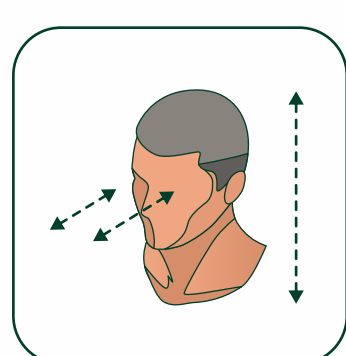


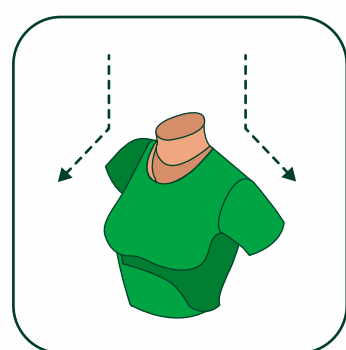
# First steps to start running

Running is a simple, inexpensive physical activity, easy to adapt to each person's physical condition. However, there are some tips to take into account in order to prevent injuries and to get the most out of it. Take note!

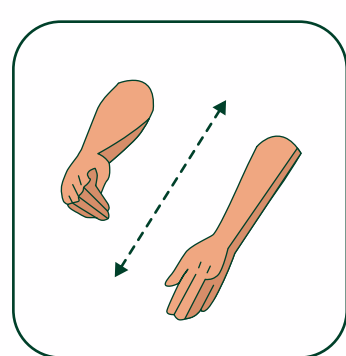
## How to run properly?



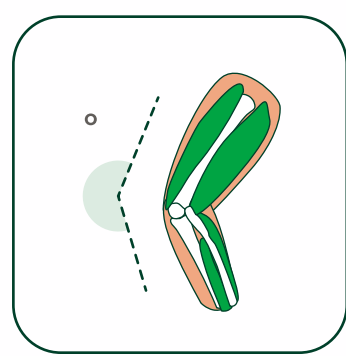
Keep your head up and gaze straight ahead.



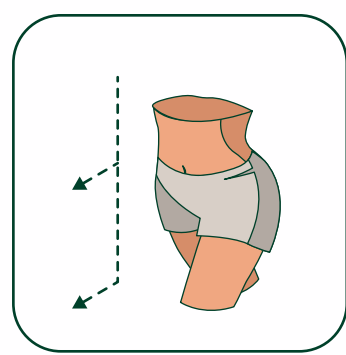
Keep your shoulders relaxed.



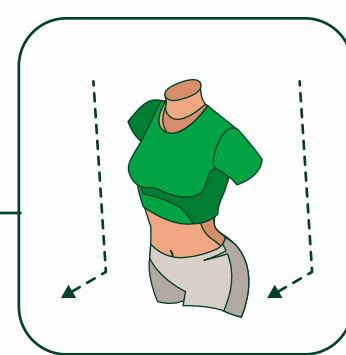
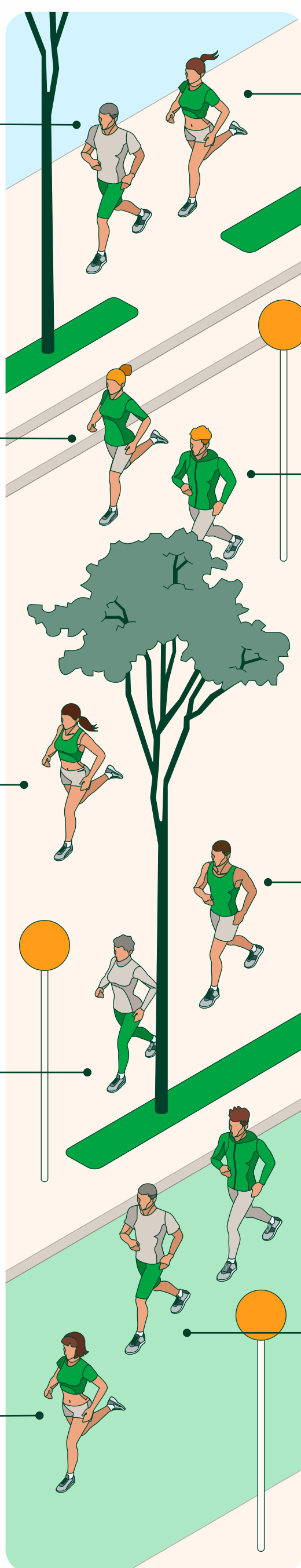
Keep your wrists straight and hands open, but relaxed.



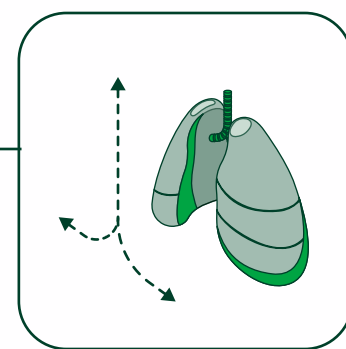
Keep your knees slightly bent.



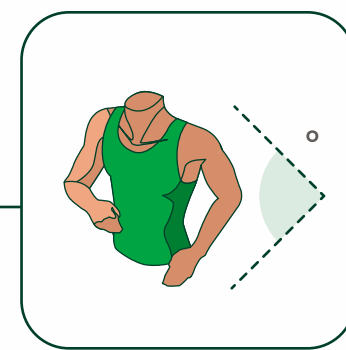
Abdomen and hips straight and forward.



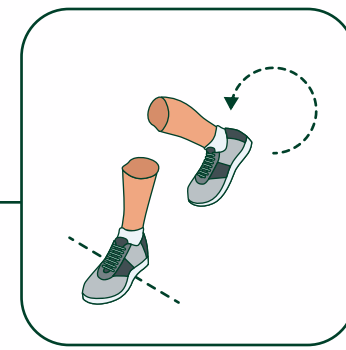
Maintain your body upright and slightly inclined forward.



Regular and periodic breathing.



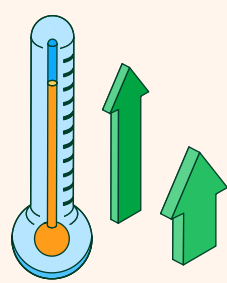
Keep your arms at a 90° angle to the body, with a backward-forward swing.



On impact with the ground, land with the midfoot and then roll forward.

## What else do I need to consider?

Warm up well before training and stretch at the end of training.



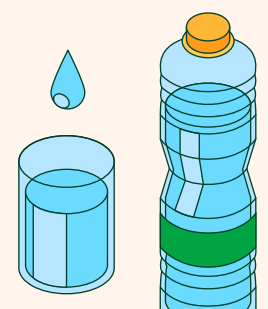
Wear comfortable, light and breathable clothing.



Wear appropriate footwear.



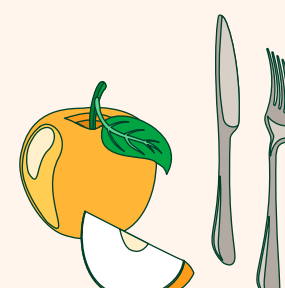
Hydration before, during and after.



Don't forget sunscreen, sunglasses and a cap.



Maintain a healthy and balanced diet.



Respect rest days.



Find your running rhythm.

