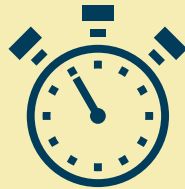




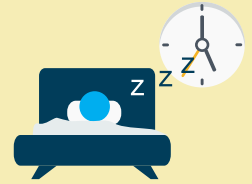
Quick Tips Training

01



Try setting yourself short, medium and long term goals to help you through the winter months. This can range from consistency of training to improving pace or time over a fixed training run.

02



Early morning training runs tend to reduce sleep duration and increase pre-exercise fatigue levels so think about taking naps during the day and getting to bed earlier.

03



Maintain your ability to train by doing regular 'core' stability exercises for trunk strength alongside stretching for mobility.

04



Whether you are ultimately training for a 10k, half marathon, or a marathon, make sure you practice your race day fluid strategy during training to perfect it before the big event.

05



Use walking and running drills to improve your running efficiency.

06



What is the best training session you perform to deliver big boosts to aerobic fitness? Try 6 x 3 min effort with 60s active (walk/jog) recovery.

07



Cross training is a great way to build fitness while controlling the loading and repetition associated with running. There are many forms of cross training such as aqua jogging, cycling, and rowing.

Training

