

# MILE AN HOUR

## OUR TOP TIPS FOR MILE AN HOUR

- \* Remember - we have more than one gear! Run at an easy pace, steady pace, threshold pace or harder pace - don't do the same each time, mix it up and reap the benefits from different paced runs over time!
- \* Make sure you're in the right footwear - get yourself down to a reputable running store for some gait analysis to make sure you're in the right footwear to suit you, remember, what works for one doesn't always work for another!
- \* Vary the route - to keep motivation high and things interesting, vary your route as much as you can, this includes the terrain, this means you're building fitness as you go along!
- \* Don't neglect the stretching - keep on top of your stretching to keep those injuries at bay [www.runningwithus.com/stretching](http://www.runningwithus.com/stretching) - hold each stretch for 45-60 seconds.
- \* Get your kit sorted - make sure you're running in good quality, sweat absorbing material so you are comfortable and you don't chafe...no one wants that!
- \* Fuel well in-between - whilst you don't want to be running on a full tummy, you will be depleting your energy levels as the hours tick by - top yourself up with good sources of quality carbohydrate and protein.
- \* Hydrate well - dehydration isn't good for anyone, keep constantly hydrated (more so if the weather is hot) - sip, don't gulp and consider electrolyte tablets to help replace those lost vitamins, minerals and electrolytes.
- \* Keep it fun! Run with others or document it socially to make the whole experience more fun! It's important to enjoy it!
- \* Run with others - involve friends and family on some miles to keep it different and interesting!

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