

Beginner Running Checklist

- Proper running shoes
- Comfortable, breathable clothes
- Good socks to prevent blisters
- A running plan (like your 5K guide)
- A safe, simple route
- Hydration before running
- Optional light pre-run fuel
- A running app or timer
- Phone charged and accessible
- Optional headphones
- Sunscreen or cap if sunny
- A positive, calm mindset
- 3–5 minute warm-up
- Optional: running belt, towel, reflective band