



THE ULTIMATE  
**GUIDE FOR  
RUNNING  
TO WORK**





**IAMRUNBOX**



**BY FAILING TO PREPARE,  
YOU ARE PREPARING TO FAIL**

— *BENJAMIN FRANKLIN*

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# ***INTRODUCTION***

## **RUN COMMUTING**

Staying fit is all about being active and making healthy lifestyle choices. But in a fast-paced world, many of us struggle to find the time, the enthusiasm, and the motivation to incorporate exercise into their busy schedule. There is a high likelihood that our good intentions will end up at the bottom of the wardrobe, along with our brand new gym gear and trainers!

One of the easiest ways to incorporate exercise into your daily life is by run commuting to work. The active commuting community is taking the world by storm and it's easy to see why. Run commuting is free, it's easy, it's environmentally friendly - and it's one of the best forms of exercise.

However, perhaps the biggest reward of run commuting is the saving of time and money. There is no more dealing with traffic jams, delays, overcrowding and ever-increasing transport prices. Furthermore, you are simultaneously spending your time on exercising as well as commuting to work which leads to a great saving of time each day. Additionally, the remaining time of the day you will feel energized, motivated and ready to tackle anything the day may throw at you. So, what's not to love about run commuting!



# Benefits

Run commuting is addictive! It may take you some time to get started and figure out the logistics but once you have built up an efficient routine, you'll never want to miss out on your daily run commute.

*Here are our top 5 reasons why run commuting is awesome:*

### **1. IMPROVED WEEKLY MILEAGE**

If you are in training, run commuting is one of the easiest ways to work on your mileage and your improvements throughout the week - without extra time and costs.

### **2. BE BETTER AT WORK**

Run commuters and those who exercise regularly are more proactive at work than those who don't participate in any kind of physical activity. This is because of the increased mental and physical health which leads to more focus, concentration and energy throughout the day.

### **3. FEEL GOOD**

When we run, the body produces endorphins (feel-good-hormones) which can alleviate anxiety and depression and reduce the risk of life-threatening conditions such as cancer, heart disease and diabetes.

### **4. SAVE OUR PLANET**

Running to work is an environmentally friendly way to commute and can reduce your carbon footprint significantly. This is great news for you - and even better news for the planet. If that doesn't make you feel awesome, we don't know what will!

### **5. RESPECT FROM YOUR OFFICE COLLEAGUES**

Run commuting takes a certain level of determination and willpower – something many of us struggle with, especially when starting a new fitness routine. Your work colleagues will openly admire your tenacity what will help you to feel good and stay motivated.



# How to start

How do you start run commuting? Well, it's really not a big deal. The glory of running is that it can be as simple or complicated as you want it to be. Let's start with the simplest way of run commuting: the home run. There are only 4 steps you need to have in mind:

1. Travel to work as usual, taking your car or public transport.
2. After work, change into your running gear and pack your things.
3. Run home.
4. Feel satisfied.

## **Done.**

Now as you know the basic framework, you need to think about the details since they are essential for your success. Here are our top tips for your first run commute:

1. Pick one or several days per week and stick to it.
2. Pack your running gear the day before.
3. Think about how to carry your daily essentials, especially your laptop if needed.
4. Find the right backpack.
5. Leave unnecessary things at home.
6. Check the route you want to run.
7. Identify any points where you could switch to public transport if needed.
8. Always take your credit card, ticket and phone with you - just in case.
9. Eat something light that is fine for your stomach 1-2 hours before you leave.
10. Avoid great plans for the evening of your first run commute. This way you can take your time.
11. Get home, grab some food and have a nice evening.



## **WHAT TO PACK?**

One of the hardest parts of the logistics of run commuting is probably the packing. What do you really need? What can be left at home or in the office? How to pack it? How to prevent your stuff from moving?

*A checklist for the essentials you will probably need when run commuting:*

Money

Fully charged phone in case of emergency

Earphones if you like listening to music

Door keys for both office and home

ID card

Ticket for public transport if needed

Water bottle to keep you hydrated and water bottle holder

Waterproof jacket and rain cover for backpack for rainy days

Reflective tape or a reflective vest for safety reasons

Light for safety reasons when running in the dark

*Additional stuff when running **TO** work:*

**Business attire**

- Shirt/blouse/dress
- Trousers/skirt
- Jacket/blazer
- Tie/bow tie
- Socks
- Belt
- Underwear

**Shower essentials**

- Shampoo
- Shower gel
- Towel
- Wet wipe

**Toiletries**

- Deodorant
- Perfume
- Makeup

**Work related stuff**

- Laptop
- Charger (for laptop and phone)
- Important documents
- Lunch box and snacks

*Additional stuff when running home **FROM** work:*

**Sportswear**

- Trousers
- Shirts
- Jacket
- Sports bra
- Sport socks

**Running shoes**

**Hair tie**



## **BUT HOW TO PACK YOUR CLOTHES?**

One of the trickiest parts of packing for your run commute is probably your clothes. You want to look your best in the office and wrinkled shirts and trousers are a no-go! But there are some solutions to keep your business attire wrinkle free while running to work.

