



## **Before your Operation Transformation Virtual 5k:**

### **PLAN YOUR ROUTE**

Before you begin your 5k, it is important you plan the route you will take and when. You can submit your 5k time anytime between 18th - 20th February. When planning your route 5k, consider the following:

- Running/walking at a time you are less likely to meet people of when footpath and parks will be busiest.
- The condition of the surface, we recommend you walk/run on pathways and foot walks or on pathways within public parks, and not to run/walk on roads.
- Completing the event on a familiar route.
- Check the weather forecast, check met Eireann for any weather warning.

### **WARM-UP**

It is recommended that you complete a warmup before you start your 5k. Your warmup should include some light jogging/walking and stretching. It is vitally important to warm up the working muscles especially if the weather is cool.

### **HYDRATION**

Please ensure you are hydrated before your 5k, you can also carry a water bottle with you. Alternatively, you could plan your route to pass your house for a water stop.

### **COVID-19 GUIDELINES**

It is important you adhere to all guidelines as set out by the Dept of Health regard exercise and social distancing. Please see [HSE.ie](https://www.hse.ie) for the latest advice.



The poster features a grey background with two circular logos at the top corners, each containing a red needle and the text 'Operation TRANSFORMATION'. The main title 'Operation TRANSFORMATION' is centered in black, with 'Virtual 5K' below it in red. The dates '18th, 19th, 20th February' are centered below the title. At the bottom, there are three logos: 'SPÓRT ÉIREANN SPORT IRELAND' (a green spiral), 'hi Healthy Ireland' (a green circle with 'hi'), and 'Athletics Ireland' (a blue and orange wave).

Operation  
TRANSFORMATION

# Operation TRANSFORMATION

## Virtual 5K

18th, 19th, 20th February

 SPÓRT ÉIREANN  
SPORT IRELAND

 hi  
Healthy  
Ireland

 Athletics  
Ireland

### HEALTH WARNING

Moderate physical activity is safe for most people, it is advised that you talk to your doctor before you start any exercise if you currently have any medical conditions.