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# TRAINING TIPS

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## Warm up and Stretch

Aim for a 10 minute dynamic warm up before your run. Then cool down afterwards with foam rolling and static stretching.

## Care for Aches and Pains

Care for aches and pains when they begin. Letting something linger for too long can lead to more serious issues.

## Fuel and Hydrate

Before a run work to make sure you are well fueled and hydrated. This will help you get the most out of your run, especially longer and more intense runs

## Recover

Establishing a good recovery routine (quality sleep, foam rolling, stretching, active recovery) can help minimize injuries and improve performance.

## Listen to Your Body

You know your body well, listen to what it is telling you about aches, pains and fatigue.

## Embrace the Journey

Working towards a race is a journey; embrace the highs and lows and know that everyone's journey is a little different.

