

A Few Reminders

Running can sometimes be a dangerous activity, and running through town will throw unexpected obstacles your way. It might be a driver who doesn't use a turn signal, or remains of a construction project scattered all over the sidewalk. It could even be a slippery patch of wet leaves. As we progress through training, it's important to be extra cautious in order to avoid getting hit or tripped up.

- Notice when your legs get heavy. Heavy legs lead to lower knee drive, which means your toes are liable to catch on things you wouldn't normally consider a tripping hazard.
- Keep your eyes on the road. Watch for traffic signals and innocent bystanders.
- Beware of mental burnout. At the end of a run after a long day at work your brain might not be in full gear. Remain sharp and focused on your environment.
- Don't "run through" pains that are potentially problematic. Dull aches are often an indication of stress from a hard training run, but anything that is "sharp, stabbing or shooting" is a red flag and means you should discontinue the workout and consult a medical professional.
- Practice mindfulness. Constantly collect, sort and store all the information your body is sending to your brain. Your fitness levels are increasing, but your body might still be in fragile shape from training. Take a moment to listen to what it is trying to tell you, and respond appropriately.