



Running

challenge
events



Your fundraising and training information pack



Give poverty the run-around!

Thank you for choosing to take part in an amazing running challenge for Christian Aid and for joining our team of runners. Your inspirational fundraising efforts will help bring us closer to our vision of an end to poverty.

We've put together this pack full of tips to get you started with your fundraising, plus plenty of training advice to make sure you enjoy every moment of your run.

Fundraising fun (pages 2-3)

We've helped lots of people reach (and exceed!) their fundraising targets so read through our top tips for tried and tested ways to get even more people supporting you.

All about the money (pages 4-5)

There are several ways to pay in your fundraising money. We've listed them, along with an explanation of what Gift Aid is and how to make sure you claim it where you can.



Get in shape (pages 6-11)

Whether you are a running novice or an experienced long distance runner, our exercises and training programme will help you fit running into your life and make sure you are on top form for the big day. We've also made a kit list so you know what you'll need before, during and after the run.

Contact us

If you need further support or advice, please get in touch – we're here to help every step of the way:
events@christian-aid.org

Fundraising tips

There's no need to stop your fundraising there! Take a look at these extra-fun fundraising activity ideas and see if you can raise a little bit more.

- Bake some homemade treats and sell them in your workplace or church. No one will be able to resist!
- Invite friends round for a film-showing at your house. Make some popcorn and ask for a small donation per person – it's much cheaper and cosier than the cinema!
- Highlight your fundraising by dressing up in themed clothing for the day, for example your running vest, trainers and sweatbands. People will be curious as to why you are dressed in this way, giving you the perfect opportunity to talk about your fundraising challenge.
- Boost your sponsorship by doing good deeds. You could offer to wash someone's car, take their dog for a walk, babysit, cook a meal or sing them a song (or they might want to pay you to stop!). Think about what talents you have and ask people to make a donation, or auction it to the highest bidder.
- Play 'Guess my time'. Hold a sweepstake with your friends and colleagues, asking them to guess how long it will take you to complete your run.
- Speak to your HR department to find out if your company offers a matched-giving scheme. It might not be the most fun idea, but it could be very lucrative, and it's the easiest way to double your sponsorship money.

For more information and fundraising ideas, please visit christianaid.org.uk/yourway or email events@christian-aid.org

Raising the funds

A quick and easy way to get started with your challenge is to set up an online fundraising page at either justgiving.com/christianaid_ or virginmoneygiving.com/charities/christianaid To make the most of your online sponsorship page, follow these three easy steps.

1. Make it personal

Add your picture and write about why you are challenging yourself for Christian Aid. Perhaps include some information about Christian Aid's work to show the real difference that your fundraising will make, such as 'Christian Aid works tirelessly with poor communities around the world, helping them find ways to end poverty for good, and have a brighter future.'

2. Spread the word

Include your online fundraising page link in your e-signature and email the link to anyone who might sponsor you: friends, family, colleagues – even that guy you chatted to in the pub last week! Talk about all the hard work you're putting into training for this challenge and how any sponsorship would spur you on.

Be sure to promote your efforts on social networking sites such as Facebook, Instagram, LinkedIn and Twitter. Pictures of your training and fundraising fun will help to inspire more people to start talking about what you're doing – and then start sponsoring you!



3. Keep up the reminders

Telling people about the hard work you're putting in will encourage them to sponsor you. Every time you do a long training session or want to promote a fundraising activity, write a post about it on social media or send an email to your contacts (remember to include the link to your online fundraising page too).

It's also important to carry a **paper sponsorship form** around with you. You never know, you may bump into someone unexpectedly who wants to sponsor you there and then!

Guide to writing a press release

Your local media – newspapers, radio, TV, and online, church and community publications – are always looking for interesting stories to cover, and often rely on people such as you telling them who is doing what in the community.

