The great thing about running is that it does not require a lot of equipment or preparation. However, a few basics and precautions are still useful. That is why we have put together a running checklist for you.

✓ (Medical) Sports aptitude
✓ Must-have: running shoes
✓ Sportswear
✓ Timer or Watch
✓ Running Route
✓ Fixed Training Days
✓ Water Bottle and Co.

1) **Sports aptitude**: You should be sure that you are in good health to take part in sport. If you have not done sport systematically for a long time or have never done sport at all, we recommend that you consult a doctor and have a thorough check-up first.

2) **Running shoes**: Running shoes are a must-have – in fact, a pair that fits perfectly and is tailored to your feet and running style. Visit a specialist shop, get advice and ideally have a running analysis!

3) **Sportswear**: Of course, you need sportswear as well as shoes. Anything that fits and is comfortable will do the job. Depending on the weather and temperatures, you should also have a suitable selection of weatherproof and warm sportswear. As a woman, you may also need to think about a suitable sports bra.

4) **Timer or Watch**: If you are training according to a running plan or if you want to track your progress, you should take a timer or watch with you that is easy to see or use while running. A simple watch with a (digital) seconds display is sufficient to start with.

5) **Running Route**: Think about where you want to run beforehand. Whether you prefer to do a running lap or run a route back and forth is often a question of personal preference. Perhaps you can also incorporate daily routes into your running plan. Also, choose the route depending on your running plan (flexible distances, etc.)

6) **Fixed Training Days**: In addition to the "where", you should also think about the "when". Fixed training days and training times increase the commitment and ensure that your training is a fixed part of your daily or weekly schedule. Including daily routes is also a sensible strategy here.
7) **Water bottles**, bars, gels and the like are generally not necessary if your workouts last less than 90 minutes. However, if you sweat a lot or realize that you absolutely need a drink in between, this is worth considering.