

On the Job Training - Running to Work

When you are working full time, it can be difficult to fit a run into your day, particularly in the winter months when it's cold and dark when you get home. One of the best solutions, particularly in the summer months with lighter mornings and evenings, is to turn your commute into a work out. It'll also save you money on public transport and petrol and is better for the environment than driving! Here's how to do it:

○ If you live close enough to run to and from your workplace, plot your route using maps of the area. You could find a far more scenic route along a canal or on rural paths than your usual commute to work or might find there are short cuts you can take to shorten the distance.

○ If you are not fortunate enough to live close enough to run the whole distance to and from your work place, there are ways you can still do it. You could get off the bus or train a few stops earlier or drive part of the way and then run the rest. If you work in a city, then parking further away, at a Park & Ride or suburb of the city, might even save you money too.

○ Running to work is an excellent way to wake up your body and mind so you arrive refreshed and ready to tackle the day ahead. Meanwhile, running home gives you a chance to work out the stresses of the day and loosen up your body – particularly if you've been stuck behind a desk for hours.

○ Many workplaces do have showers and if you work in a large building, you might not even know it's there. Find out if there is a shower where you work so you can wash after running in. If you don't have one, why not approach your employer about installing one? It would also benefit the health of your fellow employees by encouraging them to take up running or cycling to work. If showering at work is out of the question, investigate if there's anywhere else you can wash nearby e.g. a leisure centre or gym might allow you to use their facilities.

○ If you've just done a short run and don't sweat excessively, you could get away with cleaning up with wet wipes until you get home for a full shower. Just remember to wear plenty of deodorant and perfume/aftershave and don't get too close to your colleagues!

○ If you can leave your work clothes and shoes at your workplace overnight, you could get away with just running home with your necessary items like keys, mobile and wallet in your pockets or a running belt. If you can't leave anything at the office, you'll have to get a backpack to run with instead. Many have been specifically developed with cushioned straps and clips to keep it in position so it doesn't bounce around too much and make running uncomfortable. Pack as light as you can to reduce the strain it will put on your shoulders.

○ To avoid getting your clothes crumpled and creased when you're running in, you could always take them in on a non-running day and leave them at your workplace ready to wear. Or iron them the night before and then roll them, rather than fold them, when you pack them into your bag. You could try and steam out any creases when you have a shower.

○ So that's it, no more excuses - make your commute part of your work out. And now, on the job training now has a whole new meaning!