Use the tips below to make sure that your challenge hits the headlines

- You can write your own press release, or simply email the media outlet with details of your challenge.
- The most important thing is to think about how you can make your challenge stand out.
- What makes it 'newsworthy'? Why are you taking part? Are you doing something unusual to help with reaching your sponsorship target? Make sure that you include your unique selling point in the title and first paragraph to really 'sell' your challenge to the media.
- The first two paragraphs of your email or press release should include the following essential information – who, what, why, where and when. Journalists are often pressed for time so you need to get your message over quickly and clearly.
- Include a quote that explains why you are taking part in the challenge.
- Don't forget to provide your contact details in case the media want to call you.
- Think about a picture. The printed press like to use photos to accompany local stories, and the paper might be able to send someone to take a picture of you. If not, why not email some snaps of you in all your gear, including your Christian Aid running vest? Always check what format they want to receive photos before sending.
- Research your local press, call them up and ask for the news desk. Explain what you are doing and ask to whom you can send your email or press release. Take a note of their email address and then send the information to them in the body of the email, rather than as an attachment.
- If you are contacting a monthly or weekly publication, it is best to call to ask what its editorial deadline is so that you don't miss it. Monthly magazines often work two to three months in advance so planning is key.
- Once you have sent it to your local media outlets, call them up a few days later to check they have received it, and ask if they are interested in interviewing you about it. Emphasise again what you are doing and why it is interesting.

We've produced press release templates for you to adapt for your own use at christianaid.org.uk/running

If you have any questions, contact us at events@christian-aid.org



Paying in your sponsorship money

There are various ways to pay your sponsorship money to us – just choose the one that suits you best.

Cash and cheques

Please ensure that all cheques are made payable to Christian Aid and send them to:

**Events Fundraising
Christian Aid
PO Box 100
London
SE1 7RT**

Please also enclose a letter stating your full name, address and the name of the event your sponsorship money is for.

Please do not send cash in the post.

Credit card/debit card

To make a credit or debit card payment, call our Supporter Relations team on **020 7523 2048**.

Electronic banking

You can make direct bank transfers to Christian Aid with the following details: **Sort code: 08-90-00
Account number: 65373808**

Please put the event name and your surname as a reference on the bank transfer.

You MUST also contact us at **events@christian-aid.org** to let us know if you are paying in

sponsorship money via BACS to enable us to allocate this to your fundraising total.

Online giving sites

All money received from these sites is automatically added to your sponsorship total, so all you have to do is spread the word about your run! You can set up your online fundraising page at:

justgiving.com/christianaid_
or **virginmoneygiving.com/charities/christianaid**

If you have any questions about paying in your money, please email us at **events@christian-aid.org**

Gift Aid explained

Although your Gift Aid isn't included in your minimum sponsorship target, it's a great way to make sure that as much money as possible goes towards eradicating poverty, and it's easy for your sponsors to do.

giftaid it

Why and how should I claim Gift Aid?

Your sponsorship form is your main tool for claiming Gift Aid. To make your sponsorship worth 25% more at no extra cost to you, all you have to do is make sure your sponsors write their first name, surname and residential address (including postcode) and tick the Gift Aid box on your sponsorship form.

You can also claim Gift Aid from your online giving page. On these sites, your sponsors can automatically choose whether to Gift Aid their donation or not.

For a full explanation, check out inlandrevenue.gov.uk/charities/gift-aid.htm

Who is eligible?

Gift Aid can be applied to donations from anyone who will pay more income tax or capital gains tax than the amount that will be reclaimed on the donation. Most UK residents who pay tax are eligible to make a Gift Aid declaration.

What's the minimum donation?

Any size of donation can qualify for Gift Aid. However, because of the cost of gathering the data and making the Gift Aid claim, it is currently only cost-effective for Christian Aid to process the Gift Aid on donations of £2 or more. But once a person has made a Gift Aid declaration, Christian Aid can claim Gift Aid on all donations from that person.

How do I record sponsors who want to Gift Aid their donation?