When you are using a running backpack it can be a good advice to roll your clothes. By doing so, the clothes are getting less wrinkled than if you fold them randomly. This way of folding also saves precious space in your bag. You can even put your rolled clothes in a vacuum bag and squeeze the air out to minimize the space the clothes take. In fact, it's often the small garments, such as underwear and socks, that require the most space, so also think about how to pack these.

For finer clothes it can be easier to pack the clothes in a hard-shell garment bag. Such shirt boxes fit a whole set of clothes. With the help of an included clothes folder you get smart tips on how to pack in the right way. You can either put the garment bag into your bag or attach it to the outside. No matter how you prefer carrying your shirt box, you can be absolutely sure that your outfit arrives wrinkle free.

The optimal solution is a running backpack which combines a backpack and a garment bag. Some running backpacks for example have a hard-shell case with an extra compartment for your clothes. It fulfills the same purpose as a garment bag but comes with ergonomic straps and ensures a nice and 100% bounce-free running experience. Sometimes they even come with a clothes folder to help you folding your clothes in the best way possible.

## **AND HOW TO PACK YOUR LAPTOP?**

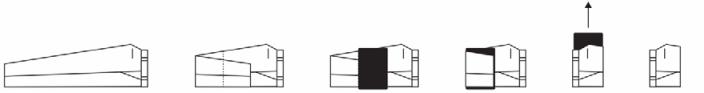
Another tricky part of run commuting is definitely packing your laptop. How to ensure your laptop is protected from rain and snow and is not moving up and down all the time? The most important thing is to choose a backpack that is waterproof. By doing so, you don't need to waste any thought on the safety of your laptop. Furthermore, a laptop compartment provides a strong grip on the laptop when you feel the need for extra security. It is recommendable to have the laptop as close to your back as possible. Therefore, a laptop compartment in the back panel is ideal.

Get yourself a backpack with anti-bounce technology to avoid the irritating up and down movements. Adjustable waist and sternum straps and a tight fit are essential to avoid bouncing. But also think a little bit about your running technique. Avoid jumping up and down while running - not only for the sake of the laptop. By the way, switching off the laptop decreases the likelihood that it gonna break. All these tips ensure a safe arrival - for you and your laptop.

# CLOTHES FOLDER



## TROUSERS



## SHIRT / BLOUSE



## PULLOVER



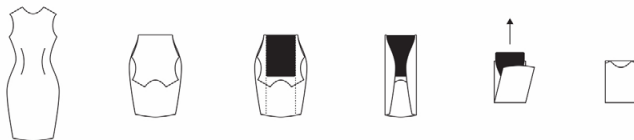
## SKIRT



## JACKET



## DRESS



### QUICK TIP:

*A clothes folder helps you to fold your clothes in the best way possible*



# Checklist: What to have in mind?

## *Logistics*

### **ROUTE CHOICE**

Find the most suitable route for you. Our tip: vary your route from time to time to explore your surroundings and get to know new parts of your city. By doing so, your run commute gets a new adventure every single time.

### **COMBINATION WITH PUBLIC TRANSPORT**

Check the places where it's possible to switch to public transport - just in case. Make sure you have your ticket or enough money with you so that your ride will not become a problem.

## **HOW TO CARRY EVERYTHING**

Think about what you need throughout the day and what is the best way to carry your things. Pay special attention to packing your laptop and how to keep your clothes wrinkle free during the run. Make sure you leave unnecessary things at home or in the office and prepare your backpack the day before.

## **At home**

### **THE NIGHT BEFORE**

Make sure you pack all your things the evening before your run commute. By doing so, you avoid too much stress in the morning and will make sure to pack everything that's needed. Furthermore, this will increase the likelihood that you stick to your plans and not skip your planned exercise in the last minute.

### **IN THE MORNING**

Take your time in the morning. There is no need to rush or leave in a hurry. Make sure you have your things in place and start your day relaxed.

