



CHECKLIST FOR A BETTER RUN

1

Impact:

Reduce the impact or improve the body's acceptance.

2

Pressure:

Pay attention to external or internal pressures. Breath management to balance pressure.

3

Posture/Movement:

Vary your posture to decrease symptoms. Train in a variety of movements to improve efficiency.

4

Strategy:

Challenge the Load, Speed, Mobility, & Strength in training.

5

Lifestyle:

Nutrition, Hydration, Sleep, Stress are areas of important awareness.

6

Mindset:

Your story matters. Challenge and trust your body.