On both the sponsorship forms and online giving sites:

- make sure sponsors fill out both their first name and surname
- ensure they give their full residential address, including a house number and postcode (the address cannot be a workplace address)
- in the section marked 'date given' be sure to put the date that you collected their money
- make sure they tick the Gift Aid box.

In order for Christian Aid to claim Gift Aid on your sponsors' money, you must keep accurate records.

Please note: the Gift Aid part of your fundraising will not be included in your sponsorship total. This is because the tax isn't actually reclaimed until some time after your challenge.

Money that cannot be Gift Aided

Some money is not eligible for Gift Aid, including:

- tour costs/registration fees (money paid for guaranteed places and costs such as accommodation)
- donations from your immediate family – HM Revenue & Customs sees these as a 'benefit' to you, the participant
- donations from anyone who is not a UK taxpayer
- money raised via raffles or collections
- money that you donate yourself
- donations from companies. Companies will be able to claim tax relief on charitable donations when calculating their profits for corporation tax. This will be between 10 and 30% of the gross donation, dependent on the company's size, and encourages many businesses to adopt a matched-funding policy. This is where they match the sponsorship you receive pound for pound.

If you have any queries regarding Gift Aid, please contact our Supporter Relations team at

IPUnit@christian-aid.org or **020 7523 2048**.





Running training

Although you don't have to be a professional athlete to take part in a running challenge, you should always train and slowly build your fitness levels as the date approaches. Please find below some tips and ideas to help with this.

Benefits of running

Running improves circulation and breathing; it also strengthens your heart, thus reducing the risk of a heart attack or stroke. It's an excellent way to strengthen bones and tone muscles, and it's also great for burning off calories and helping you manage your weight.

Running tips

1 Run just enough

'Stay healthy' is the most important piece of training advice – and the most oft-ignored. Better to undertrain slightly but be feeling strong and eager than to over-train. Listen to your body and rest at the first hint of any pain or discomfort.

2 Build your training gradually

You should increase your total mileage or distance covered by no more than 10% each week. Within this, you can extend your long runs by one mile at a time up to 10 miles, then by two miles at a time after that if you want.

3 Do your long runs

Long runs are the most important part of training – you need to get used to longer distances. Try to build up to 80% of the total distance of the final run.

4 Eat your carbs

You need to fuel your body well during training. Carbohydrates are the best source of energy as they can be converted more readily into glucose by the body. Make sure your diet contains plenty of carbohydrates such as rice, potatoes and wholegrain cereals, bread and pasta.

Running equipment

Shoes

These will definitely be your best friends throughout the run, so make sure that they are comfortable and specifically designed for running. It is always worth investing in a good pair of trainers and appropriate socks. If



buying new trainers, these should be worn in properly before your run.

Taking care of yourself

Blisters can be avoided by keeping your feet dry and wearing socks made of man-made fibres that draw moisture away from the skin – cotton is not good for this. Your shoes should not be laced too tightly OR too loosely because rubbing or pinching can cause blisters.

The arches of your feet might ache while you run – this is from pounding on the ground. To avoid this, touch the ground heel first and follow through to your toes. Arch supports may help.

Getting the most out of training

Without preparation, you may not be able to complete this challenge.

The amount of training you need to undertake for your Christian Aid run depends largely on your present fitness level, age, and the amount of running you have done in the past. There are a number of ways to train and the suggestions provided in the training programme in this booklet

should be adapted to fit your lifestyle.

Please remember to consult your doctor before starting any training programme.

Fitting training into your life

All of the programmes in this booklet are to be used as rough guides only. Other commitments in your life may mean that you are unable to achieve what has been set out for you. However, in order to get close to meeting your training target, it is vital that you organise your time properly. There are many ways to ensure your time is maximised – even if you feel that you have little opportunity to train.

- Get up a bit earlier to go for a run before work, or run to work if you can.
- If you drive to work, park your car further away than normal and run the rest of the way.
- Go jogging during your lunch hour.
- Always use stairs instead of lifts/escalators.
- Try to involve your family – take days out that incorporate exercise.

