



# RUNNING TIPS

  
**GREAT STRIDES**  
2019 SERIES



## Marie's Nutrition Tips:

- Carbs for energy
- Protein for repair
- Fats for body support
- Snack on bananas, fruits, honey, nuts, etc, for an energy boost.
- **Keep hydrated!**



## Marie's Training Tips:

- The best surface to run on are: grass, track, cross country and trails.
- Do not run everyday, three to four times a week is enough.
- Ice any injuries immediately



## Marie's Mental Tips:

- Running is 60% mental
- Don't stop the first time you feel like stopping - **push through!**
- Running requires discipline and preparation
- Running can be boring - change up your training
- Always train for events

lazy runner



 **CYSTIC FIBROSIS**  
Community Care