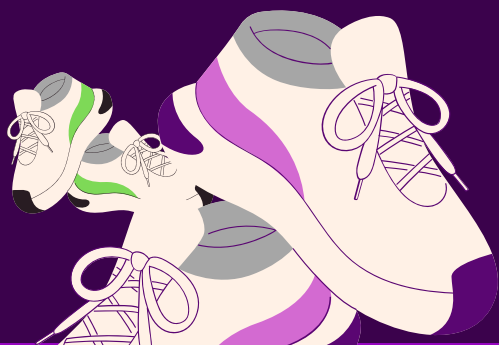
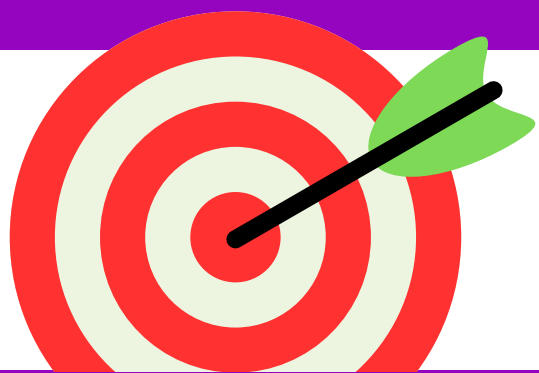


NANTES AC TOP TRAINING TIPS

RUN STRONGER, FASTER AND MORE EFFICIENTLY

1 SET GOALS

- Establish clear, achievable goals for each training session and race.
- Break down bigger goals into smaller milestones to keep yourself motivated.



2 PROPER FOOTWEAR

- Invest in high-quality running shoes that provide good support and fit well.
- Replace old shoes every 300-500 miles to avoid injuries and discomfort.



3 WARM-UP AND STRETCHING

- Always warm up before running to increase blood flow and reduce the risk of injury.
- Stretch after running to maintain flexibility and prevent muscle soreness.

4 CROSS-TRAINING

- Incorporate other forms of exercise into your routine, such as swimming, biking or yoga.
- Cross-training helps to improve overall fitness, prevent boredom and reduce the risk of injury.

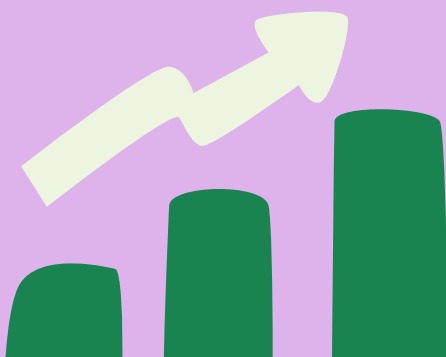
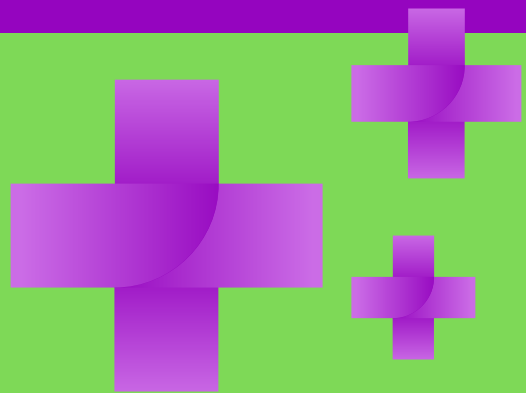


4 FUELING UP

- Eat a balanced diet that includes plenty of protein, healthy fats, and complex carbs.
- Hydrate well before, during, and after running to maintain optimal performance.

4 REST AND RECOVERY

- Allow time for rest and recovery between training sessions to prevent overuse injuries.
- Get enough sleep and listen to your body to avoid burnout and fatigue.



4 CONSISTENCY

- Consistency is key to improving running performance.
- Stick to a regular training schedule and build up gradually over time.

REMEMBER, RUNNING IS A JOURNEY, NOT A DESTINATION. USE THESE TIPS TO IMPROVE YOUR PERFORMANCE, PREVENT INJURIES AND ENJOY THE EXPERIENCE!

BY SAADIQ GEDULDT

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