It's always a good idea to join a gym or leisure centre. You will have access to fitness instructors who will design a programme specifically for you.

Remember, you may not stick to the whole programme, but it is vital that you train.

You will enjoy your run far more if you are physically fit!

Warming up and cooling down

It's important to stretch before and after exercise. Stretching beforehand warms up muscles, increasing flexibility and helping to prevent injury, while stretching afterwards relieves any tightness in muscles and joints that may have built up.

Running training



Hamstrings

Lie on your back, bending one leg and keeping the foot of the same leg on the floor to prevent you from lifting your buttocks during the stretch. Raise your other leg, holding it on either side of your knee joint, and gradually pull the leg towards you. You should feel the hamstring muscle stretching at the back of this leg. Concentrate on keeping your buttocks on the floor, and keep the stretched leg as straight as possible. Repeat with the other leg.

Calves

Stand with one foot in front of the other, feet comfortably apart and facing forward, front leg bent with the knee over the ankle joint, back leg and back straight. Press the heel of the back leg into the floor until you can feel the calf muscle in the back of the lower leg stretch. If you don't feel this stretch, slide the heel slowly backwards, keeping the foot on the floor. Repeat with the other leg.

Groin

Stand with feet one metre apart, both pointing forwards. Keeping your back straight and head up, slowly lunge down to the right side, feeling the pull on the inside of your left leg. Hold for 10 seconds, swap legs, and repeat three times.

Quads

Stand, using a chair or wall for support, and grab one leg at the ankle. Slowly pull your heel up towards your bottom, slowly stretching the quadriceps muscles (the large muscles at the front of the upper leg). Aim to keep your knees together and your back straight throughout the stretch. Push your hips forward to increase the stretch. Repeat with the other leg.

Hips

Place your feet shoulder-width apart and place your hands on your hips. Keeping your head still, rotate your hips clockwise, as far as they will comfortably go. Repeat 10 times.

Repeat exercise anti-clockwise.

Torso

Put your feet shoulder-width apart with your hands on your head. Keeping your feet pointing forwards, twist your body as far as it will comfortably go in one direction, and hold for one second. Face forwards and then repeat, twisting in the opposite direction. Repeat three times.

Shoulders

Hold your left arm at the elbow with your right arm. Bring your left arm across the body and hold for 10 seconds. Repeat with the other arm.

Please note: don't stretch too far. Remember, you should only feel a slight pull, never any pain. Always stretch slowly. If you have a bad back or any old injuries, be very careful when stretching and exercising.

Endorsed by Sport Imperial, Imperial College London:
imperial.ac.uk/sports



Running training

This training plan will help prepare you for your run. There are several options you can choose from, depending on your current level of fitness. Remember that even if you don't stick to the whole programme, it is vital that you train.

You should build up the distance you cover gradually to avoid over-exercise and injury. This will help you establish a good base-fitness level on which you can build stamina for your run.

Preparing for a 10k

Weeks 1 and 2

Sunday 45-minute run

Monday Rest

Tuesday 45-minute run

Wednesday 30-minute run – last 10 minutes at a faster pace

Thursday 60-minute run

Friday Rest

Saturday Do circuits around a park, alternating between 1 minute at a faster pace and 1 minute at a slower pace x 10 each

Weeks 3 and 4

Sunday 60 minutes at a steady pace

Monday 30 minutes at an easy pace

Tuesday 45 minutes of continuous running, including 10 faster-paced efforts of between 1 and 3 minutes alternated with jog 'recoveries' (running as fast as you please)

Wednesday 30 minutes at an easy pace

Thursday 60 minutes at an easy pace

Friday Rest

Saturday 12 x 1-minute runs up a small hill – walk back down to recover

Weeks 5 and 6

Sunday 45-minute run at a steady pace

Monday Rest

Tuesday 45-minute run at a steady pace

Wednesday 30-minute run – last 10 minutes at a faster pace

Thursday 60-minute run at a steady pace

Friday Rest

Saturday Circuits of a park, alternating between 1 minute at a faster pace and 1 minute at a slower pace x 10 each

