



No Boundaries 5K Training Program

COME PREPARED

What to wear?

Appropriate footwear – the right shoes are critical!

Light layered **technical fabric clothing** (check the weather)

- Socks
- Shirts - short sleeve or tank (warm/hot weather)
- long sleeve (cool/cold weather)
- Shorts or tights
- Vest or Jacket
- Hat or Visor
- Reflective gear in the evenings

Technical fabric sports bra

Watch (with interval timer)

Body Glide

What to bring to workouts?

Towel

Change of dry clothes

Sunscreen

Water bottle pack