

# Training Reminders & Tips

Incorporate cross training into your routine! Biking, strength training and core strengthening are most recommended.



Make a playlist with your favorite pump up songs or save a new Podcast episode for your run!



Begin with a 3 - 5 minute warm-up before training. Stretching, walking and jogging will help activate your muscles.



Cool down by walking then stretching to improve flexibility and performance.

Listen to your body. Take a rest day, stretch, rehydrate and fuel your body. You deserve it!

Always have a goal. What do you want to achieve while training these next 4 months?

Remember to drink water! Hydrate before, during and after each workout.



Maintaining a good diet is an important part of training. Do research to find what foods are best for you!

Proper running form is an important aspect of reducing injury. Research ways you can avoid injuries while training!



Good running shoes help reduce injury and provide support.