Week 7

Sunday 75-minute run

Monday 30 minutes at an easy pace

Tuesday 10 minutes at a slower pace, 20 minutes at a faster pace, 10 minutes cool down

Wednesday 60 minutes at a steady pace

Thursday Morning: 30 minutes at an easy pace. Afternoon: 30 minutes at an easy pace

Friday Rest

Saturday 15 x 1-minute runs up a small hill – walk back down to recover

Week 8 (final week)

Sunday 45-minute run at a steady pace

Monday 30 minutes at an easy pace

Tuesday 10 minutes slow, 10 x 200m runs at a fast pace alternated with 200m walks or jogs to recover, 10 minutes slow

Wednesday 30 minutes at an easy pace

Thursday 30 minutes at a steady pace

Friday 30 minutes at an easy pace

Saturday Rest

Preparing for a half-marathon

Week 1

Sunday 7 miles at a steady pace

Monday Rest

Tuesday 3 miles at a hard pace

Wednesday Rest

Thursday 4 miles at a steady pace

Friday Rest

Saturday 3 miles at an easy pace

Week 2

Sunday 7 miles at a steady pace

Monday Rest

Tuesday 5 miles at a hard pace

Wednesday Rest

Thursday 4 miles at a steady pace

Friday Rest

Saturday 4 miles at an easy pace

Week 3

Sunday 8 miles at a steady pace

Monday Rest

Tuesday 4 miles at a hard pace

Wednesday 5 miles at an easy pace

Thursday 3 miles at a steady pace

Friday Rest

If you are running a **10k**, and have not run for several years (or perhaps ever!), you should start training at least **eight weeks before** the run.

Those running a **half-marathon** should start training at least **12 weeks** before the run.

To run a **marathon** you need to keep to an **intensive training plan**. You should start training at least **16 weeks before** the run.

Saturday 3 miles at a steady pace

Week 4

Sunday 8 miles at a steady pace

Monday Rest

Tuesday 4 miles at a hard pace

Wednesday Rest

Thursday 4 miles at a steady pace

Friday Rest

Saturday 3 miles at a steady pace

Week 5

Sunday 9 miles at a steady pace

Monday Rest

Tuesday 3 miles at a hard pace

Wednesday 5 miles at an easy pace

Thursday 5 miles at an easy pace

Friday Rest

Saturday 3 miles at a hard pace

Week 6

Sunday 9 miles at a steady pace

Monday Rest

Tuesday 5 miles at a hard pace

Wednesday Rest

Thursday 5 miles at a steady pace

Friday Rest

Saturday 5 miles at a steady pace

Week 7

Sunday 10 miles at a steady pace

Monday Rest

Tuesday 5 miles at a hard pace

Wednesday 5 miles at an easy pace

Thursday 3 miles at a steady pace

Friday Rest

Saturday 3 miles at a steady pace

Week 8

Sunday 11 miles at a steady pace

Monday Rest

Tuesday 4 miles at a hard pace

Wednesday Rest

Thursday 5 miles at a steady pace

Friday Rest

Saturday 3 miles at an easy pace

Running training

Week 9

Sunday 11 miles at a steady pace

Monday Rest

Tuesday 4 miles at a hard pace

Wednesday Rest

Thursday 5 miles at a steady pace

Friday Rest

Saturday 3 miles at an easy pace

Week 10

Sunday 11 miles at a steady pace

Monday Rest

Tuesday 4 miles at a steady pace

Wednesday Rest

Thursday 5 miles at a steady pace

Friday Rest

Saturday 3 miles at an easy pace

Week 11

Sunday 11 miles at a steady pace

Monday Rest

Tuesday 4 miles at a hard pace

Wednesday Rest

Thursday 4 miles at an easy pace

Friday Rest

Saturday 6 miles at a steady pace

Week 12 (final week)

