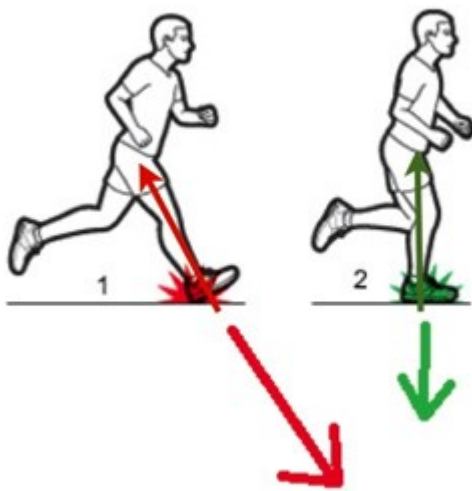




Quick Tips: Marathon Running

7

The number of hours needed to help reduce sustaining an injury. Studies have shown anything less increases your chances of sustaining an injury. Make sure you catch those Zzzz's .



Don't over stride! It can be a cause of injury and will slow you down. Aim to keep your landing foot inline with or just in front of your body to maintain a steady pace and reduce opposing forces.

70%

The amount that the cushioning in your trainers reduces by after 500 miles of use. Try splitting your training between two pairs to make sure your shoes are at their shock absorbing best come race day!