### **PACKING**

Have a look on our packing list and create a checklist for yourself. What do you really need to take with you? What could you leave in the office the day before? A lightweight luggage is essential for an enjoyable run commute.

### **FAMILY**

Discuss your new routine with your family, especially your significant other. Inform them about your plans and discuss what is most compatible with your family members' routine - running to work, running home or both? Also keep in mind to remind them that you will wake up earlier or come home later when this is required to stick to your run commuting schedule.

## **At work**

### **STORAGE**

At work you need to store your belongings as well as your backpack. Maybe you have lockers in the office. Otherwise, you can just have your things next to your desk. What is important: find a way to store your sweaty sportswear. We recommend to use laundry bags or backpacks with a ventilated compartment to avoid odour.

### **SHOWERING**

When running to work, the possibility to have a quick shower is important. Most bigger companies have a changing area with a shower block or there might be a gym next to your office. If you cannot find a shower option near you, dry shampoo and wet wipes can help you out.





## **FOOD**

Food is your body's fuel. If you start or end your working day with an exhausting run commute, make sure that you give your body enough energy. If you run to work, have a light breakfast. Before running home, eat something light that is fine for your stomach 1-2 hours before you leave. A healthy and balanced diet and enough protein will help you to feel good during your runs.

## **COLLEAGUES**

Some of your colleagues will for sure not understand your routine, maybe you also get to hear some stupid comments. But you can be sure that they admire your willpower and your discipline. Run commuting is just not everyone's cup of tea.

## ***On the run***

### **TRAINING RUNS**

Keep in mind: run commuting is nothing to start out of the blue. It requires a lot of commitment, loads of preparation and a sufficient amount of training runs. Before doing your first 10K run commute, make sure that an ordinary 10K run is not a problem at all. You can also slowly increase the distance before switching to public transport until you are finally fine with running the whole way.

### **KEEPING IT FUN**

The most important thing about run commuting is the fun. Don't force yourself to run to work every single day if you are not enjoying it at all. Find



**QUICK TIP:**

*Wear reflective clothes/  
accessories to stay extra safe.*

ways to keep your routine fun. Boost your motivation by listening to your favourite podcasts or songs. Our tip: Spotify has some great running playlists where the number of BPM is considered. Enjoy the time for yourself, think about your holiday plans or just enjoy nature and explore new surroundings.

**STAYING SAFE**

Especially in the early morning and late evening hours you should think about your safety. Add a light to your backpack, wear bright clothes and make use of reflective elements on your clothes as well as you accessories. You could also pack a pepper spray and bring a signaling whistle. And don't forget to bring your fully charged phone with you.



# Equipment

The beauty of running to work is that it doesn't require a huge investment. But if you want to stay motivated and enjoy a pain free commute, it's worth choosing your gear wisely. It's also recommendable to give your running equipment a proper road test - especially when it's new - before going on a run commute. Uncomfortable clothes or hurting shoes are not very enjoyable on the go.

## **RUNNING T-SHIRTS**

Cotton may be comfortable, but it's not the ideal fabric for running. Treat yourself with one or two shirts made from light, breathable fabrics, designed to wick moisture away from the body as you work up a sweat. And there is another important thing to keep in mind: wear a top or jacket that is long enough to cover your bum to avoid that the backpack is rubbing against the bare skin.

### *Winter versus summer*

Run commuting in the cold season is a challenge. It's very important to wrap up during the winter to reduce the risk of getting sick. Make sure you are wearing a warm but breathable sweater or jacket. A bonnet and a scarf might be a good idea as well and don't forget your gloves. When you are only running one way you can try the following strategy: Go to work in the morning in your coat. Leave the coat at work as you run home. Run to work the next morning. Walk home in your big coat. Repeat. As an alternative, some running backpacks offer the opportunity to attach sweaters, jackets or shoes externally through string attachment systems.

## **RUNNING SHORTS & TIGHTS**

Designed to keep you cool and comfortable on the move, good quality running shorts and tights are an essential part of your run. For a comfortable run guys should look out for those with inside support!

### *Winter versus summer*

Of course, in summer you can wear shorts, in winter tights. There are also tights with a thicker material out there for cold days. Even when it's really warm in the summer, have in mind that there might be a break in the weather later in the day.

## **RUNNING SHOES**

If your run commute is along roads and pavements, it's a good idea to invest in a pair of specialist running shoes with foot support. Fashion trainers may look good, but they will not give you the support you need when running on hard surfaces. Wrong or bad shoes can lead to all types of injury - which could easily be avoided.