Sunday 3 miles at an easy pace

Monday Rest

Tuesday 3 miles at an easy pace

Wednesday Rest

Thursday Rest

Friday Rest

Saturday Rest

Preparing for a marathon

Week 1

Sunday Rest

Monday 5 miles at an easy pace

Tuesday 6 miles: start slowly, finish faster

Wednesday 7 miles at an easy pace, then 10 x 1 minute fast, 2 minutes slow

Thursday 6 miles at an easy pace

Friday Rest

Saturday 6 miles at a steady pace

Week 2

Sunday 8 miles at a steady pace

Monday 5 miles at an easy pace

Tuesday 5 miles: first and last mile slow, middle 3 miles faster

Wednesday 6 miles at a steady pace

Thursday 10 minutes at a slow pace, then 4 x 3 minutes fast, 2 minutes slow

Friday Rest

Saturday 6 miles at a steady pace

Week 3

Sunday 10 miles at an easy pace

Monday 5 miles at an easy pace

Tuesday 6 miles at a steady pace with a few faster stretches

Wednesday Run to a hill, then 8 x 40-second bursts uphill, jogging back down

Thursday 5 miles at an easy pace

Friday Rest

Saturday 7 miles at a steady pace

Week 4

Sunday 12 miles at an easy pace

Monday Rest

Tuesday 10 minutes at a slow pace, then 3 x 1,000m, with 3-minute jog recoveries. 10 minutes at a slow pace

Wednesday 5 miles at an easy pace

Thursday Run to hill, then 9 x 40 seconds uphill, jogging back down for recovery. Run home

Friday Rest

Saturday 3 miles at a fast speed.

Week 5

Sunday 10 miles at a steady pace

Monday 5 miles at an easy pace

Tuesday 6 miles start slowly, then put in repeated bursts of faster running for over 200m, jogging for about 400m after each

Wednesday 6 miles, start slowly, finish faster

Thursday Run to hill, then 9 x 40-second bursts uphill, jogging back down for recovery. Run home

Friday Rest

Saturday 4 miles at an easy pace

Week 6

Sunday 13 miles at a steady pace

Monday 5 miles at an easy pace

Tuesday 6 miles start slowly, then put in repeated bursts of faster running for more than 200m, jogging for about 400m after each

Wednesday 6 miles, start slowly, finish faster

Thursday Run to hill, then 9 x 40-second bursts uphill, jogging back down for recovery. Run home

Friday Rest

Saturday 4 miles at an easy pace

Week 7

Sunday 13 miles at an easy pace

Monday Rest

Tuesday 30 minutes at a steady pace

Wednesday 4 miles at an easy pace, off road

Thursday 6 miles at a steady pace

Friday Rest

Saturday 3 miles at a hard pace.

Week 8

Sunday 18 miles at an easy pace

Monday Rest

Tuesday 5 miles at an easy pace

Wednesday 6 miles run to a hill, then 9 x 40-second bursts uphill, jogging back down for recovery

Thursday 6 miles at a steady pace

Friday Rest

Saturday 5 miles at a steady pace, including a few fast strides

Week 9

Sunday 13 miles at a steady pace

Monday Rest

Tuesday 6 miles at a steady pace

Wednesday 6 miles, slow start, take fast strides for 30 seconds, with 1-minute jogs to recover

Thursday Run for 1 mile x 4, alternating with 5-minute jogs to recover

Friday Rest

Saturday 3 miles at a hard pace

Week 10

Sunday 17 miles at a steady pace

Monday 5 miles at an easy pace

Tuesday 5 miles at an easy pace

Wednesday 8 miles at a steady pace

Thursday 6 miles: start slowly, then put in fast strides for 30 seconds, followed by 1-minute jogs to recover

