

Nick's top 10 running tips

Nick Hitchens the Principal Tuba at the ENO ran the London Marathon in aid of the Musicians Benevolent Fund. In September he will also be taking part in Run to the Beat. Check out Nick's top tips of what to do and what not to do when running

1. Go to a proper running shop and get them to recommend the correct shoes before you start training
2. When you first start to run don't do too much. Build up your mileage slowly and always have rest days
3. Don't start your run too quickly, pick up the pace slowly
4. Never stretch before you run (it's bad to stretch cold muscles!) but always afterwards
5. Never have two hard workouts in a row. Always have an easy run the session after a difficult workout
6. Keep a log of your training as it's good to look back and see that you are actually getting fitter even if you don't feel you are.. you'll be surprised!
7. Increase your mileage by only 10% per week. Any more and you're likely to get injured!
8. Listen to your body. If your legs feel like lumps of concrete give them a rest, even if you feel guilty about it
9. Find someone to train with. It certainly helps when you get to those long runs!
10. Finally... enjoy it!