### *Winter versus summer*

Especially in winter running can feel like an obstacle course full of slush puddles, snow drifts and frozen sidewalks. To avoid accidents and cold feet, it's all about the right choice of shoes. Your winter running shoes should have features like GORE-TEX, spikes or even heat technology. It's okay when these features add a little bit of weight to your shoes since this ensures extra stability on slippery roads.



# Running backpack

To find the right running backpack for you, figure out how much you have to carry on an average day before you start. Of course, your backpack needs to be large enough to accommodate everything you need. But there are more things to consider:

## THE FIT

If your running backpack doesn't fit right, you could find yourself with all sorts of neck, shoulder and back problems. Take enough time to ensure it fits correctly before heading out on your first run commute. It should fit snugly around the shoulders and hips and your chest strap should prevent it from bouncing around as you run. This is also important when you need to take your laptop with you. Make sure the backpack is as small as possible while providing enough space to take all your essentials with you. Reflective parts and ways to attach a light are very important to ensure safety in the dark.

## THE STRAPS

Running backpacks are equipped with a range of straps to help you fitting the bag as comfortably as possible to your body. When properly adjusted, these straps will ensure that the weight of your bag is distributed evenly and that there are no pressure points on the shoulders or underarms. While you may be tempted to use just the shoulder and chest straps, it's recommendable to secure your backpack with the waist strap too – the difference when running is quite substantial, so give it a try! By the way, smaller pockets on the shoulder and waist straps are great to ensure easy access to your wallet, phone, water bottle and keys.

## ACCESSORIES

The one or other accessory might be of great help as well.

*We recommend to use the following:*

- Flashlight
- Gloves
- Water bottle
- Running belt
- Phone/music holder
- Earphones
- Arm pouch



# Motivation

Despite run commuting being all-round awesome, we know that sometimes motivation can be lacking. Here's our prescription:

## **KEEP IT REAL**

It's important to remember that you are not just embarking on a new exercise routine, you are making a lifestyle change. Give yourself (and your body) time to adjust to run commuting and try to avoid putting too much pressure on yourself. Be careful of your pace and don't overdo it in the beginning. There is no need to prove that you are the toughest guy, so relax and enjoy every run!

### **FIND A RUNNING PARTNER**

One of the easiest ways to stay motivated is by teaming up with a running partner. If you cannot encourage your friend, partner or work colleague to join you, consider signing up at your local running club – there is a good chance you will meet people running your way!

### **STAY ON TOP OF YOUR PROGRESS**

After you have been running to work for a month or two, it can be easy to forget how far you've come. Keep a diary and when you are having "one of those days", read your old entries and give yourself a pat on the back.

### **ADD VARIETY TO YOUR ROUTE**

This is not always easy, but if you are finding your route to work somewhat repetitive, why not check out other routes available and mix it up a bit.

### **CHECK YOUR BANK ACCOUNT**

If you run to work, even just 2 or 3 times a week, you will soon begin to reap the financial rewards. Keep an eye on your bank account and when your balance begins to rise, sit back, smile, and remember that it's all down to your hard work!

## ***Run commuting community***

The worldwide run commuting community is a great source of motivation. Hear about people's triumphs and their tribulations and realize there is a supportive group of like-minded people out there. Use #runcommute to stay connected.

Run commuting is really easy! But failure to prepare is preparation to fail. So really plan ahead and make sure that the logistics and the organization work well for you. You will figure out the other things over time.



# **Inspiration from run commuters**

Join their journey and  
get inspired!



“ For several years now, I’ve been run commuting with maybe four or five different backpacks. But none of them was up to the task: no room for a laptop, clothes rolled in the shape of a burrito, straps that irritate the skin, debatable aesthetics, non-waterproof fabric...

Well, problem solved!

Indeed, a few months ago, I received the Pro version of the IAMRUNBOX backpack, designed specifically for run commuters, which I tested for dozens of hours and several thousands of kilometers. I will definitely continue the adventure with them.

**Joan Roch**

[facebook.com/aalkab.oolak](https://www.facebook.com/aalkab.oolak)



” My name is Thomas Wimmer and I am the founder of one of the biggest run commuting communities in Germany called “Turnschuhpendler”. And I can tell you one thing for sure: as soon as you have discovered run commuting for you and figured out the logistics it can have a tremendous impact on your life. Run commuters like me don’t run in circles in parks but rather combine our daily run with our way to work. All of a sudden, the daily way to work makes sense!