Friday Rest

Saturday 6 miles at a steady pace, including a few fast strides

Week 11

Sunday 12 miles at a steady pace

Monday Rest

Tuesday 6 x 45 seconds fast alternated with 3-minute jogs

Wednesday 8 miles at a steady pace

Thursday 6 miles; start slowly, finish faster

Friday Rest

Saturday 5 miles at an easy pace, including a few fast strides

Week 12

Sunday 18 miles at a steady pace

Monday Rest

Tuesday 5 miles at an easy pace

Wednesday 4 miles at a steady pace

Thursday 6 miles at a steady pace

Friday Rest

Saturday 4 miles of jogging and easy strides



Running training

Week 13

Sunday 13 miles at an easy pace

Monday Rest

Tuesday 6 miles at a steady pace

Wednesday 6 miles, including 10 x 30 seconds at a fast pace, followed by 1-minute jogs to recover

Thursday 8 miles, including 2 x 3 miles at a steady pace

Friday 3 miles of jogging

Saturday Rest

Week 14

Sunday 20-mile endurance run

Monday 4-mile jog

Tuesday 8 miles at a steady pace

Wednesday 10 minutes at a slow pace, then 6 x 800m (with 2 minutes of rest). 10 minutes at a slow pace

Thursday 6 miles at an easy pace

Friday Rest

Saturday 7 miles at a steady pace

Week 15

Sunday 11 miles

Monday Rest

Tuesday 6 miles at a steady pace

Wednesday 10 minutes at a slow pace, then 10 x 400m (with 90-second jogs to recover)

Thursday 5 miles at an easy pace

Friday Rest

Saturday 10 minutes at a slow pace, then 2 x 2 miles at steady marathon pace, timed

Week 16 (final week)

Sunday 10 miles at a steady pace. Practise your marathon preparation

Monday Rest

Tuesday 10 minutes at a slow pace, then 1 mile timed, at a steady pace. 10 minutes at a slow pace

Wednesday 4 miles at an easy pace, with a few strides fast

Thursday 3-mile jog

Friday Rest

Saturday 20 minutes of jogging, including easy running strides

immediately before running could lead to cramp, while running on an empty stomach may cause you to run out of energy. Your best bet is to eat a light snack or meal about 1.5 to 2 hours before you run. Choose something high in carbohydrates and lower in fat, fibre and protein, such as a banana or bagel with peanut butter, an energy bar or a bowl of cold cereal with milk.

How much water should I drink while running?

While the amount of water you drink is up to you, as a rough guide, try drinking half a cup of water every 4-8 miles. If it's a hot day, you will need more, and if it's cold, you'll need less. Everyone's needs are different, so it's important to listen to your body. It's also a good idea to experiment during training so you know what works for you ahead of your run day.

When should I throw out an old pair of running shoes?

Running shoes tend to wear out after you've run 300-500 miles in them. However, if you land on your heels when you stride, then you will wear them out more quickly than a more efficient runner, who lands on his or her toes. Generally, it's time to get rid of your old shoes when you no longer feel they are giving you the protection you need.

Should I wear new running shoes for the run day?

Ensure that you've run at least 40-50 miles in your running shoes before the run. Go for a long run in them to make sure they feel comfortable. Wear a different pair of shoes the day before the event so the soles of your trainers have time to decompress. On the day, lace them up and enjoy your run!

How can I treat and prevent blisters?

Blisters are caused by friction, which can be the result of ill-fitting shoes, a bunched-up sock, or damp, sweaty feet. If you have a chronic problem with blisters, check the fit of your shoe or sock – your foot may be sliding too much in your shoe. If you have a small blister that is not too painful, cover it with a bandage and go on with training. It should rupture and heal on its own. Larger, more painful, blisters may need to be drained. If your blister is more than an inch wide, discoloured and/or extremely painful, you may want to see your doctor.

Running: frequently asked questions

Running is as easy as putting one foot in front of the other. However, you may have a few queries about preparing for your challenge, so here are some common questions and answers to set you on your way.

Where should I run?

Anywhere that's safe. The best running routes are scenic, well lit, and traffic-free, and have plenty of other people around. Running is a great way to explore new places, and each run can be a new adventure.

