

K+ Training

Exercise during pregnancy, including running, is supported by the current research data on prenatal fitness. Exercise can contribute to a healthy pregnancy and birth, and a better recovery postpartum.

If you were a routine runner before becoming pregnant, then running during pregnancy can be a safe and healthy way to stay active. However, it's crucial to follow some guidelines to ensure your safety and that of your baby. Let's dive into the ways in which you can run safely during pregnancy.

Determine if your preferred exercise falls into the guidelines of what is safe

Prenatal exercise has a host of health benefits, and current guidelines recommend exercising during an uncomplicated pregnancy. Guidelines also support continuing pre-pregnancy fitness activities if you were already doing so without issue; exceptions are contact sports and activities with an increased risk for falls. Consult with your obstetrics provider before continuing running during pregnancy to rule out any conditions that may require modifications.

Stay hydrated!

This is a big one. Pregnancy demands more fluids to stay hydrated, even more so during exercise. Be sure to hydrate before, during, and after exercise. Generally, always have access to water during workouts while pregnant.

Fuel yourself

If you can't keep up with normal caloric intake because of nausea or other reasons, consult with your obstetrics care provider to determine the right balance of exertion and nutrition before engaging in prenatal exercise.

Dress appropriately

New weight in the chest and abdomen might need new support! Consider a [belly band](#) and a [maternity sports bra](#) for better lift and stability to these areas. Check in with your footwear as

well. If you've been meaning to replace those worn-down shoes, or have noticed that your feet have become a little wider during pregnancy, update your footwear now. Adequate support for the pregnant body can help to prevent aches, pains and injury.

Add in pelvic floor and glute exercises

Incorporate pelvic floor muscle contractions (a.k.a. [kegels](#)) and hip exercises (a.k.a. glute/butt exercises) into your regular exercise programming to support the pelvic organs and prevent issues like bladder leaks and [pelvic organ prolapse](#). This is especially important when participating in high-impact activities like running.

Listen to your body

If you experience any of the following symptoms, stop running and consult your care provider:

- Dizziness or lightheadedness
 - Shortness of breath
 - Chest pain
 - Vaginal bleeding
 - Decreased fetal movement
 - Contractions or abdominal pain
 - Muscle weakness, difficulty walking, and/or swelling in the legs
 - Headache
 - Joint pain (back, hips, knees, etc.)
 - Regular urinary leaking
 - Vaginal or rectal pressure during or after running
-

Decrease the speed and volume of running, and get plenty of rest

Pregnancy is not the time to strive for new personal records or race qualifications that demand new levels of exertion. Aim for maintenance of daily exercise at a level that you are already conditioned for, reducing this to remain comfortable, as needed.

Change it up!

If you find that you get aches and pains after running, lack energy or endurance, or leak during exercise, change it up! Here are some options:

- Slow your pace - aim for a comfortable, conversational pace
- Take regular breaks, switch to walk/run intervals, or shorten your runs as your pregnancy progresses, to give your body more rest from the impact of running
- Reduce your risk of injury from the elements. Stick to flat, smooth surfaces to minimize the risk of falls. And run indoors if it's really hot or really cold outside, to stay at a safe temperature and well-hydrated.
- Stay connected with your healthcare provider to keep them aware of your activities and to report any changes in your physical condition.

Every pregnancy is different

What works for one pregnancy may not work for the next. That's okay! If running is your exercise of choice, follow the tips above to maximize your ability to run safely for as long as possible. Take measures to avoid fatigue, dehydration, and overexertion; be sensitive to how your body responds to each run; embrace modifications when needed; and avoid comparison to others. If you are in the habit of pushing yourself to perform, then making modifications can be psychological challenging. But you can do it. You've got this!

Disclaimer: A clinical evaluation by your obstetric care provider should be conducted before participating in prenatal exercise. The information provided here is for educational purposes only; it is not a form of medical evaluation or treatment.