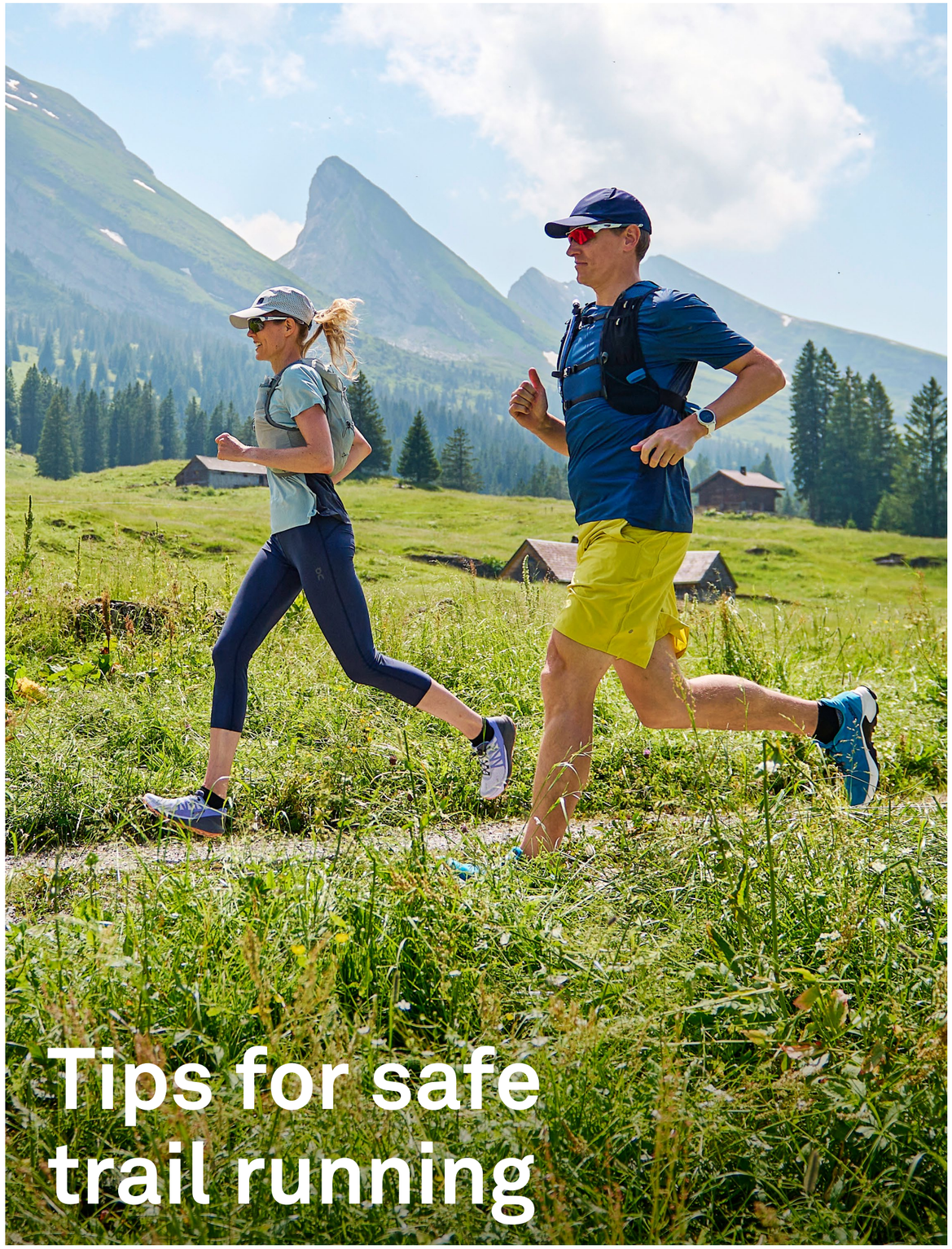
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# Tips for safe trail running

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# Run safely off-road

Put on your running shoes and get outdoors. Running on unpaved paths is a full-body workout. It improves your stamina, coordination and concentration. These tips will help you to run safely on the trails.

**Make sure you have the right equipment when in the mountains**

- Trail-running shoes and poles can help you get a secure footing
- Spikes offer good grip on ice and snow
- Take enough fluids and energy bars with you
- Sun protection for the more intense UV radiation at higher altitudes
- A cooling towel can help you cool down quickly in the heat
- Light windbreaker or rain jacket
- First aid kit
- Thermal blanket
- Mobile phone
- Power bank
- Map or GPS
- Head torch

**Pace yourself:**

- When building up your stamina, train no more than three times a week and only run routes of roughly five kilometres.
- As well as basic endurance, focus on strength and running technique, too.
- When starting out, choose trails with a slight incline.
- Don’t just run: walk briskly from time to time.
- Ease up the pace when it gets steep or generally when you start to tire.
- On the descent, land on your forefoot – this provides better shock absorption.

**Things you need to check before mountain running**

1. Am I feeling fit enough for the run I planned today?
2. What is the weather forecast?
   The weather can change quickly in the mountains.
3. When does the last cable car leave?
4. Is my mobile phone fully charged?
5. Will my insurance cover me in the event of a mountain rescue?
6. Can I join a trail running group?
   If not, tell someone about the route you are taking.

Our blog has more tips for jogging safely:
**helsana.ch/running-training**

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