There are lots of websites that will help you map out your route and plan how far you want to run. Try runmyroute.com or ask other runners about the best local routes.

Where can I find other runners to train with?

You might prefer to run with others for safety as well as socialising, particularly when covering longer distances. To have company for your weekly long runs, you can find running clubs in your local area online at goodrunguide.co.uk/ClubFinderSelect.asp or ask your local gym if they have a running group that you can join.

If you prefer to run by yourself, you could still approach your local running club for ideas about where to go. Also, many local running clubs can recommend sports medicine professionals in the area, such as podiatrists and chiropractors.

Can I train for my run on a treadmill?

If you can't, or prefer not to, run outside, try training on a treadmill. Treadmills have gentler surfaces than asphalt or concrete, and are easier on your joints. Some runners may also find this an appealing option in the winter. The incline on most treadmills can be adjusted, allowing you to practise hill workouts and make your run more challenging. However, treadmill running does take some getting used to: if you notice any leg or foot pain after a few tries, go back outside or try a different machine.

Please note: training on a treadmill is not recommended when training for longer runs of 10 miles or more, as for these, it's necessary to get used to running conditions outside.

How can I stay motivated during training?

Some people are driven by the cause, and for them, running to raise money to help eradicate poverty is sufficient motivation. Others simply see it as a personal challenge to get fit or fulfil a lifetime goal. Regardless of your reason for running, staying motivated during long runs can be hard, especially if it's cold or raining,

or if you've had a busy week.

If you enjoy listening to music, take an mp3 player or your phone packed with your favourite tunes, but make sure you continue to watch for traffic and other hazards. Running with others can boost motivation, and talking helps the miles go by remarkably quickly. You can also use the time to clear your head, review issues from your work or personal life, or anticipate fun events. Before each run, remind yourself (as often as necessary!) that you will enjoy the experience and look forward to the accomplishment of completing a run.

What about nutrition?

Muscles burn carbohydrates, so it stands to reason that active people need more of these than sedentary people. In general, runners should get about 50-65% of their calorie intake from carbohydrates, about 15-20% from protein, and no more than 30% from fats. As much of the fat as possible should come from healthy sources, such as fish and nuts.

What should I eat before I run?

When you begin a run, you should be neither hungry nor full. Eating

Running kit list

Here is a checklist of all the items you should bring with you on the day. This is for guidance only, so please take your own personal preferences into account.

You may want to use one of your longer training runs to wear the clothes and carry the equipment you plan to have with you on the day as a rehearsal for the run. Although you may not need everything, it's better to be prepared.

Item	Needed?
Running shoes – wearing proper running shoes will reduce the chances of injury	Yes
Comfortable socks	Yes
Lightweight vests and shorts – ensure they fit properly, are well ventilated and that the material absorbs moisture away from your body. Your Christian Aid running vest is perfect	Yes
Sports bra – all women should wear a well-fitting sports bra	Yes
Hat	Yes
Sunglasses	Yes
Sunscreen	Yes
Additional clothing – if you plan to leave extra clothing at the finish line	Yes
Stopwatch	Yes
Heart-rate monitor – if you wish to use during the run	Optional
Reflective material – anything from Velco bands around your ankles to high-visibility running vests	Yes
Lace locks – these inexpensive plastic locks help keep your laces tied, preventing accidents and lost time as a result of them coming undone	Optional
Personal alarm – hand-held, wrist or waist-mounted, these high-pitched sonic devices can be used in case of an emergency	Yes
Ice-pack – these can be kept in the fridge and used in the event of a mild injury. Apply them to the affected area and you will reduce the chance of inflammation and therefore quicken recovery time	Yes
Run number – this will be mailed to you by the organisers before the day	Yes
Safety pins – for fastening your running number to your clothes	Yes
Timing chip – this will be mailed to you by the run organisers before the day	Yes
Nutrition bars or energy gels – these are good for keeping energy levels high	Yes



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