**Thomas Wimmer**

[facebook.com/groups/turnschuhpendler/](https://www.facebook.com/groups/turnschuhpendler/)



” I live a hectic life with three kids, a full time job and a husband who travels quite a lot in his job. “How do you do it? How do you manage to make time for all your training?” That are questions I get from time to time. Well, to be honest, it’s all about prioritizing. I get up early (too early!) in the mornings or try to squeeze in a lunch run. And then, off course, I have my run commutes. Thank god for them! They are not a very long distance but they give me fresh air and a lot of everyday movement. And as a bonus - I don’t need to be crowded with others on the subway.

**Åsa Törngren**  
[instagram.com/asa\\_runs/](https://www.instagram.com/asa_runs/)



” I always wanted to be more active but it was impossible to fit sport into my busy daily life. I realized that I was about to become one of these unhealthy, stressed-out and unhappy businessmen, sitting in my office for 60 hours a week. I knew I need to change something. A year later I founded IAMRUNBOX to take active commuting to the next level.

**Kirill Noskov**

CEO of IAMRUNBOX

Read more about Kirill's story [here](#).



” From time to time I commute to work by running. It’s only 6km which helps. Most of the times I only run one way and catch the train/bus home. I like the idea of having many different commuting options. Hence I’ve got one running/cycling backpack at work and one at home. And I always carry my bus card (and the key to my husband’s bike lock) just in case.

My kids get inspired by the run commuting and are happy to run commute themselves to pre-school and school, which I’m very happy about.

**Lisa McRae**  
CEO of Urban Tribes  
[urbantribes.se](http://urbantribes.se)

# Facts and figures

In 2014, the most popular run commuting blog “The Run Commuter” conducted the “International Survey of Run Commuters”. Please find the raw data on the [blog](#).<sup>1</sup>

*Here are some interesting results:*



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**COLLEGE EDUCATED**, male and married are the most common traits.



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**RUNNING ALONE** is the most common with **97%** of run commuters doing so.



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**UP TO THREE TIMES** a week is the average of how many times a week most run commuters (**68%**) run to work.



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**57% OF RUN COMMUTERS** run both ways on the same day, **19%** prefer running to work, **24%** running home.

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<sup>1</sup> Please keep in mind that this study is not representing the global population but only a cross section of the users of the website <https://theruncommuter.com/>. Furthermore, the survey was conducted in 2014, so things might have changed. The blog worked with a very small number of cases with 145 respondents from 22 different countries with 54% coming from the United States and 19% of Canada. The European picture might differ. Validity, representativity and objectivity can not be guaranteed. Nevertheless, the study gives a good insight into the run commuting community.



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**THE REACTION** from others is mostly "Wow! That's awesome!" (**32%**), "Wow! That's crazy!" (**24%**), "You're crazy!" (**14%**) and "I could NEVER do that!" (**12%**).



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**93% OF RUN COMMUTERS** have ran with a backpack at some time in the past. **77%** are running with a backpack regularly.



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**AVERAGE ONE-WAY RUN** commute is usually between **3 – 7 miles / 4.8 – 11.2 km** in distance.



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**SHOWER OPTION** is common, more than two-thirds of run commuters (**68%**) have a shower option at their office.



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**PEOPLE LOVE** these three things the most about run commuting: "being able to run/exercise" (**18%**), "efficiency" (**16%**) and "saves time / creates more free time" (**15%**).



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**PEOPLE HATE** these three things the most about run commuting: "traffic" (**18%**), "weather" (**15%**) and "logistics" (**13%**).





*Kirill Noskov, CEO and founder of IAMRUNBOX*

# About IAMRUNBOX

IAMRUNBOX was established in 2015 in Lund, Sweden, out of a love for travel and a passion for running. When our founder Kirill Noskov started running to work in order to fit daily training into his busy schedule, he found it nearly impossible to pack his office attire without it getting wrinkled and creased on the way. Kirill set out to develop products that would promote being active every day in any weather, hold a laptop securely in place, and at the same time keep clothes wrinkle free. IAMRUNBOX was born.



**IAMRUNBOX**

# Keep in touch!

✉ [contactus@iamrunbox.com](mailto:contactus@iamrunbox.com)

🏠 [iamrunbox.com/](http://iamrunbox.com/)

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📷 [iamrunbox](https://www.instagram.com/iamrunbox)

in [IAMRUNBOX](https://www.linkedin.com/company/IAMRUNBOX)



## ***Global Run Commute Crew***

The Global Run Commute Crew was launched last year on Strava supported by the IAMRUNBOX Ambassadors. Our goal is to bring together a community of people from all over the world who run to and from work. We aim to inspire, share, advise, encourage and generally share the love.

Join as at [strava.com/clubs/216867](https://strava.com/clubs/216867)