COMMAND & SIMPLIFY

First Long-Run Checklist

The essentials for 6–10 miles

The Night Before

- ☐ Check the weather.
- ☐ Plan your distance and route.
- ☐ Make sure your route finishes near home.
- ☐ Set out tested running shoes and comfortable clothing.
- ☐ Prepare water and any hydration mix.
- ☐ Pack chews, gels, or other fuel if needed.
- ☐ Charge your phone.
- ☐ Plan what you'll eat before and after the run.

Before You Leave

- ☐ Eat something your stomach tolerates.
- ☐ Drink fluids as needed.
- ☐ Use the bathroom.
- ☐ Check your route and expected finish point.
- ☐ Tell someone your general plan.
- ☐ Bring your phone and identification.
- ☐ Carry your planned water and fuel.
- ☐ Complete an easy dynamic warm-up.

After the Run

- ☐ Walk for a few minutes to cool down.
- ☐ Rehydrate appropriately.
- ☐ Eat a recovery meal or snack.
- ☐ Change into dry clothes.
- ☐ Stretch gently if comfortable.
- ☐ Rest and monitor any unusual symptoms.
- ☐ Appreciate the work you just put in.

This article shares personal experience and general educational information, not individualized medical advice. Stop exercising and seek appropriate medical care for concerning symptoms. Persistent or recurring pain should be evaluated by a qualified healthcare professional.