gym bag or locker bag. You may want to run after work. Keep it stocked with a towel, washcloth and soap, gloves, extra socks, tops and shorts, a dry shirt to change into, an extra pair of shoes if you have them, a water bottle and a hat. Keep it at the ready. Some days you may get home and not want to work out. If you run before you get home, you guarantee that you will get your workout in.