


## Other support and tips:

- Consider planning your next workout/rehabilitation when you finish your previous one to take advantage of impromptu free time.
- Do what works for you in terms of running with or without others - there is no right or wrong!
- Look out for local buggy fitness classes or walk-run programmes, as well as groups that run with or without a buggy (see buggy running below). You may meet people there going through similar experiences to you, who you can chat to!
- Engage in other forms of physical activity that you enjoy to aid your running recovery!
- Take advantage of other programmes such as the Couch to 5K and postnatal exercise classes to structure your training and adapt it to your needs. Make sure once you return to running that you increase your running distance gradually (see p.24-25  ).
- Buggy running – this is a useful way to get running again as you can take your baby with you and not need to arrange childcare! This is **not recommended until your baby is 6-9 months old AND able to hold their head up by themselves.** Buggies designed specifically for running should be used. They should have: A 5-point harness, three wheels (the front is fixed), pneumatic wheels, hand operated brakes, rear wheel suspension and a wrist strap. Consider the terrain you are buggy running on and also difficulty of the route (e.g., hills and environment). Running with a buggy will be harder than running without, therefore progress gradually in terms of speed, distance and how often you go, making sure you are back to running prior to this.

Here is a selection of ‘At Your Cervix’ podcasts documenting stories and experiences of mother runners and athletes that may be of interest :

[Why did no one tell me? The female athlete edition with Olympian long distance runner Kara Goucher](https://podcasts.apple.com/gb/podcast/why-did-no-one-tell-me-the-female-athlete-edition/id1530617581?i=1000590514615)  
<https://podcasts.apple.com/gb/podcast/why-did-no-one-tell-me-the-female-athlete-edition/id1530617581?i=1000590514615>

[Transitioning from athlete to mother athlete with USA Olympian Tianna Madison](https://podcasts.apple.com/gb/podcast/transitioning-from-athlete-to-mother-athlete-with-usa/id1530617581?i=1000587592306)  
<https://podcasts.apple.com/gb/podcast/transitioning-from-athlete-to-mother-athlete-with-usa/id1530617581?i=1000587592306>

[Twins, tummies and triathlons with Heather Sellers](https://podcasts.apple.com/gb/podcast/season-1-ep-8-twins-tummies-and-triathlons-with/id1530617581?i=1000524371189)  
<https://podcasts.apple.com/gb/podcast/season-1-ep-8-twins-tummies-and-triathlons-with/id1530617581?i=1000524371189>

[‘Flawless’ – redefining the postnatal body with Stephanie Bruce](https://podcasts.apple.com/gb/podcast/ep-3-s1-flawless-redefining-the-postnatal-body/id1530617581?i=1000502967160)  
<https://podcasts.apple.com/gb/podcast/ep-3-s1-flawless-redefining-the-postnatal-body/id1530617581?i=1000502967160>

[Too far, too fast, too soon with Joe O’Connor and Lizzie Lee](https://podcasts.apple.com/gb/podcast/ep-2-s1-too-far-too-fast-too-soon-with-joe-oconnor/id1530617581?i=1000499776691)  
<https://podcasts.apple.com/gb/podcast/ep-2-s1-too-far-too-fast-too-soon-with-joe-oconnor/id1530617581?i=1000499776691>

